THE OFFICIAL NATIONAL POKÉDEX:
POKÉMON ULTRA SUN & POKÉMON ULTRA MOON EDITION

POKÉDEX™

Pokémon ULTRA SUN
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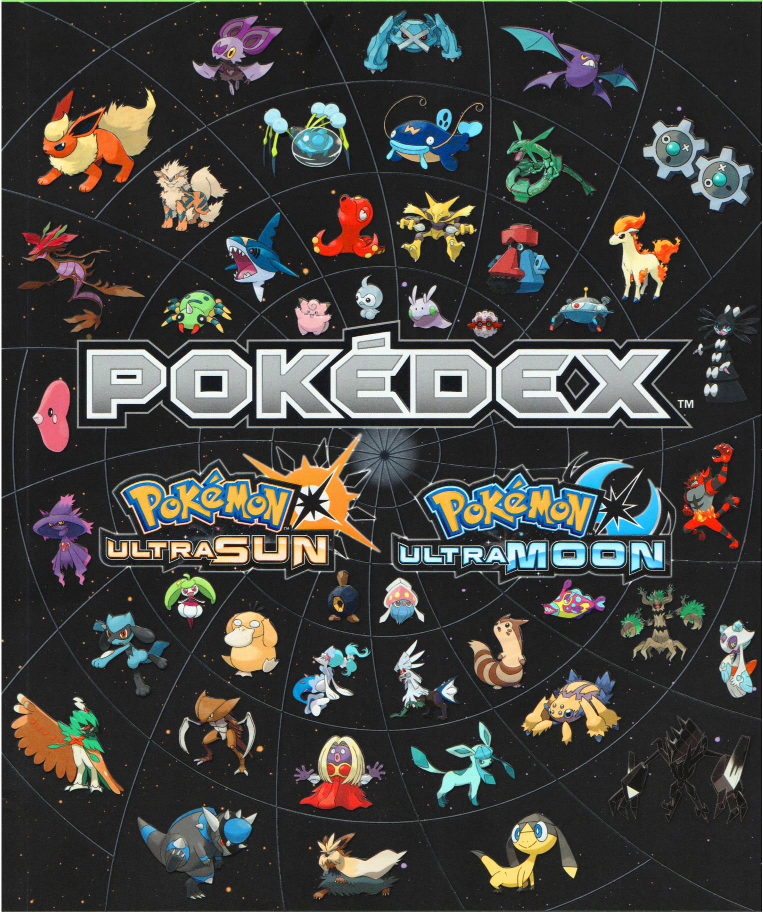

BY KBG GUIDES

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Pokémon Ultra Sun and *Pokémon Ultra Moon* Official Creators' Interviews

Shigeru Ohmori

Pokémon Ultra Sun and
Pokémon Ultra Moon Producer

Pokémon Sun and
Pokémon Moon Director

General Manager of Development
Department 2 (GAME FREAK inc.)

Kazumasa Iwao

Pokémon Ultra Sun and
Pokémon Ultra Moon Director

Development Department 2
(GAME FREAK inc.)

Spoiler Warning!
This interview touches on details of the climax of the story in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*. If you haven't yet completed your Alolan adventure, we hope you'll see the game to its conclusion before reading on!

Interview conducted by Shusuke Motomiya (ONEUP, Inc.)

A NEW POKÉMON SERIES CREATED BY THE YOUNGER GENERATION

After the release of *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*, Mr. Ohmori, you were made the general director of GAME FREAK's Development Department 2 and entrusted with the task of serving as director for a completely new entry in the Pokémon series. Now, with these games, *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, you've been serving as producer. Can you tell us why, as a producer, you chose Mr. Iwao to direct *Pokémon Ultra Sun* and *Pokémon Ultra Moon*?

Ohmori:

When we were working on the development of *Pokémon Sun* and *Pokémon Moon*, Iwao here served as the director of the battle section. I got the chance to see his great potential through the work he did there. He has a deep understanding of Pokémon battle and is particular when it comes to the data structures. Plus, he understands the secrets to making a game with deep gameplay for players to explore, and so I thought that I really wanted to put those skills to better use—and I appointed him to be the director on *Pokémon Ultra Sun* and *Pokémon Ultra Moon*.

And, Mr. Iwao, how about you? How did you feel when Mr. Ohmori first brought the idea up?

Iwao:

I've worked in the planning division of the Pokémon series since I first joined GAME FREAK. Sure, I'd had my heart set on someday becoming a director, getting to oversee everything and make my own games, but I was surprised to have it happen so much earlier than I'd ever imagined it would.

Ohmori:

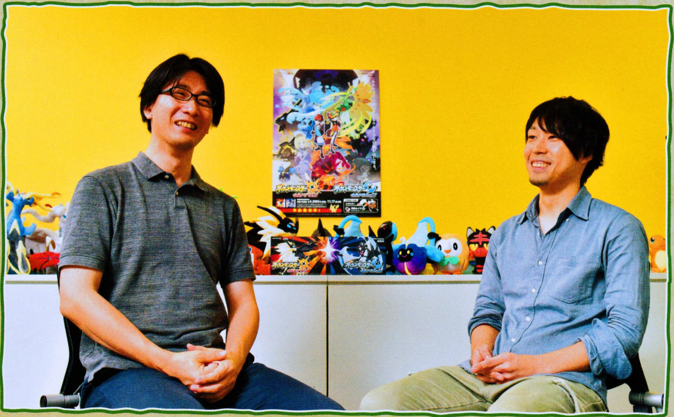
If Iwao, who had also experienced being the battle director, were to take command of the entire game as the director, I thought he would be able to reconstruct the world of *Pokémon Sun* and *Pokémon Moon* into something even deeper. And so I entrusted *Pokémon Ultra Sun* and *Pokémon Ultra Moon* to Iwao.

You're both rather young, aren't you? How old are you exactly?

Ohmori:

I'm 37 years old. Iwao is 32.

So young! It seems like Mr. Tajiri and Mr. Masuda have really passed the baton and are letting this younger generation take over the Pokémon series.



Iwao:
As soon as I was told about being director, I began to feel the pressure. But I think I would have felt the same pressure at any age. So I told myself that if I was going to have to go through it either way, I might as well get it out of the way as soon as possible. And that's how I got on with things. (Laughs.)

Mr. Ohmori, you're also the father of the Alola region, in effect. When you entrusted that Alola region that you'd created to Mr. Iwao, what were you hoping to see him do with it?

Ohmori:
There were still so many mysteries left unsolved in the Alola region. Things like the Ultra Beasts and Necrozma, for example. What kinds of strengths these Pokémon possess, or how they live. I firmly believed that Iwao would be able to depict that in detail, tying it into the battle system, and so I was able to feel safe leaving the Alola region in his hands.

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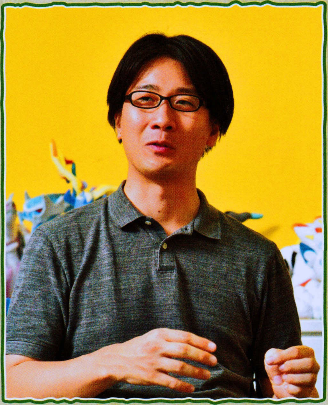
THE TRENDS OF THE TIMES ALSO GO INTO GAME DESIGN

So, *Pokémon Ultra Sun* and *Pokémon Ultra Moon* are based on the original *Pokémon Sun* and *Pokémon Moon*, and they serve the role of further developing the story and gameplay features. They are positioned something like 2008's *Pokémon Platinum Version*. Most such games you've made in the past, including *Pokémon Platinum Version*, have focused their changes on the final climax of the story. But *Pokémon Ultra Sun* and *Pokémon Ultra Moon* are different, aren't they? From the very start, the story develops almost like an entirely different game.

Ohmori:
It's been nine years now since *Pokémon Platinum Version* was released [in Japan]. I think that times have changed in the space of those nine years. The internet has become widely available, and social media is everywhere. Personally, I'm really conscious of the changes of time, and I reflected that in *Pokémon Ultra Sun* and *Pokémon Ultra Moon* themselves, too. A decade ago, the percentage of people who were active internet users was pretty low, and so you'd normally get people's impressions after they'd really gotten deep into a game and beaten it. Then they'd say, "This game was a real masterpiece, huh?" But nowadays, people's evaluation of whether a game is good or bad is really based on those first impressions they get while playing the first few hours. When this game hits shelves, if our players start playing it and there's nothing different right away, you would start to see negative reports spreading across the internet on the very day it is released—complaints like, "Oh, it's just the same as *Pokémon Sun* or *Pokémon Moon*." I wanted to see positive responses from people, that they might say, "This is amazing!" or "It's like a totally new game!" So I had Iwao keep in mind that we wanted to make this the kind of game that would garner positive feedback even if you only played the earliest parts.

> "Nowadays, people's evaluation of whether a game is good or bad is really based on those first impressions they get while playing the first few hours."

Iwao:
It's easier to make an attractive game when you just focus your changes on the latter half of the story. As a creator, there's that desire to just pour everything into the story's climax. But *Pokémon Sun* and *Pokémon Moon* were so well received by players around the world—and now we've got this environment where we have people of all different ages playing Pokémon GO, too—I was plenty conscious of both those facts. I started out with the strong desire to change *Pokémon Ultra Sun* and *Pokémon Ultra Moon* from the very beginning of the story, but the first feedback that I got from Ohmori was pretty harsh feedback that it didn't feel like it



had really changed at all. So then I went back to the very basics of Pokémon. I went and looked back at all our past games. And what that reminded me of was that the thing that lies at the heart of the Pokémon series really is the Pokémon. I thought that players would just want to get their Pokémon as quickly as possible, so in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, I changed the flow of the story at the beginning of the game so that you get your first partner—be it Rowlet, Litten, or Popplio—earlier than you did in *Pokémon Sun* or *Pokémon Moon*.

Ohmori:
We put a lot of effort into the scene when you first meet Rowlet, Litten, and Popplio in this game, too.

Pokémon Sun and *Pokémon Moon* also had that scene where the player gets to choose one of Rowlet, Litten, or Popplio and lift them up in their arms, but the blocking* became more involved in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*.

Iwao:
Yes, there are more different kinds of shots. It's really the result of the hard work of the staff who handled those event scenes and their desire to make it look as appealing as possible.

THE CORE OF POKÉMON. THE CORE OF AN RPG. SEARCHING FOR THE CORE OF GAMING ITSELF.

Can you tell us what the theme was for the development of *Pokémon Ultra Sun* and *Pokémon Ultra Moon*?

Iwao:
The idea of the "core." I was really feeling hazy about it for the longest time. I poured a lot of thought into what kind of keyword I should choose, one that would really draw out a different sort of appeal than what *Pokémon Sun* and *Pokémon Moon* had, due to them being made as completely new titles. The setting of the Alola region and the Pokémon that live there are so rich, so I thought, "Why not dig deeper into them?" Of all the words that popped into my head, the one that felt the most fitting to me was "core." What lies at the core of these creatures known as Pokémon? What is the core of an RPG experience? Really, what lies at the core of gaming itself, even? First, I asked all the development staff to think through these questions and try to find their own answers within themselves.

Pokémon Sun and *Pokémon Moon* were completely new games, so they were a huge undertaking that we poured time and staff into making. But *Pokémon Ultra Sun* and *Pokémon Ultra Moon* didn't have the sort of long development period that is afforded to a completely new game. We really care a lot about our development themes at GAME FREAK. The staff in each department are all making their own things, but as long as we have that development theme, things hang together better. It's got that merit going for it.

Where would you say that you focused on this pursuit of the "core" experience?

Iwao:
In Necrozma, which you see on the packages of these games. As we pursued the full story of Solgaleo and Lunala, with Necrozma at its center, we thought about how the Pokémon that appear on the game packages should be treated in the games. What would we need to do to give them the sort of presence that warrants being on the package? That was another way that we dove into this idea of the "core."

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*"Blocking" refers to the positioning of the camera in film. When planning the blocking of a scene, the director decides when to do a close-up on certain characters, switch from one character to another, use a long shot that shows the entire scene, etc.

It's true that most of the Pokémon featured on past packages have been just waiting in some cave or mysterious location for the player to come find them.

Iwao:
In these games, we wanted to make Necrozma a fascinating character and really show its strength. With that aim in mind, we dug deep into the setting of *Pokémon Sun* and *Pokémon Moon* and came up with Dusk Mane Necrozma and Dawn Wings Necrozma.

> "The moment that I saw them, it just clicked with our theme of the 'core.'"

So which one of you first suggested making a story that focused on Necrozma?

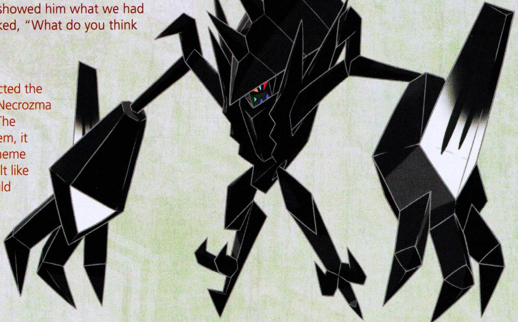
Iwao:
It first came from some of the concept art that came out of the design team.

Ohmori:
I was thinking about what to do with Necrozma from the time when we were developing *Pokémon Sun* and *Pokémon Moon*. This Pokémon known as Necrozma was supposed to be special, but I kept wondering how we were going to show that. I got the suggestion from the designers to have them draw me all sorts of images as we developed those ideas. And what came out of this exchange was this vision of how we could develop Necrozma further. I took them to Iwao, showed him what we had come up with and asked, "What do you think of this plot?"

Iwao:
That plot already depicted the relationship between Necrozma and Solgaleo/Lunala. The moment that I saw them, it just clicked with our theme of the "core." And I felt like it was something I could spin into a real plan.

And what is Necrozma's core?

Iwao:
I dug into the original setting in my own mind, reconstructed it, and gave Necrozma, Solgaleo, and Lunala this deep relationship. Necrozma can control light, but it cannot create light. So it has a strong desire to steal the light from Solgaleo and Lunala, which both possess their own light. These three are always struggling against one another in Ultra Space. Necrozma might steal the light of the others and flee, then Solgaleo and Lunala might give chase and take the light back—and on and on it would go. They had always lived this way, but the balance of this relationship among them was thrown off due to the interference of the Ultra Recon Squad in Necrozma's world and the people living in Alola, like the protagonist. As a result—and even though it really only ever needed a small amount of energy—Necrozma comes to gain a huge amount of energy, beyond what Necrozma itself anticipated, when it captures Solgaleo or Lunala. And because of gaining this excessive amount of energy, Necrozma goes berserk. That is what we call "Ultra Necrozma." And we wanted to depict the drama of the hero encountering this Ultra Necrozma at the climax of the story. It was the actions of people that made Necrozma run amok, but in the end, it will be caught by the player and join them as an ally. Thanks to that, Necrozma will become able to draw forth its own true power again and be able to accompany the player on their island challenge, without needing to target the lives of Solgaleo or Lunala. We wanted to illustrate how the relationship between Necrozma, Solgaleo, and Lunala, which had been destroyed in the past, is forged again by the hero's actions and the balance of the world is restored.



What kind of role does the Ultra Recon Squad play in the midst of this grand drama?

Iwao:
The world of the Ultra Recon Squad, including Ultra Megalopolis, once prospered together with Necrozma. But when those people then tried to control Necrozma by force, they ended up having their light taken from them instead. The characters of the Ultra Recon Squad were added to the story to further impress upon the player how powerful Necrozma is. There's the term "culture hero." It refers to a person or an animal that has had a great impact on the development of human culture in some way, discovering fire or agriculture or something similarly revolutionary. If we used this idea of a culture hero, I thought that it would be possible to add even more depth and appeal to this special Pokémon, Necrozma. To express that, I created a world where Necrozma was a culture hero and gave the Ultra Recon Squad the task of telling that story.

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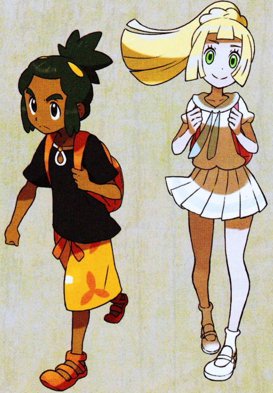
CHANGING CHARACTERS AND THE DEEP REASONS BEHIND THEIR CHANGES

That's very interesting to hear. I'd like to keep asking more about the core of these games' story. First off, we've got Hau's growth.



Iwao:
Hau's amiable character hasn't changed from *Pokémon Sun* and *Pokémon Moon*, but in the latter part of the story, he begins to pursue strength. He grows strong enough to even battle the player to see who will become the first Champion of the Alola region, after defeating all of the Elite Four at the Pokémon League. By digging into that story of his growth and depicting it for the player, I wanted to create this emotional plotline where you set out together with someone as a novice Pokémon Trainer, and you've both put in the same efforts and grown stronger, ultimately to face each other in battle at the climax. And so the "core" theme of *Pokémon Ultra Sun* and *Pokémon Ultra Moon* is captured in this battle against Hau as well. As the hero, the player learns a great deal and comes to understand Pokémon, gaining strength in battle through the various experiences they have had. I think that is the core of an RPG.

Ohmori:
It's also one of the core experiences that has always been key to the Pokémon series all these years.

Iwao:
When you beat Hau, who has come through the same experiences to be standing on the same stage as you for battle, you can more deeply and fully feel that you've really been able to become Champion.

I felt like Lusamine's personality changed quite a bit.

Iwao:
Her manner has changed, but her true nature hasn't changed from *Pokémon Sun* and *Pokémon Moon*. She still appears cool-headed on the surface, but she also has never stopped thinking of her children. In truth, she even has a true love for Pokémon and desire to protect Pokémon. But from the player's point of view, her actions may appear high-handed, and it is easy to see her as an evil character.

And Lillie becomes a Pokémon Trainer instead of setting out for the Kanto region. Lillie always hated seeing Pokémon get hurt, more than anyone, but she becomes a Trainer. Tell us more about the reasoning there.

Iwao:
As you say, at the end of *Pokémon Sun* and *Pokémon Moon*, she set off on a journey to the Kanto region. That was how the story concluded in *Pokémon Sun* and *Pokémon Moon*. In this alternate world that is depicted in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, Lusamine is still well at the end of the story,

so I thought to change what happens to Lillie after the main story. Having Lillie's tale end by setting off for Kanto again, just as she did in *Pokémon Sun* and *Pokémon Moon*, wouldn't have inspired any new feelings. We also heard from players of *Pokémon Sun* and *Pokémon Moon* that it was hard saying good-bye to Lillie. In *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, I thought to have the story develop so that Lillie wouldn't need to set out on a journey, by instead making her dreams come true. In the Team Rainbow Rocket episode, Lillie achieves the dream that she'd held at the end of *Pokémon Sun* and *Pokémon Moon*—she gets to play an active role as a Pokémon Trainer. But sending out powerful Pokémon and going all out in battle isn't the sort of battle strategy that suits Lillie. She thoroughly supports the player with Clefairy instead. We wanted to show that this is another valid way to battle in Pokémon, as well.

> "What we wanted to express with these many sub-events was how deep the relationship is between Pokémon and people."

If you were to sum up the Team Rainbow Rocket episode, it's basically a story in which the bosses of all the villainous teams from the past titles appear together. Even after clearing the episode, though, there are still so many questions left. Were those bosses real? Giovanni, at least, definitely feels like the real Giovanni. But then why change the team's name from Team Rocket to Team Rainbow Rocket? There are still so many questions in my mind.

Iwao:
When it comes to the Team Rainbow Rocket episode, it's fine for the players who play the game to interpret the events as they see fit. The one certain thing is that we've added to *Pokémon Ultra Sun* and *Pokémon Ultra Moon* this idea of parallelism, where it's possible to travel between the Alola region and other worlds through an Ultra Wormhole. The appearance of Team Rainbow Rocket is one way to make visible to players one possible outcome of that fact. When characters like Cyrus and Ghetsis are talking in Team Rocket's castle, it's not clear which world they've come from. We made it so that each player could have their own feelings about it and they could all be correct. As for the name "Team Rainbow Rocket," it was really quite simple. Looking at these powerful bosses in Team Rainbow Rocket, each with completely different personalities, they are like the seven different colors of the rainbow. So we named them Team Rainbow Rocket.

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EVEN A SMALL FLOWER IN THE PATH GETS A DOSE OF THE "POKÉMON PHILOSOPHY"

After putting in all these different elements, the scope of the scenario—including so-called sub-events—far exceeds that of *Pokémon Sun* and *Pokémon Moon*. Did you plan from the start to add so many new scenario elements?

Iwao:
We weren't really planning to add so many sub-events when development started out. But the staff working on the scenario and event planning were very passionate, and midway through development, we realized that a variety of events was what would really make these titles appealing. What we wanted to express with these many sub-events was how deep the relationship is between Pokémon and people. By adding all these little episodes that focus on people interacting with Pokémon, we were trying to make players feel more immersed in the world of *Pokémon Ultra Sun* and *Pokémon Ultra Moon*.

Ohmori:
The large number of sub-events is, I think, a reflection of Iwao's great character. He made it feel easy to talk about different ideas and share opinions, and there was really open communication on the project. Someone would propose an idea, then someone else might add more ideas onto it. From my point of view as a producer, I felt like, "Wow, they're really having fun making this." And I think that the results led to the high quality of *Pokémon Ultra Sun* and *Pokémon Ultra Moon*.

Iwao:
The idea of interacting with Pokémon in the field also came about from an idea of one of the development staff members.

In past games, you might be able to talk to Pokémon in the field and they would have their unique cries, you know, like "Grawr!" or "Bow! Bow!" Seeing them depicted like that was something players could enjoy. And it was fun enough on its own, but these games really take it a step further and make it possible to interact with the Pokémon.

Iwao:
I can't help wanting to use those ideas that make it possible to feel like Pokémon are living creatures or that allow players to more deeply understand how they live.

> "I can't help wanting to use those ideas that make it possible to feel like Pokémon are living creatures."

When you get close to these Pokémon and then talk to the people standing nearby, they'll tell you the Pokémon's nickname, right? I was astonished by that. "They put that much thought into it!" I said to myself.

Iwao:
It's the embodiment of the "Pokémon philosophy." The Pokémon that you can interact with aren't wild Pokémon. They're someone's Pokémon. So naturally they have names, and you can't catch them.

Ohmori:
I've got a funny story about the "Pokémon philosophy." The truth is that even the positioning of the flowers in the field is a reflection of it. When I was new to the company, I worked on making the maps, and I kept getting criticized by one of my seniors, a fellow named Koji Nishino. (Laughs.) I'd thought that I was just putting flowers in the field to make the area look a bit more cheery. So when Nishino saw the map and how I'd placed the flowers, he asked me, "Is this a route that people walk on? Is it a game trail that Pokémon use to move about?" If it's a path that people walk, then flowers won't bloom there. If you put flowers in front of a store, then people would step on them, so you can't put them in the path to the store's entrance. He taught me all kinds of things like that. Putting thought into where you place every last little flower—that's the "Pokémon philosophy."

Iwao:
Flowers are also a necessary part of the map. If there are beautiful flowers in bloom, the players will be drawn to them and want to get closer to them. Even flowers can be used to lead the player in their journey.

Ohmori:
When you place flowers near the entrance or exit of a path, you can get some sense of accomplishment, like "I can see the flowers now. I've made it through this route." Using flowers can have a real impact on the gameplay experience. When you see flowers, you feel like safety must lie beyond them, and so everyone naturally makes for them.

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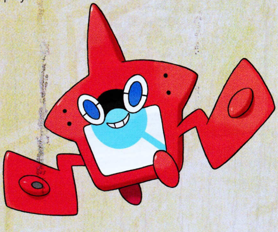
PUTTING EVERYTHING INTO A GRAND CULMINATION OF THE NINTENDO 3DS GENERATION

I'd like to ask about some of the new features added into *Pokémon Ultra Sun* and *Pokémon Ultra Moon*. The new UI (user interface) that was introduced in *Pokémon Sun* and *Pokémon Moon* has gotten further improvements, and it's become even easier to play.



Ohmori:
Improving the gameplay experience is something that we at GAME FREAK are all universally pursuing, and not just in the Pokémon series.

Iwao:
In *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, we used the UI from *Pokémon Sun* and *Pokémon Moon* and added some improvements to make it even easier to play.

I was surprised by the feature that lets you communicate with your Rotom Dex and get closer to it.

Iwao:
The Rotom Dex is the fusion of a Pokémon and a Pokédex. Since it has the functions of a Pokédex and allows you to actually speak with a Pokémon, I thought I wanted to add even more ways to play with it. In a regular RPG, the hero normally has a party of allies. In a Pokémon game, that's your party of Pokémon. But I also wanted to have something that you could feel closer to and more easily achieve some mutual understanding with, so we increased the ways that players can communicate with the Rotom Dex in these games. I felt anew that I wanted the player to have the sort of ally that would remark on what you see as you progress in your island challenge together, or ask for your take on things, so we made the conversations with the Rotom Dex richer and added the element that Rotom's personality would change based on how the player responds to it. It's like the way that people start to act and sound like one another after being friends a long time.

The number of Pokémon that you can register in the Rotom Dex has increased from 300 to 400. Why did you add 100 more Pokémon?

Iwao:
Because we felt like we didn't want to make the people who had played *Pokémon Sun* and *Pokémon Moon* do the same thing over again. We talked a lot about how many Pokémon we should add. Like, wouldn't it seem about right to add 151 Pokémon? (Laughs.) In the end, we restrained ourselves to adding just 100 more, so it would truly feel like it had increased but without also making the hurdle to completing [the Pokédex] too high either.

Collecting Totem Stickers was a lot of fun!

Iwao:
The inspiration for collecting Totem Stickers was rather close to that of the Rotom Dex. We came up with the idea because we didn't want to make

Pokémon Sun and *Pokémon Moon* players have to collect all of the Zygarde Cores and Zygarde Cells again. The truth is the Totem Stickers are stuck up by the captains of the various islands. We don't explain that detail in the games, but you'll find that the stickers' placement reflects a bit of each captain's personality. If you haven't collected them all yet, look closely and see if you notice anything. And there are things like Team Skull—being the rather rough group that they are—just sticking all the Totem Stickers from around Po Town on top of one another in one place. When players are out collecting Totem Stickers, I hope they'll let their imagination be sparked as they wonder which captain placed each sticker. I think it's even more fun that way.

Mantine Surf ended up being a pretty serious action game. That took me by surprise. At first it took some practice, but once I learned to use aerial moves, it really felt great. I thought it felt like the perfect feature to take a little breather with during the island challenge.

Iwao:
There were two things that really led to us making Mantine Surf. One was just for the variety. The main drive of a Pokémon game is to catch Pokémon, battle with them, and clear the story. But we wanted to add some variety to liven things up, so we added this action minigame. The other reason was the setting of the Alola region. When we were trying to reexamine the appeal of the Alola region, we realized that surfing was just the sort of thing that would suit it.

I'd like to ask about Ultra Warp Ride. The space that you travel through is full of mysteries.

Iwao:
Ultra Space did appear in *Pokémon Sun* and *Pokémon Moon*, but now in these games, you can take advantage of Solgaleo and Lunala's power to freely travel through it. The idea with Ultra Warp Ride is that Solgaleo or Lunala creates a path for you that you can travel along. Solgaleo and Lunala have the power to go into Ultra Wormholes.

Using these Ultra Wormholes, you can go to the worlds where Ultra Beasts live. The scenery is very strange, and it really spurred my interest in the Ultra Beasts.

Iwao:
The existence of the Ultra Beasts came to light in *Pokémon Sun* and *Pokémon Moon*. But we didn't go deeply into how these Ultra Beasts lived and we left them a mystery, so in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, we've uncovered one of these mysteries: the worlds that the Ultra Beasts live in. Each Ultra Beast lives in an entirely different kind of world, so I hope that our players will all go around to see each one.

> **"I think everyone develops an emotional attachment to the Pokémon that they travel together with."**

And you can catch the Legendary Pokémon from past generations using Ultra Warp Ride.

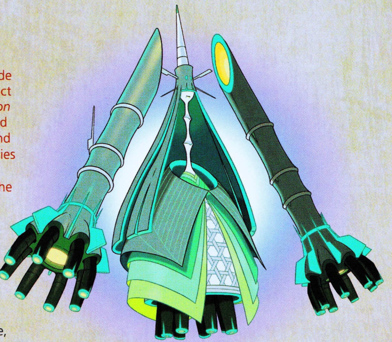
Iwao:
We did decide to have all of the Legendary Pokémon appear in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, and that decision was made from a marketing standpoint. First, there's the fact that *Pokémon Ultra Sun* and *Pokémon Ultra Moon* are games developed based on *Pokémon Sun* and *Pokémon Moon*. But we also have to keep in mind the people who might be playing a Pokémon series game for the first time with *Pokémon Ultra Sun* and *Pokémon Ultra Moon*. You can catch all of the past Legendary Pokémon using the Soar feature in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*, but we wanted to make it so that you could [do the same] if you just fully play *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

You can catch a lot of different Pokémon species in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*. There's the Ultra Warp Ride, of course, and then there are also new Pokémon you can catch using the Island Scan feature. If you collect Totem Stickers, you can receive large Pokémon like the Totem Pokémon. If you become the top-ranked surfer on all of the Mantine Surf courses, you can get a Pikachu that knows the move Surf. This seems like the most fan service that we've ever seen.

Iwao:
While we were making the game, we did end up wanting to put in lots of fan service. (Laughs.)

Tell us about the new battle facility that has been added to these games—the Battle Agency.

Iwao:
First of all, we wanted to lower the threshold for Pokémon battling. Because players can borrow all sorts of different Pokémon in this feature, anyone can get a taste of the true depth and thrill of Pokémon battling without struggle. Plus, we also wanted to change Festival Plaza. Festival Plaza is where we've collected together all our communication features, but if all it had was the exact same features as in *Pokémon Sun* and *Pokémon Moon*, then I was afraid our players would just end up feeling like there was no reason to visit it again. We added the Battle Agency feature in the hopes that players would then have a reason to want to visit Festival Plaza every day. The Pokémon that you can borrow change each day, plus you can also borrow Pokémon from other players around the world using communication features. We wanted players to experience the exhilarating feel of winning their way through Pokémon battles with strong Pokémon.



Now, the Alola Photo Club feature is something right in sync with the social media age...

Iwao:
We definitely had it in mind that people would upload the pictures that they take to their social media accounts. There's a feature within the game as well that allows players to show their photos to the people they encounter in Festival Plaza, but I think the main space for it is probably going to be social media. Whether you're a player who has been playing for a long time or someone who just recently started, I think everyone develops an emotional attachment to the Pokémon that they travel together with. And a photo is really the best way to show the depths of those bonds and the relationship and closeness you've built up with those Pokémon in a lasting way. I hope that players will bring their favorite Pokémon to *Pokémon Ultra Sun* and *Pokémon Ultra Moon* from various titles using the download software for Nintendo 3DS systems, *Pokémon Bank*, then take pictures together with them to save.

I have a question for Mr. Ohmori. From your perspective as producer, what do you think of Mr. Iwao's work?

Ohmori:
I feel like I can really count on him. Iwao has been helping with development as a GAME FREAK creator since *Pokémon Black Version* and *Pokémon White Version* (2010). I've seen how he works over this

time, so I have a lot of trust in him. My work as producer is to have a different perspective than a director does—to consider things like how to market a game or how to proportion staff in response to the stage of development. I didn't work on the game's content but on the tasks that lie outside of the game development. I basically left *Pokémon Ultra Sun* and *Pokémon Ultra Moon* in the hands of the director, and it was my position to just watch over things. But it was also my first time experiencing the job of being producer, so I was nervous the entire time, too. Always wondering, "Am I really doing all right?" But in the end, I saw that the game that Iwao and the others were making was becoming quite fun, so I was able to feel, "Yeah. This should be all right."

> **"Even among the history of Pokémon titles, *Pokémon Ultra Sun* and *Pokémon Ultra Moon* have been developed as a new sort of entry in the series."**

Tell me why you chose to put the word "ultra" in the game titles.

Ohmori:
Even among the history of Pokémon titles, *Pokémon Ultra Sun* and *Pokémon Ultra Moon* have been developed as a new sort of entry in the series, and so we had to think long and hard about what to call them.

Iwao:
They're to maintain what lies at the core of *Pokémon Sun* and *Pokémon Moon*. And be a culmination of the Pokémon series on the Nintendo 3DS platform. There are many such considerations that went into *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, so our feeling was that, whatever else, we wanted to make these powerful games. We had a lot of different title candidates, but in the end we chose to go with the word "ultra."

Ohmori:
At the beginning of this interview, we talked about how we wanted the game to be drastically different from the very beginning of play, and those changes feel somehow "ultra." Then we've got so many terms, like Ultra Beasts and Ultra Necrozma and Ultra Burst... Given their existence, and considering the meaning of the word "ultra," I think you can feel another level of depth in the story.

My last question. Tell me how you'd like to see players play *Pokémon Ultra Sun* and *Pokémon Ultra Moon*.

Iwao:
We poured every detail into the world you originally saw in *Pokémon Sun* and *Pokémon Moon*, from the brightness of the sunlight to the color of the ocean seas. I think I'd like to see players enjoy it as a true role-playing experience—to feel that they themselves are the hero who has just moved to the Alola region and is getting their first Pokémon from Professor Kukui and setting off on an island challenge of their own. The character that you control is the hero, and that hero is you. I'd be happy if players could enjoy that pure thrill that RPGs offer. That's why I tried to put everything into the game that you might need to do that.

Ohmori:
Pokémon Ultra Sun and *Pokémon Ultra Moon* have been made with a lot of care. They're the kind of games where even players who are playing a Pokémon series game for the first time won't feel lost and can slip right into the world they depict. Some people might have gotten interested in Pokémon from playing Pokémon GO, or maybe they've been feeling nostalgic playing through the Virtual Console editions of *Pokémon Gold* and *Pokémon Silver*. Everyone has their own reasons for wanting to play the Pokémon series, but *Pokémon Ultra Sun* and *Pokémon Ultra Moon* can undoubtedly be enjoyed by anyone. And it's also fine for players to then go back and play *Pokémon Sun* or *Pokémon Moon* for the first time, after playing these games. I really wonder what players will think if they go back and play *Pokémon Sun* or *Pokémon Moon* after playing these titles. I've put so much time into playing *Pokémon Sun* and *Pokémon Moon* already that I wonder how they would look in the eyes of someone who plays *Pokémon Ultra Sun* and *Pokémon Ultra Moon* first. I'd love to hear what people think. If you love Pokémon, I hope you'll encourage lots of people around you to check out these games and have fun playing them together.

(Interview conducted in September 2017 at the GAME FREAK offices.)

This interview is a reproduction of an original article written by Shusuke Motomiya (the author of the official Japanese strategy guide) and published by OVERLAP, Inc.

What It Takes to Create a Pokémon

Special interview with Ken Sugimori, the art director of the Pokémon series.

Ken Sugimori

Director of GAME FREAK inc.

Interview conducted by Shusuke Motomiya (ONEUP, Inc.)

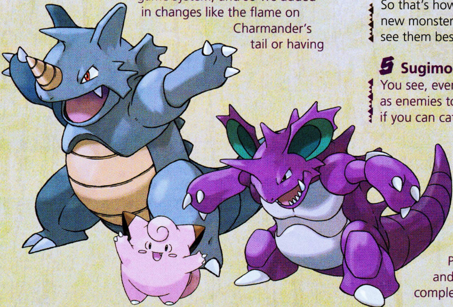
POKÉMON—BORN FROM THE COUNTERCULTURE SPIRIT

I'd like to look back to the development of *Pokémon Red* and *Pokémon Green*, originally released in 1996.* RPGs were all the rage in the game scene in those days, with so-called "fantasy" games being the main offering. And then GAME FREAK's *Pokémon Red* and *Pokémon Green* cut right through them all. When I first played the games back then, the design and expression of the monsters felt so original.

Sugimori:
That's true. The orthodox fantasy RPGs were what was popular in those days, but there was also this group of young, ambitious developers who were sending out into the world RPGs that took a different path. Our *Pokémon Red* and *Pokémon Green* were developed as a part of that trend. It was basically a counterculture movement.

And the pinnacle of that counterculture movement led to the creation of these creatures known as Pokémon. Tell us about how Pokémon were first born.

Sugimori:
It first started with designs of dinosaurs and monsters in a super-deformed** style. They had fangs and long tails, and spikes jutting out all over their bodies. It started with Pokémon like Rhydon and Nidoking, for example. And when we looked at them all together, the designs felt rather uniform. So then we started adding cute Pokémon, like Clefairy and Pikachu. As the games' development progressed, we added the idea of "types" to the game system, and so we added in changes like the flame on Charmander's tail or having a plant growing on Venusaur's back. When the designs became something that seemed to make sense, well, that was when I really felt that we'd been able to create creatures unlike anything in any other RPG.



I've heard that the theme of people and Pokémon coexisting was there from the start in *Pokémon Red* and *Pokémon Green*, is that right? How does this theme of coexistence affect Pokémon design?

Sugimori:
In the earliest days of *Pokémon Red* and *Pokémon Green*'s development, I drew a piece of concept art. Even in those days, there were Pokémon that would let people ride on their backs like horses do, Pokémon that would take you to distant places like an airplane might, and Pokémon that would go everywhere with you as your partner. What really came out of that was the sense of each Pokémon's size. If they were as huge as dinosaurs, they couldn't really coexist with humans, so we used humans as a standard and settled down into designing the Pokémon to be a bit bigger or a bit smaller than people.

> "Even when Pokémon appear before you as enemies to fight, they'll become your allies if you can catch them."

So that's how you ended up creating these entirely new monsters that feel completely natural when you see them beside people, is that it?

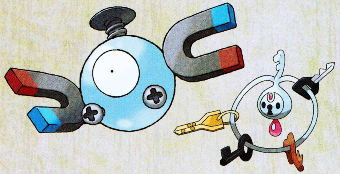
Sugimori:
You see, even when Pokémon appear before you as enemies to fight, they'll become your allies if you can catch them. That's the way they are constructed. Even if we had Pokémon that had frightening stories behind them or looked unsettling, we give them a sort of charm and depict them in a way that you feel you could get close to them. This idea of "charm" is a basic part of every Pokémon's design. We give every Pokémon some sort of friendly aspect, and we've never made a Pokémon a complete villain in our stories.

> "This idea of 'charm' is a basic part of every Pokémon's design."

I always hear that another key concept for Pokémon is their vitality—they have to feel alive—just as much as they need to capture that coexistence with people. In the battle scenes in *Pokémon Red* and *Pokémon Green*, the Pokémon is shown from behind. I feel like designing these monsters not just from the front but even designing how they would appear from behind really helps create this sense of vitality.

Sugimori:
The original idea behind showing the Pokémon's backs in battle was a question of camera work. The battles in *Pokémon Red* and *Pokémon Green* were designed to appear in first-person view for the Pokémon's Trainer—in other words, from the player's own point of view. Unlike in other games, Pokémon games didn't have the main character fighting against other humans. The ones doing the fighting were the Pokémon, so what you would see in front of your eyes was the back of your Pokémon. And if we were going to go to the work of drawing out those backs anyway, we wanted to put the effort into adding details there as well for players to discover. Like, for example, the wings on Clefairy's back, which look like a bow. And that's how Pokémon get designed. I guess more than "vitality," showing the Pokémon's backs contributes to creating a sense of realism. *Pokémon Red* and *Pokémon Green* were sold for the Nintendo Game Boy, and it had a monochromatic palette that could only show four shades. That was the kind of limit we were working with, but I still wanted those backs to appear real.

The uniqueness of Pokémon designs can be seen in how some Pokémon have been based on inorganic items as well. When I noticed that Klefki was based on a key ring in 2013's *Pokémon X* and *Pokémon Y*, it reaffirmed for me the variety and richness of Pokémon. There aren't many who would think to design monsters around not only living things but to use non-living items as a motif.



Sugimori:
I suppose the first example of using an inorganic object for a Pokémon's motif must have been Magnemite, in *Pokémon Red* and *Pokémon Green*. That was an idea that the games' director, Satoshi Tajiri (President of GAME FREAK inc.) thought up. On the work order, he'd just written something like: "A magnet Pokémon." (Laughs.) Then I designed it.

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IT'S NOT ENOUGH JUST TO BE COOL. YOU HAVE TO ADD SOMETHING THAT KEEPS PEOPLE'S ATTENTION.

I'd like to get into the real meat of the interview now and ask about our main theme: what it takes to create a Pokémon. I've often seen you say in magazine interviews and the like that you start the design process by thinking about how a Pokémon must live, its physique, even what it eats.

Sugimori:
One of the biggest things to decide there is what the Pokémon eats. I think everyone must wonder about that. It's easy to imagine when it's a Pokémon like Snorlax, which eats anything, but we have a lot of Pokémon with mysterious bodies or no mouths. And so what do Pokémon based on inorganic items, like Magnemite, eat? It's the job of GAME FREAK's creative team to make sure there are proper answers for all these kinds of Pokémon. And then it's the job of us in the design team to make the ideas that the creative team came up with seem convincing.

This may be a stupid question, but what do Pokémon with no mouths eat?

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[*] The first two games released in the Pokémon series were Japan's *Pokémon Red* and *Pokémon Green*, while the first games to be brought to other regions were *Pokémon Red* and *Pokémon Blue*.

[**] "Super-deformed" art is a caricaturized art style used in Japan, typically showing characters looking small and cute, with the head disproportionately large compared to the body.

Sugimori:
Ghost-type Pokémon, for example, might feed on the spirit, or reap energy from the air around them. Whether or not we can think of something for a Pokémon to survive on is a huge turning point in the creation of any Pokémon. If we were going to make a Pokémon based on the motif of a car, for example, what would it eat? Would you make it able to suck up gasoline? How would it use the energy it got from that—how would it use that source of power? Even if the design is based on a car, a Pokémon is a living creature, so we would work over and over how to express its "car-ness" and what its source of energy should be.

So thinking through each Pokémon's energy source connects to expressing the vitality of each Pokémon.

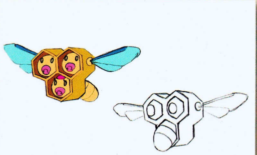
Sugimori:
It pretty much does. The act of eating something and turning it into energy has a lot to do with creating that sense of vitality for a Pokémon. I think that's an important expression of a living creature. In our recent games, you can do things like directly giving food to your Pokémon using features like Pokémon Refresh. So now when we design Pokémon, deciding their eating habits has become an even more important aspect to consider.

If you aren't able to show what they eat to survive, then they really do just end up being creatures of fantasy, don't they?

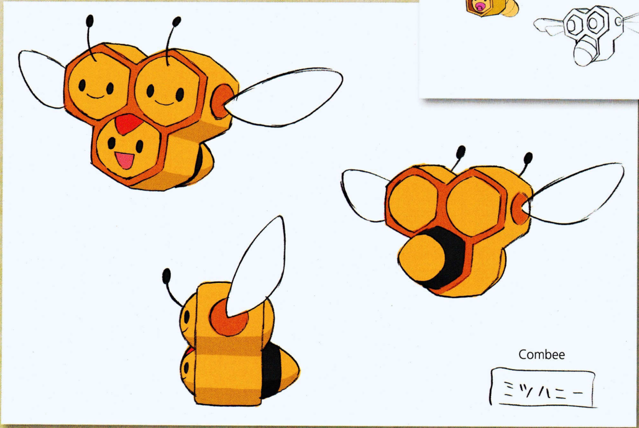
Sugimori:
Pokémon really are, as you've heard many times, "mysterious creatures." We depict them that way, but I also think that it's important we don't make them too mysterious. Mystery is appealing, but if you go too far in that direction, it's hard to feel close to a creature that's too unfamiliar. Are our players going to look at a Pokémon and say, "That could never be real." Or won't they? Restraint is important so that we can aim to just skirt that line without going over it.

On that note, Mr. Sugimori, you've said on many occasions, "I don't think up Pokémon on my own. It's a group effort to think them up. My job is just to make the end product."

- Rough sketches



- Setup sheet



Sugimori:
(Pulls a document from a clear file folder.) That's right. I brought an example that makes it easy to understand what I mean. This is the setup sheet for Combee, and the rough sketches we came up with before that.

These are precious documents.

Sugimori:
So first the design team just got an order like, "Pokémon made up of three honeycombs stuck together." The ideas that our designers came up with based on that were these rough sketches. We came up with the design of having three larvae wedged into the honeycombs, but that's pretty awfully realistic, isn't it? (Laughs.) It's very bug-like, that's for sure. It was a funny idea, but I thought it was rather gross. You can't help but think of them wriggling around in there, and even the construction itself—having the three of them stuck together and nesting like that—felt a bit gross. But the truth is that's a critical point. "Gross" is captivating, after all. It's the hook that gets your attention, and it can be what makes a character distinctive, so the idea stuck around. So when we kept that idea without discarding it, we turned our minds to how we could make it a friendlier design, and I thought we might try to make the faces look excessively comic. We put together that realistic body structure with the sort of simple, symbol-like faces that you used to see in very old comic books.

There's some overlap between the rough sketches and the final design, but the atmosphere changed quite a bit, didn't it?

Sugimori:
When I'm finishing up with the design for a Pokémon, I'm often working to get it balanced. If a Pokémon seems too cool, I might try to give it a little something to make it uncool. If a Pokémon seems too serious, I might try to give it a little something cheery. Sort of like we were talking about before with making the design friendlier—I also tend to take the cool characters and make them uncool. (Laughs.)

You do? But Pokémon like Lucario and Luxray are really cool!

Sugimori:
Luxray would be even cooler if its head was a bit smaller and its eyes narrower. But I dare not make adjustments to make a Pokémon even cooler.

That's what gives your designs that distinctive "Sugimori" sense, isn't it?

Sugimori:
I'm often telling the members of the design team to take something away from a design that's too cool, but it's just intuitive, so it's probably hard to understand. After all, it's ultimately subjective—to say what is cool or not. It's a bit of an exaggeration, but my role is basically to purposefully add the thing that makes people think, "It would be so cool if it just didn't have this thing!" (Laughs.) Because, in short, if a Pokémon is too cool, it won't capture a player's heart.

It will become just something to admire, like a beautiful landscape painting, is that it?

Sugimori:
That's right. You'd think, "That's cool!" And that would be the end of it. If it's something that we send out into the world as a Pokémon, we really do want it to be something that will stick in your mind and make a lasting impression. To do that, I think that you always have to add that one little something. Look at Oshawott's face, for example. It has three freckles on its cheeks. If you took those away, Oshawott would look even cuter. But if you took them away, its face would become forgettable. I was told by plenty of people that they wanted me to remove the freckles, in fact. But I kept strongly insisting that it was better to have them. That's the right way to design a Pokémon, according to my standards.

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LOOKING BACK AFTER EACH SET OF NEW ENTRIES AND HOW POKÉMON DESIGNS SHIFT AND CHANGE

If I might change the subject, I'd like to ask about how Pokémon designs change over time. First off, we've got the Pokémon from *Pokémon Red* and *Pokémon Green*, which enjoy a deep and lasting popularity. Maybe because they were the first, after all? You can feel a simple goodness in them.

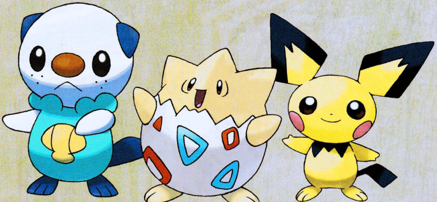
Sugimori:
It wasn't that we were aiming for simple designs, but the graphic capabilities of the Nintendo Game Boy hardware were quite simple. (Laughs.) We couldn't use color, and the pixels were so large, so I think we really had no choice but to design them to be simple. The result being that it created a foundation for making these characters that were easy to understand, so when I look back on it now, I think it was really a stroke of good fortune. If we'd been working on computer graphics or something with a higher resolution, we might have ended up drawing more detailed designs and throwing color all over the place. I think it's good that we ended up able to create these sort of simple designs, like making Grass-type Pokémon mostly green and so forth.

Then *Pokémon Gold* and *Pokémon Silver* were made to be compatible with the Nintendo Game Boy Color, and you could suddenly use 56 colors at the same time. The formerly monochromatic Pokémon got decked out in lively color.

Sugimori:
We made *Pokémon Gold* and *Pokémon Silver* as direct sequels to *Pokémon Red* and *Pokémon Green*. It was like taking the world and designs of *Pokémon Red* and *Pokémon Green*, and just expanding on them.

The Pokémon that hatched from Eggs, like Pichu and Togepi, were a big hit.

Sugimori:
That's true. We emphasized the prettier side of Pokémon. If we were to consider the Pokémon of *Pokémon Red* and *Pokémon Green* as serving as a foundation, then in *Pokémon Gold* and *Pokémon Silver* we really expanded on the sense of character of each Pokémon. I realized that everyone really likes cute things. (Laughs.)



Then there were *Pokémon Ruby* and *Pokémon Sapphire* for the Nintendo Game Boy Advance.

Sugimori:
We had more young staff joining the design team at that time, and that affected the Pokémon designs. I did most of the Pokémon designs myself, relatively speaking, for *Pokémon Red* and *Pokémon Green*, as well as in *Pokémon Gold* and *Pokémon Silver*, but my participation began to go down with those games. I think that the feel of the Pokémon changed quite a bit as a result. *Pokémon Ruby* and *Pokémon Sapphire* were developed from the start with the thought that we should try to do something different than what we'd done up until then. There was that sense of danger that if we just did the same thing over and over, people would get bored. I think that awareness was reflected in the designs of the Pokémon as well. There were more "mecha"-looking Pokémon* and more stylish designs.

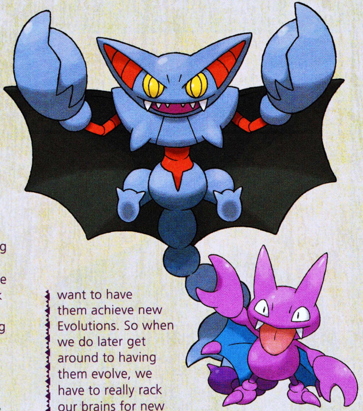
> "In short, if a Pokémon is too cool, it won't capture a player's heart."

Next were *Pokémon Diamond* and *Pokémon Pearl*, which made the leap onto the Nintendo DS hardware.

Sugimori:
The designs of the Pokémon that first made their debut in *Pokémon Diamond* and *Pokémon Pearl* followed a similar trajectory as those for *Pokémon Ruby* and *Pokémon Sapphire*. We also added Evolutions for a lot of the Pokémon that didn't evolve in *Pokémon Red* and *Pokémon Green*, or in *Pokémon Gold* and *Pokémon Silver*, and which hadn't been able to have a big role in battle.

Like having Tangela evolve into Tangrowth, or Gligar evolve into Gliscor, is that it?

Sugimori:
I think people got to experience a lot of surprise as they realized, "Oh, this Pokémon can actually evolve!" That methodology eventually led later to ideas like Mega Evolution and regional variants. But when we were first designing those Pokémon, we weren't always thinking that we'd someday want to have them achieve new Evolutions. So when we do later get around to having them evolve, we have to really rack our brains for new ideas. (Laughs.)



Because having a Pokémon evolve isn't always as simple as just having them get bigger or giving them more muscles, now, is it?

Sugimori:
That's certainly one way to do it, but if that was all we ever did, it would be boring. We found new ways to evolve. And when we started implementing them, the world began to feel even wider. I think that all Pokémon hold within them an equal likelihood of achieving even greater Evolution. And feeling that way has been another reason why I've felt the additions of Mega Evolution and regional variants have been so good.

So how about *Pokémon Black Version* and *Pokémon White Version*? In those titles, you had more than 150 species of Pokémon appear, all of them new. And the games' settings had been based on Japan up until then, but the Unova region was instead based on New York, in America.

Sugimori:
It was really a big task to design over 150 new Pokémon from scratch. Think of the bird Pokémon, for example. They fly around in the towns and really serve as a part of the setting. Just by having new bird Pokémon flying through a town, you can show

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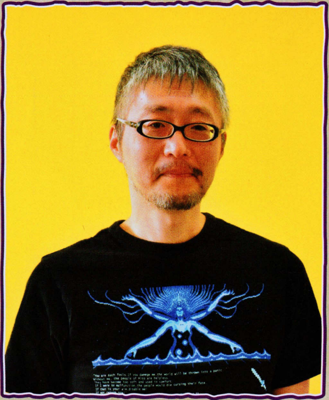
*"Mecha" refers to giant robots and similar mechanical creations.



that this is a different world. Those details serve as a base, and in the eyes of the people playing the games, they may also change the feeling that they get from the Pokémon series. What I really felt from making *Pokémon Black Version* and *Pokémon White Version* was the importance of having only unknown Pokémon appear. How fresh and new would a setting feel if you really didn't see even a single Pokémon that you already knew? We got to try that out for ourselves. And I think that's how we got to show that the Unova region was a completely different land than those in our previous titles.

In *Pokémon X* and *Pokémon Y*, there was a revolutionary change as the Pokémon changed from 2D pixel-based sprites to 3D CG models. I guess that the change to 3D modeling must have had a big impact on Pokémon design.

Sugimori:
It certainly did. Having a well-formed three-dimensional design became more important than ever before. In the age of 2D sprites, we could make the game with just a front and a back image of a Pokémon, but when you're depicting a Pokémon with a 3D model, you have to add side views from both sides and have a total of four designs then. And the details are even worse. For example, even back in the 2D sprite age, we decided things like the shapes of a Pokémon's claws or their number—but when it comes to 3D modeling, even deciding the shape that the claws will have in cross-section becomes a critical design element. I think you'll be able to understand how much work that is if you look at our design documents.

The work has really multiplied, hasn't it? But I do get the impression from the Pokémon that undergo Mega Evolution that you had fun with the design there.

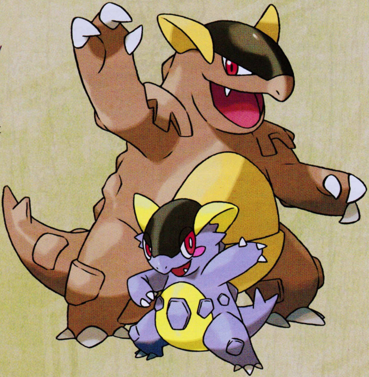
Sugimori:
It was fun. But even in Mega Evolution, we avoided the sort of designs that would seem like simply adding on and exaggerating [existing features]. I directed the team not to make the designs too over-exaggerated when it came to the Mega-Evolved Pokémon as a whole. And I committed to creating as much variation as possible.

Which Mega-Evolved Pokémon do you like best, Mr. Sugimori?

Sugimori:
I suppose I really do like the designs that have a little twist the best, like Mega Kangaskhan.

Kangaskhan and Mega Kangaskhan are the same height and only the child that had been in Kangaskhan's pouch gets larger. That's very unique.

Sugimori:
I always wanted to properly show the child in Kangaskhan's pouch somehow. It's always been there as a part of Kangaskhan, so I wanted to see it



play a role at some point. Being able to have parent and child fight together is a unique characteristic of Mega Kangaskhan—that's the kind of Mega Evolution I like.

> "If it's not enough to cause controversy, then we haven't made anything that can truly be called new."

I've heard that your roles in the design for the Pokémon in *Pokémon Sun* and *Pokémon Moon* was more that of an observer, supervising and checking the designs, and that you only directed the work on the regional variants.

Sugimori:
That's right. I was responsible for the regional variants. After all, I had the history of working on most of the Pokémon in *Pokémon Red* and *Pokémon Green* that became the basis of the regional variants.

I was surprised by the Alolan Raichu! It's too cute!

Sugimori:
I asked Atsuko Nishida, who worked on the original Raichu design, to do the design for Raichu's Alola Form. Nishida insisted that Raichu has always been cuter than people might think, so she came up with this insanely cute design. Raichu looked so soft and fluffy, so I asked, "What is this?" And she told me that the motif behind the design was bread. (Laughs.) It's a Mouse Pokémon, so I did have to wonder what bread had to do with anything... (Laughs.) We added the bit about the pancakes to its design to really play up that cuteness.

Which regional variants did you work on yourself, Mr. Sugimori?

Sugimori:
Exeggutor's Alola Form turned out well. It really embodies the worldview of the Alola region and the idea of the regional variants. It has impact, and once you learn that it's a Dragon-type Pokémon, it does look like one. And most of all, the logic and design came together so well with the idea that its neck had grown so long because the sunlight is so strong.

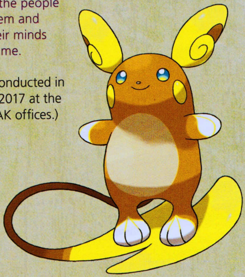
With each new entry in the Pokémon series, there are new ways to define Pokémon—with things like the Ultra Beasts—and the mysteries of the Pokémon ecology just keep growing.

Sugimori:
That's what we're going for. If our players ever say, "It's just like I imagined," then I think that's when we've failed. If it's not enough to cause controversy, then we haven't made anything that can truly be called new, and whatever we do make will be quickly forgotten.

Mr. Sugimori, you seem to really want to create something that can remain evergreen, starting all the way from the character design.

Sugimori:
That's true. I don't have such lofty dreams of creating something that will last for perpetuity or anything. But I do think it would be no good to create something that you forget the instant after you see it. There is a war raging in the world right now between popular characters—there are more monsters and cute girls than you can shake a stick at. In such an environment, I think it's really important to create designs that will spark curiosity in the people who see them and linger in their minds for a long time.

(Interview conducted in September 2017 at the GAME FREAK offices.)



This interview is a reproduction of an original article written by Shusuke Motomiya (the author of the official Japanese strategy guide) and published by OVERLAP, Inc.

Pokémon Ultra Sun

Pokémon Ultra Moon

The Official National Pokédex:

Pokémon Ultra Sun & *Pokémon Ultra Moon* Edition

The Official National Pokédex: *Pokémon Ultra Sun & Pokémon Ultra Moon* Edition

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Checklist of Pokémon Species in National Pokédex Order

This checklist covers the 806 species discovered to date in the National Pokédex. Remember that a Pokémon species will count as registered in your Pokédex as long as you have at least one of its forms, but many Pokémon have more than one form that they can appear in. If you see multiple forms that share the same Pokédex number, it is up to you to decide whether you would like to try to collect them all to store in your PC Boxes or your Online Boxes in *Pokémon Bank*, or consider your collection complete once you have at least one.

TIP

Special and more powerful forms can be assumed during battle by some Pokémon. They are featured in the list on page 7.

Pokémon whose names appear in **bold** are in the Alola Pokédex in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*. Pokémon species marked in *italic* are not necessary to have a Pokédex that is considered complete, as they can be very difficult to obtain. They cannot be caught within most Pokémon games, and instead they can only be obtained through special distributions. While no collection may feel entirely complete without them, luckily your Pokédex itself will be. You do not have to obtain these Pokémon to achieve 100% completion for Regional or National Pokédexes.

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Powerful transformations taken on in battle

The list below can help you find the powerful but temporary forms that certain Pokémon can take on during battle, through special means such as Mega Evolution. The special entries for these forms will show what changes when the Pokémon transforms and also tell you what you need to achieve these transformations yourself.

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Alphabetical List of Pokémon Species

Here is your alphabetical list of all Pokémon species. With over 800 Pokémon, it can be difficult to remember what section of the Pokédex you might find a particular Pokémon in. Perhaps it was in the 200s? Maybe the 300s? Whenever you aren't sure, come to this list and find the species by name to know exactly which page to turn to.

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Alola Region Maps

Below are the maps of the main islands of the Alola region, where you will take on your own island challenge. All of the cities, towns, routes, caves, and other key locations are shown. Routes are labeled in ●, while towns, cities, and other notable locations are labeled in ○. You can find Pokémon Centers marked with the ◓ icon, plus lists of key facilities found in each location are listed around the map.

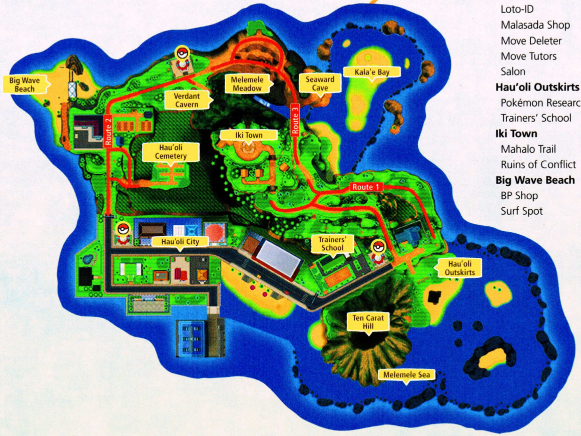
MELEMELE ISLAND

Hau'oli City
- Alola Photo Club
- Apparel Shops
- Battle Buffet
- Ferry Terminal
- Loto-ID
- Malasada Shop
- Move Deleter
- Move Tutors
- Salon

Hau'oli Outskirts
- Pokémon Research Lab
- Trainers' School

Iki Town
- Mahalo Trail
- Ruins of Conflict

Big Wave Beach
- BP Shop
- Surf Spot



Big Wave Beach
Verdant Cavern
Melemele Meadow
Seaward Cave
Kala'e Bay
Route 2
Route 3
Iki Town
Hau'oli Cemetery
Route 1
Hau'oli City
Trainers' School
Hau'oli Outskirts
Ten Carat Hill
Melemele Sea

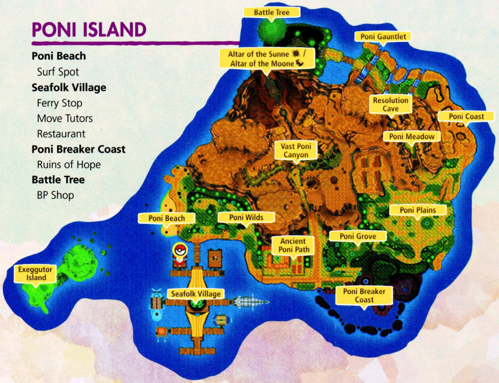
PONI ISLAND

Poni Beach
- Surf Spot

Seafolk Village
- Ferry Stop
- Move Tutors
- Restaurant

Poni Breaker Coast
- Ruins of Hope

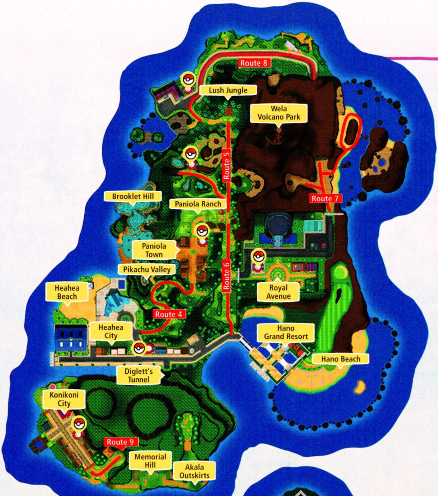
Battle Tree
- BP Shop



Battle Tree
Poni Gauntlet
Altar of the Sunne ☀ /
Altar of the Moone ☾
Resolution Cave
Poni Coast
Poni Meadow
Vast Poni Canyon
Poni Plains
Poni Beach
Poni Wilds
Ancient Poni Path
Poni Grove
Exeggutor Island
Seafolk Village
Poni Breaker Coast

◓ = POKÉMON CENTER

☀ Location found in *Pokémon Ultra Sun*
☾ Location found in *Pokémon Ultra Moon*

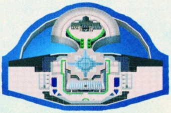

Route 8
Lush Jungle
Wela Volcano Park
Route 5
Brooklet Hill
Paniola Ranch
Route 7
Paniola Town
Pikachu Valley
Route 6
Royal Avenue
Heahea Beach
Route 4
Heahea City
Hano Grand Resort
Hano Beach
Diglett's Tunnel
Konikoni City
Route 9
Memorial Hill
Akala Outskirts

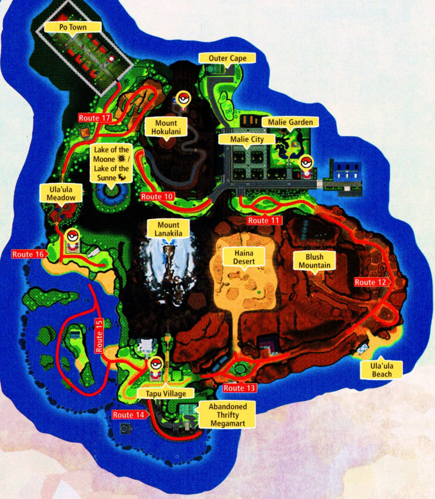
AKALA ISLAND

- **Heahea Beach**
  - BP Shop
  - Surf Spot
- **Heahea City**
  - Apparel Shop
  - Ferry Terminal
  - GAME FREAK Office
  - Name Rater
  - Tide Song Hotel
- **Paniola Ranch**
  - Moomoo Paddock
  - Pokémon Nursery
- **Hano Grand Resort**
  - Move Tutor
- **Royal Avenue**
  - Battle Royal Dome
  - Malasada Shop
  - Thrifty Megamart
- **Route 8**
  - Fossil Restoration Center
- **Konikoni City**
  - Alola Photo Club
  - Apparel Shop
  - Friendship Rater
  - Herb Seller
  - Incense Shop
  - Lomi Lomi Massage
  - Restaurant
  - Salon
  - TM Shop
- **Akala Outskirts**
  - Ruins of Life

AETHER PARADISE

Ferry Stop




Po Town
Outer Cape
Route 17
Mount Hokulani
Malie Garden
Malie City
Lake of the Moone ✹ / Lake of the Sunne
Ula'ula Meadow
Route 10
Route 11
Mount Lanakila
Route 16
Haina Desert
Blush Mountain
Route 12
Route 15
Ula'ula Beach
Route 13
Tapu Village
Abandoned Thrifty Megamart
Route 14

ULA'ULA ISLAND

- **Malie City**
  - Apparel Shop
  - Community Center
  - Ferry Terminal
  - Kantonian Gym
  - Malasada Shop
  - Restaurant
  - Salon
- **Haina Desert**
  - Ruins of Abundance
- **Route 14**
  - Abandoned Thrifty Megamart
- **Route 15**
  - Aether House
- **Mount Lanakila**
  - Move Reminder
  - Pokémon League
- **Ula'ula Beach**
  - BP Shop
  - Surf Spot

Completing the National Pokédex

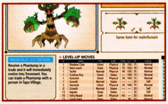
Completing a Pokédex is no simple task. Over 550 species of Pokémon can be obtained by a dedicated Trainer adventuring in Alola in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*. Getting them all would be more than enough to complete your Alola Regional Pokédex. But if you hope to complete what we call the National Pokédex, there are over 800 Pokémon species that have been discovered to date!

TIP

As you may have read in the Pokémon Checklist, you don't have to obtain every last Pokémon to complete your Pokédex. Rare Pokémon known as Mythical Pokémon are only obtainable through special distributions. Since they are so hard to come by, your Pokédex will be considered complete by Pokémon Professors everywhere, even if you are missing these Mythical Pokémon. You also only have to obtain one form of a species for that species to be registered in your Pokédex, even if many other forms may exist.

What is a National Pokédex? If you are new to the world of Pokémon, you might be wondering what a National Pokédex is. The National Pokédex is the complete collection of all Pokémon species that have been discovered. You can transfer Pokémon into *Pokémon Ultra Sun* and *Pokémon Ultra Moon* that do not appear in the Alola Pokédex and fill your PC Boxes with every known species of Pokémon. If you wish to see all of their Pokédex entries, though, you will need to complete your National Pokédex in the *Pokémon Bank* application.

You can read about *Pokémon Bank* and how to use it on page 22. ➊



MAIN WAY TO OBTAIN

Receive a Phantump in a trade and it will immediately evolve into Trevenant. You can trade a Phantump with a person in Tapu Village.

LEVEL-UP MOVES

LV	NAME	TYPE	KIND	POW	ACC	PP	RANGE
1	Shadow Claw	Ghost	Physical	70	100	15	Normal
1	Horn Leech	Grass	Physical	75	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Growth	Normal	Status	—	—	20	Self
5	Astonish	Ghost	Physical	30	100	15	Normal
8	Growth	Normal	Status	—	—	20	Self
13	Ingrain	Grass	Status	—	—	20	Self
19	Feint Attack	Dark	Physical	60	—	20	Normal

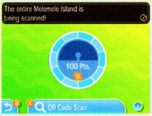
The good news is, there are a lot of different ways you can add Pokémon to your collection. The majority of the Pokémon to be found in *Pokémon Ultra Sun* and *Pokémon Ultra Moon* can be added to your Pokédex using the following methods. You will find them referred to often in the Main Way to Obtain section of each Pokémon's entry in this book.

You will see boxes like this in each Pokémon's entry. They contain information about recommended ways you can obtain the Pokémon for yourself.

Catch wild Pokémon

The most basic method is to encounter Pokémon in the wild by wandering around in places like tall grass or caves on the various islands, and then try to catch them in battle. This will be discussed in more detail on the next page.

Use Island Scan



The entire Melemele Island is being scanned!

Island Scan is a feature that can be used in *Pokémon Sun*, *Pokémon Moon*, *Pokémon Ultra Sun*, and *Pokémon Ultra Moon* to encounter Pokémon that do not appear in the Alola Pokédex. Read more about it on page 15.

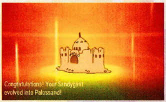
Explore Ultra Space

As you progress through your adventure in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*, you'll eventually be able to explore Ultra Space using Ultra Warp Ride (p. 16). Ultra Space is a treasure trove of rare and unusual Pokémon!

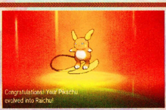
Hatch Eggs

Some Pokémon won't appear in the wild, but you can hatch them from Pokémon Eggs. There are some tricks to finding Pokémon Eggs that will hatch into the Pokémon you want, so if you want to find out more, turn to page 17.

Evolve Pokémon



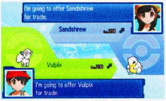
Congratulations! Your Sandygast evolved into Palossand!



Congratulations! Your Pikachu evolved into Raichu!

Some Pokémon also evolve into different species under certain conditions. For most Pokémon the condition is reaching a certain level, but there are other and trickier conditions as well, as you can read more about on pages 16 and 17.

Trade Pokémon


I'm going to offer Sandshrew for trade.

I'm going to offer Vulpix for trade.

Some Pokémon might not be obtainable in the version of the game you are playing or may need to be traded to evolve. Or it might just be easier to get them in a trade. Learn about different ways to trade starting on page 21.

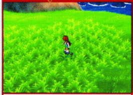
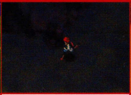
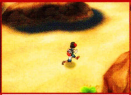
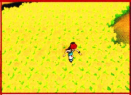
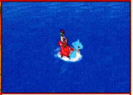
Trading Pokémon Is Key to Completing Your Pokédex

Some Pokémon are known as version exclusives and can only be obtained in certain versions of the game. If you aren't playing that version, you will need to find other Trainers to trade with. Trade with friends who are also playing Pokémon or, if you have an Internet connection, you can easily find other Trainers from all around the world who are eager to trade with you. You can also use trading as a way to get your hands on any Pokémon that you're having trouble obtaining on your own, so remember that this is always an option even if it's not listed in the Main Way to Obtain box for a particular species.

Catching Pokémon

Catching Pokémon in the wild is the most basic way of registering them in your Pokédex. Still, that doesn't mean it's always as simple as running around throwing Poké Balls at anything that moves! Different Pokémon live in different environments, and some Pokémon can only be encountered during certain weather conditions or specific times of day. Check out the guide below so that you'll know what you're looking for when a Pokémon's Main Way to Obtain text refers to things like tall grass or the water's surface.

Main places Pokémon can be encountered

				
Tall Grass	**Caves**	**Deserts**	**Flowers**	**Water Surface**
Recommended Poké Ball: Poké Ball, Great Ball, Ultra Ball, etc.	**Recommended Poké Ball:** Dusk Ball	**Recommended Poké Ball:** Poké Ball, Great Ball, Ultra Ball, etc.	**Recommended Poké Ball:** Poké Ball, Great Ball, Ultra Ball, etc.	**Recommended Poké Ball:** Net Ball, Dive Ball

Reduce the Pokémon's HP to yellow or red before throwing most Poké Balls — A Pokémon becomes easier to catch the lower its HP gets. If its HP is in the red, it will be even easier to catch than when it is in the yellow. Or you can try using a Quick Ball at the start of a battle, without dealing any damage at all!

Use the right Poké Ball for the situation to get the most benefit — For example, use Dive Balls against Pokémon that live in the water or Dusk Balls against Pokémon in caves. The Poké Balls you can get in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, and their effects, are listed on page 523.

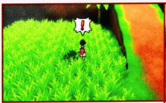
Use moves or Abilities to inflict status conditions on the wild Pokémon — The Frozen or Asleep conditions are the most effective in making a wild Pokémon easier to catch, but the Frozen condition can be difficult to inflict so you may want to focus on using other status conditions. Check out the list of moves beginning on page 488, and the Abilities list on page 507, to find ways to inflict status conditions.

Use moves that will reduce HP without knocking the Pokémon out — False Swipe is a good move choice because it always leaves a target with 1 HP without making it faint! See which Pokémon can learn it on page 562, and learn how to get the TM in *Pokémon Ultra Sun* and *Pokémon Ultra Moon* on page 506.

Use moves or Abilities to pin down Pokémon that flee — If Pokémon keep escaping from battle, consider moves like Mean Look, Spider Web, or Block, or Abilities like Shadow Tag or Arena Trap. They prevent an opposing Pokémon from escaping from the battle.

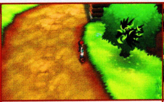
Ambush encounters

Normally, Pokémon leap out at you without warning, but some are a bit more obvious. If you see rustling in the patches of tall grass, or dirt clouds on the ground, be careful—get too close, and the Pokémon causing the rustling or the dust will charge right at you. Sometimes, these Pokémon will even drop items in all the excitement. Keep your eye open for shiny objects on the ground after battles against them.



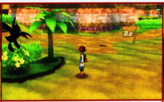
Rustling grass

In tall grass, a Pokémon preparing an ambush will cause the grass to rustle. It will rush toward you if you step into the grass.



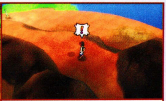
Rustling tree

As you travel, you'll come across trees that rustle and shake. Get too close, and a Pokémon will leap down at you.



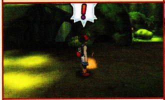
Rustling bush

Pokémon sometimes hide in bushes, too. If you want to avoid a battle, give them some distance.



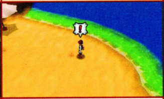
Shadows on the ground

Keep your eye open for shadows on the ground. If you step onto one, a Pokémon will swoop down to battle you.



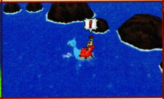
Dust clouds

Be aware of small holes in rocky walls. Pokémon will often rush out in a cloud of dust if you get too close.



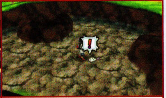
Sand clouds

On beaches and in deserts, Pokémon burrow into the sand, kicking up clouds as they do. If you get too close, they'll leap out.



Water splashes

As you ride your Ride Pokémon over the water, you may see splashing water where Pokémon can be found. Get close, and they'll attack!



Wimpod

With Wimpod, you're the one doing the ambushing! This Pokémon tries to flee when it is approached. Corner it to catch it!

Day and night exclusives

Some Pokémon in Alola only appear or evolve during the day, or only during the night. For example, Yungoos will appear during the day on Route 1, while Rattata will appear during the night. The day/night cycle of *Pokémon Ultra Sun* will be the same as the time your Nintendo 3DS system is set to, while in *Pokémon Ultra Moon* day and night are reversed. The table below should help you keep on schedule.

Time periods in *Pokémon Ultra Sun* (simplified)

TIME OF DAY IN THE GAME	NIGHTTIME						DAYTIME												NIGHTTIME					
Time set on your Nintendo 3DS system	12 A.M.	1 A.M.	2 A.M.	3 A.M.	4 A.M.	5 A.M.	6 A.M.	7 A.M.	8 A.M.	9 A.M.	10 A.M.	11 A.M.	12 P.M.	1 P.M.	2 P.M.	3 P.M.	4 P.M.	5 P.M.	6 P.M.	7 P.M.	8 P.M.	9 P.M.	10 P.M.	11 P.M.

Time periods in *Pokémon Ultra Moon* (simplified)

TIME OF DAY IN THE GAME	DAYTIME						NIGHTTIME												DAYTIME					
Time set on your Nintendo 3DS system	12 A.M.	1 A.M.	2 A.M.	3 A.M.	4 A.M.	5 A.M.	6 A.M.	7 A.M.	8 A.M.	9 A.M.	10 A.M.	11 A.M.	12 P.M.	1 P.M.	2 P.M.	3 P.M.	4 P.M.	5 P.M.	6 P.M.	7 P.M.	8 P.M.	9 P.M.	10 P.M.	11 P.M.

SOS battles

When wild Pokémon are feeling threatened during a battle in Alola, they sometimes call for an ally. This turns a normal encounter into an SOS battle. Most Pokémon call in the same species as themselves, but not all Pokémon. This is important because some Pokémon species can only be encountered in Alola when they are summoned into SOS battles as allies.

If you want to catch a Mareanie, for example, you'll need to encourage a Corsola to call for help in battle. It will never appear in the wild otherwise! If a Pokémon that you are looking for says in its Main Way to Obtain section that it appears as an SOS ally, then use the tips on the next page to try to encounter it.

Make a wild Pokémon feel like it needs a bit of help — Pokémon become more likely to call for an ally when their HP is low, so try to get it into the red. If your Pokémon has an Ability like Intimidate, Pressure, or Unnerve, it will also make a wild Pokémon more prone to want help.

Use False Swipe and non-damaging moves on the original Pokémon — You don't want to accidentally knock out the original Pokémon if you're still waiting for it to call in another species that you're seeking. Use False Swipe or status moves to keep the battle going as long as you need.

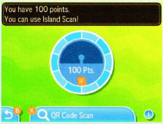
Use an Adrenaline Orb to make Pokémon call for more than one ally — On their own, a wild Pokémon will only call in one ally when in distress. If that Pokémon wasn't the one you were seeking, you can knock it out, but then what? Then you use an Adrenaline Orb to get the original Pokémon to call for more help.

Use supereffective moves whenever possible — Seeing that you can use a supereffective move against their ally as soon as they enter the fray will really spook Pokémon, and it makes it more likely they will call in a new ally on the next turn, if you have used an Adrenaline Orb in the battle.

Some Pokémon also appear as allies but only during certain weather conditions. For example, if you want to catch a Goomy in Lush Jungle, you'll need it to be raining when a Pokémon calls for help. Weather patterns shift throughout the day, but you can also change the weather yourself with moves like Rain Dance, Sunny Day, Hail, and Sandstorm. For more detailed information about weather in Alola, check out *Pokémon Ultra Sun* & *Pokémon Ultra Moon*: The Official Alola Region Strategy Guide.

Island Scan

In *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, you'll be able to use the QR Scanner from your X menu at almost any time. Scan in QR Code patterns with it, and you'll register new Pokémon as Seen in your Pokédex—and earn points for Island Scan. Once you get 100 points, you can use Island Scan to encounter Pokémon not otherwise found in Alola.



You have 100 points.
You can use Island Scan!

Once you have 100 points in the QR Scanner, press ⓧ to move to Island Scan, and then activate the scan by holding down R. It will detect a trace of a Pokémon. Which Pokémon will be decided by what day of the week it is and what island you are on when you use your Island Scan. Head to the location where the trace was detected, and try to catch that rare Pokémon!

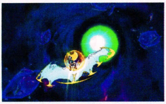
	Melemele Island		Akala Island		Ula'ula Island		Poni Island	
Day	**Pokémon**	**Location**	**Pokémon**	**Location**	**Pokémon**	**Location**	**Pokémon**	**Location**
Monday	Squirtle	Seaward Cave	Spheal	Route 7	Swinub	Tapu Village	Aggron	Poni Plains
Tuesday	Onix	Ten Carat Hill	Combusken	Route 8	Prinplup	Route 16	Rotom	Poni Gauntlet
Wednesday	Horsea	Kala'e Bay	Honedge	Akala Outskirts	Grotle	Ula'ula Meadow	Leavanny	Poni Meadow
Thursday	Scatterbug	Hau'oli City	Beedrill	Route 4	Pidgeot	Route 10	Chesnaught	Exeggutor Island
Friday	Bulbasaur	Route 2	Grovyle	Route 5	Monferno	Route 11	Greninja	Poni Wilds
Saturday	Litwick	Hau'oli Cemetery	Marshtomp	Brooklet Hill	Axew	Mount Hokulani	Delphox	Ancient Poni Path
Sunday	Charmander	Route 3	Ralts	Route 6	Rhyhorn	Blush Mountain	Eelektross	Poni Grove

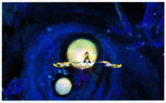
Fossils

Once you reach Route 8 on Akala Island, you can head off the main path to find a small building that is called the Fossil Restoration Center. As the name implies, you can bring Pokémon Fossils here to have them restored into living Pokémon species. If a Pokémon's Main Way to Obtain text says that you must restore it from a Fossil, turn to the Items list beginning on page 515 to learn how to obtain one in your game.

Ultra Warp Ride

During your adventure in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*, you'll be called upon to save the Alola region itself. Once this happens, you'll be granted the ability to travel through Ultra Space and visit various other worlds.





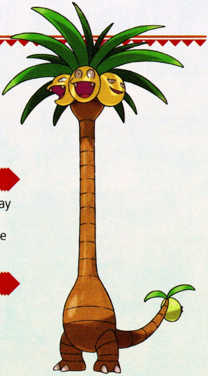
Once in Ultra Space, you'll see warp holes of various colors. These lead to unusual worlds, where you'll be able to encounter a Pokémon that you would not normally find in the Alola region. Red, green, yellow, and blue warp holes will lead to worlds where you'll encounter a single Pokémon at random, from among a small list of Pokémon that are found in that world. If you don't find the one you want on that visit, you'll have to try again. White warp holes lead to worlds where you'll be able to encounter and catch Ultra Beasts.

You may also notice that some warp holes shine a bit more elaborately than others, surrounded by dazzling light. The more brilliant a warp hole is, the better your chance of encountering a rare Pokémon—even Legendary Pokémon or rare UBs! All of the details about this feature are explained in *Pokémon Ultra Sun* & *Pokémon Ultra Moon*: The Official Alola Region Strategy Guide.

Evolving Pokémon

What?
Buneary is evolving!

Some Pokémon are only obtainable by evolving an earlier species in their Evolution line. But that can be easier said than done—there are many ways a Pokémon can evolve, and some aren't as obvious as others.



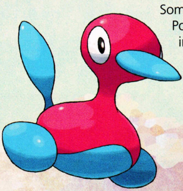
Leveling up

This is the most straightforward way for Pokémon to evolve. If the Main Way to Obtain section for a Pokémon says that it evolves at a certain level, then all you have to do is raise the Pokémon to that level, and you will obtain the Pokémon Evolution you seek.

Using an item

Some Pokémon require you to use a special item on them to evolve. If an item is listed in their description, turn to the Items list beginning on page 515 and find the item to learn how you can obtain one in your game. Then use it from your Bag when the Pokémon is in your party, and it should evolve at once.

Trading Pokémon

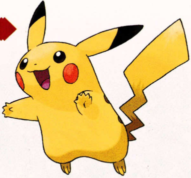


Some Pokémon evolve through trading. If you want to get one of these Pokémon, find a friend who is willing to send you the pre-evolved Pokémon in a trade to trigger its Evolution. You can also look for the pre-evolved Pokémon on the GTS to see if you can obtain it that way.

TIP

Some Pokémon need to be holding a specific item when they are traded to evolve. Porygon, for example, will only evolve into Porygon2 if it is traded while holding the item Up-Grade. Such info will be present in the Evolution box in each Pokémon's entry, so check there if you're having trouble evolving a Pokémon.

High friendship



Some Pokémon only evolve when they feel very friendly toward their Trainers. Friendliness rises automatically as long as you keep the Pokémon in your party, but there are also ways to give it boosts. There are Berries that raise friendship, as you can find in the Items list, and Pokémon just love getting a lomi lomi massage in Konikoni City! You can also use a held item, like the Soothe Bell, to increase Pokémon's friendship, or try to catch Pokémon in special Poké Balls such as Friend Balls or Luxury Balls.

Other ways to evolve your Pokémon

The ways mentioned above are the most common, but there are some unique Pokémon that require some very special conditions to evolve. Eevee, for example, will evolve into Leafeon or Glaceon if it levels up while near the moss-covered rock in Lush Jungle or the ice-covered rock found on Mount Lanakila. Some Pokémon evolve only when they learn a specific move and then level up (or learn a new move upon leveling up). For example, if you want Steenee to evolve into Tsareena, level it up to Lv. 29. It will learn Stomp and evolve. If you have a Steenee that is already above Lv. 29, have it remember Stomp from Madam Memorial in the Mount Lanakila Pokémon Center, then level it up and it will evolve. There are some Pokémon that will only evolve during the night or day, or only if you have certain other Pokémon in your party, too. Check out the Evolution box and carefully read the Main Way to Obtain section for each Pokémon to be sure you aren't missing anything.

Hatching Eggs

Another way of obtaining Pokémon is by hatching Pokémon Eggs found at the Pokémon Nursery in Alola's Paniola Ranch. In order to find Eggs, you will need to leave two Pokémon at the Pokémon Nursery. Below are some of the basics of finding Pokémon Eggs.

Leave two compatible Pokémon at the Pokémon Nursery
You must leave two Pokémon of opposite genders at the Pokémon Nursery. Or one of the Pokémon must be Ditto, an unusual Pokémon that can find Eggs with almost any other Pokémon—even Pokémon with an unknown gender.

Make sure the Pokémon share at least one Egg Group
You'll see a Pokémon's Egg Group on the left-hand side of its Pokédex entry. Two Pokémon must share an Egg Group to find an Egg together (unless one is Ditto—Ditto's Egg Group is also compatible with all other Egg Groups.)

Get the Oval Charm, if you can
The Oval Charm increases your chances of finding Pokémon Eggs, just by having it in your Bag. Learn more about how to get one in the Items list beginning on page 515.

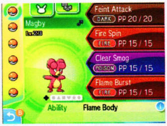
An Egg found by a male and female Pokémon will hatch into the same Pokémon species as the female Pokémon, or an earlier species in its Evolution chain. An Egg found by a Pokémon left with a Ditto will always take after the non-Ditto Pokémon when it comes to species.

TIP

For some Pokémon, it is impossible to find Eggs. These Pokémon are typically unique and rare, like Legendary Pokémon or Ultra Beasts. These Pokémon will always be part of the No Eggs Discovered group, so be sure to check the Pokédex and make sure you don't waste time and money by leaving one of them at the Nursery.

Hatching Eggs

So, you've found an Egg—now what do you do? Well, the only thing to do with a Pokémon Egg is to make it hatch! Pokémon Eggs will hatch just by carrying them around with you as part of your party, but there are ways to help the process along as well.



Have a Pokémon with the Magma Armor or Flame Body Ability in your party: If you have a Pokémon with either of these Abilities in your party, you'll find that Pokémon Eggs will hatch faster as you explore Alola. Some examples of Pokémon with these Abilities are Magby and Magmar, which can be found at Wela Volcano Park.

I'll be at your service! Zzt!

Make use of Rotom Powers: Once you unlock Rotom's Roto Loto feature, you'll occasionally be able to win Roto Hatches. These will help Eggs in your party hatch quicker for a set period of time. Combine these with the Abilities mentioned above to really speed things up.

Leave Eggs at Isle Avue of Poké Pelago: Once you develop Isle Avue at Poké Pelago, you'll be able to leave Pokémon Eggs in the hot springs there. This makes it possible to hatch entire groups of Eggs at once, without having them in your party. You can learn all about Poké Pelago in *Pokémon Ultra Sun & Pokémon Ultra Moon*: The Official Alola Region Strategy Guide.

Pokémon Eggs

The following pages feature the complete Egg Group tables for all Pokémon discovered to date. Use it to try to find pairs of compatible Pokémon you can leave at the Pokémon Nursery together. The first column shows National Pokédex numbers, allowing you to turn to a Pokémon's entry and learn more about them.

Pokémon species that have multiple forms, like Raichu, still belong to the same Egg Groups in general, so each species is only listed once. The only exception are some unusual Pokémon forms received as special gifts from The Pokémon Company International, like Ash-Greninja or the special Pikachu wearing its Trainer's caps. Pokémon Eggs have never been discovered from these unusual forms.

Amorphous Group		
Amorphous Group Only		
354	Banette	♂/♀
609	Chandelure	♂/♀
358	Chimecho	♂/♀
426	Drifblim	♂/♀
425	Drifloon	♂/♀
578	Duosion	♂/♀
356	Dusclops	♂/♀
477	Dusknoir	♂/♀
355	Duskull	♂/♀
603	Eelektrik	♂/♀
604	Eelektross	♂/♀
592	Frillish	♂/♀
475	Gallade	♂
282	Gardevoir	♂/♀
092	Gastly	♂/♀
094	Gengar	♂/♀
711	Gourgeist	♂/♀
088	Grimer	♂/♀
316	Gulpin	♂/♀
093	Haunter	♂/♀
593	Jellicent	♂/♀
281	Kirlia	♂/♀
109	Koffing	♂/♀
608	Lampent	♂/♀
607	Litwick	♂/♀
219	Magcargo	♂/♀
778	Mimikyu	♂/♀
200	Misdreavus	♂/♀
429	Mismagius	♂/♀
089	Muk	♂/♀
770	Palossand	♂/♀
710	Pumpkaboo	♂/♀
280	Ralts	♂/♀
579	Reuniclus	♂/♀
479	Rotom	Unknown
769	Sandygast	♂/♀
353	Shuppet	♂/♀
218	Slugma	♂/♀
577	Solosis	♂/♀
442	Spiritomb	♂/♀
317	Swalot	♂/♀
602	Tynamo	♂/♀
110	Weezing	♂/♀
202	Wobbuffet	♂/♀
Amorphous Group and Fairy Group		
351	Castform	♂/♀
Amorphous Group and Grass Group		
708	Phantump	♂/♀
709	Trevenant	♂/♀
Amorphous Group and Mineral Group		
563	Cofagrigus	♂/♀
562	Yamask	♂/♀
Amorphous Group and Water Group 1		
423	Gastrodon	♂/♀
422	Shellos	♂/♀
618	Stunfisk	♂/♀

Bug Group		
Bug Group Only		
617	Accelgor	♂/♀
168	Ariados	♂/♀
267	Beautifly	♂/♀
015	Beedrill	♂/♀
412	Burmy	♂/♀
012	Butterfree	♂/♀
268	Cascoon	♂/♀
010	Caterpie	♂/♀
737	Charjabug	♂/♀
415	Combee	♂/♀
632	Durant	♂/♀
269	Dustox	♂/♀
589	Escavalier	♂/♀
330	Flygon	♂/♀
205	Forretress	♂/♀
596	Galvantula	♂/♀
207	Gligar	♂/♀
472	Gliscor	♂/♀
736	Grubbin	♂/♀
214	Heracross	♂/♀
595	Joltik	♂/♀
014	Kakuna	♂/♀
588	Karrablast	♂/♀
401	Kricketot	♂/♀
402	Kricketune	♂/♀
636	Larvesta	♂/♀
542	Leavanny	♂/♀
166	Ledian	♂/♀
165	Ledyba	♂/♀
011	Metapod	♂/♀
414	Mothim	♂
290	Nincada	♂/♀
291	Ninjask	♂/♀
204	Pineco	♂/♀
127	Pinsir	♂/♀
664	Scatterbug	♂/♀
212	Scizor	♂/♀
545	Scolipede	♂/♀
123	Scyther	♂/♀
540	Sewaddle	♂/♀
616	Shelmet	♂/♀
213	Shuckle	♂/♀
266	Silcoon	♂/♀
665	Spewpa	♂/♀
167	Spinarak	♂/♀
541	Swadloon	♂/♀
328	Trapinch	♂/♀
543	Venipede	♂/♀
049	Venomoth	♂/♀
048	Venonat	♂/♀
416	Vespiquen	♀
329	Vibrava	♂/♀
738	Vikavolt	♂/♀
666	Vivillon	♂/♀
637	Volcarona	♂/♀
013	Weedle	♂/♀
544	Whirlipede	♂/♀
413	Wormadam	♀
265	Wurmple	♂/♀
193	Yanma	♂/♀

Bug Group

469	Yanmega	♂/♀

Bug Group and Fairy Group

742	Cutiefly	♂/♀
743	Ribombee	♂/♀

Bug Group and Grass Group

046	Paras	♂/♀
047	Parasect	♂/♀

Bug Group and Humanlike Group

314	Illumise	♀
313	Volbeat	♂

Bug Group and Mineral Group

558	Crustle	♂/♀
557	Dwebble	♂/♀

Bug Group and Water Group 1

752	Araquanid	♂/♀
751	Dewpider	♂/♀
284	Masquerain	♂/♀
283	Surskit	♂/♀

Bug Group and Water Group 3

452	Drapion	♂/♀
768	Golisopod	♂/♀
451	Skorupi	♂/♀
767	Wimpod	♂/♀

Ditto Group

132	Ditto	Unknown

Dragon Group

Dragon Group Only

371	Bagon	♂/♀
633	Deino	♂/♀
706	Goodra	♂/♀
704	Goomy	♂/♀
783	Hakamo-o	♂/♀
635	Hydreigon	♂/♀
782	Jangmo-o	♂/♀
784	Kommo-o	♂/♀
373	Salamence	♂/♀
372	Shelgon	♂/♀
705	Sliggoo	♂/♀
634	Zweilous	♂/♀

Dragon Group and Field Group

024	Arbok	♂/♀
023	Ekans	♂/♀
560	Scrafty	♂/♀
559	Scraggy	♂/♀
336	Seviper	♂/♀

Dragon Group and Flying Group

334	Altaria	♂/♀
333	Swablu	♂/♀

Dragon Group and Monster Group

610	Axew	♂/♀
006	Charizard	♂/♀
004	Charmander	♂/♀
005	Charmeleon	♂/♀
780	Drampa	♂/♀
621	Druddigon	♂/♀
611	Fraxure	♂/♀
444	Gabite	♂/♀
445	Garchomp	♂/♀
443	Gible	♂/♀
253	Grovyle	♂/♀
612	Haxorus	♂/♀
695	Heliolisk	♂/♀
694	Helioptile	♂/♀
757	Salandit	♂/♀
758	Salazzle	♀
254	Sceptile	♂/♀
252	Treecko	♂/♀
776	Turtonator	♂/♀
697	Tyrantrum	♂/♀
696	Tyrunt	♂/♀

Dragon Group and Water Group 1

691	Dragalge	♂/♀
148	Dragonair	♂/♀
149	Dragonite	♂/♀
147	Dratini	♂/♀
349	Feebas	♂/♀
116	Horsea	♂/♀
230	Kingdra	♂/♀
350	Milotic	♂/♀
117	Seadra	♂/♀
690	Skrelp	♂/♀

Dragon Group and Water Group 2

130	Gyarados	♂/♀
129	Magikarp	♂/♀

Fairy Group

Fairy Group Only

683	Aromatisse	♂/♀
531	Audino	♂/♀
242	Blissey	♀
113	Chansey	♀
036	Clefable	♂/♀
035	Clefairy	♂/♀
669	Flabébé	♀
670	Floette	♀
671	Florges	♀
039	Jigglypuff	♂/♀
312	Minun	♂/♀
311	Plusle	♂/♀
685	Slurpuff	♂/♀
682	Spritzee	♂/♀
684	Swirlix	♂/♀
040	Wigglytuff	♂/♀

Fairy Group and Amorphous Group

351	Castform	♂/♀

Fairy Group and Bug Group

742	Cutiefly	♂/♀
743	Ribombee	♂/♀

Fairy Group and Field Group

702	Dedenne	♂/♀
301	Delcatty	♂/♀
210	Granbull	♂/♀
303	Mawile	♂/♀
417	Pachirisu	♂/♀
025	Pikachu	♂/♀
026	Raichu	♂/♀
300	Skitty	♂/♀
209	Snubbull	♂/♀
777	Togedemaru	♂/♀

Fairy Group and Flying Group

468	Togekiss	♂/♀
176	Togetic	♂/♀

Fairy Group and Grass Group

286	Breloom	♂/♀
421	Cherrim	♂/♀
420	Cherubi	♂/♀
546	Cottonee	♂/♀
187	Hoppip	♂/♀
189	Jumpluff	♂/♀
315	Roselia	♂/♀
407	Roserade	♂/♀
285	Shroomish	♂/♀
188	Skiploom	♂/♀
547	Whimsicott	♂/♀

Fairy Group and Mineral Group

703	Carbink	Unknown
478	Froslass	♀
362	Glalie	♂/♀
361	Snorunt	♂/♀

Fairy Group and Water Group 1

184	Azumarill	♂/♀
490	Manaphy	Unknown
183	Marill	♂/♀
489	Phione	Unknown

Field Group

Field Group Only

359	Absol	♂/♀
190	Aipom	♂/♀
424	Ambipom	♂/♀
059	Arcanine	♂/♀
614	Beartic	♂/♀
760	Bewear	♂/♀
257	Blaziken	♂/♀
522	Blitzle	♂/♀
626	Bouffalant	♂/♀
654	Braixen	♂/♀
659	Bunnelby	♂/♀
323	Camerupt	♂/♀
652	Chesnaught	♂/♀
650	Chespin	♂/♀
573	Cinccino	♂/♀
256	Combusken	♂/♀
613	Cubchoo	♂/♀
155	Cyndaquil	♂/♀
555	Darmanitan	♂/♀
554	Darumaka	♂/♀
585	Deerling	♂/♀
655	Delphox	♂/♀
502	Dewott	♂/♀
660	Diggersby	♂/♀
050	Diglett	♂/♀
232	Donphan	♂/♀
529	Drilbur	♂/♀
051	Dugtrio	♂/♀
206	Dunsparce	♂/♀
133	Eevee	♂/♀
309	Electrike	♂/♀
500	Emboar	♂/♀
587	Emolga	♂/♀
196	Espeon	♂/♀
677	Espurr	♂/♀
530	Excadrill	♂/♀
653	Fennekin	♂/♀
136	Flareon	♂/♀
676	Furfrou	♂/♀
162	Furret	♂/♀
203	Girafarig	♂/♀
471	Glaceon	♂/♀
431	Glameow	♂/♀
673	Gogoat	♂/♀
058	Growlithe	♂/♀
326	Grumpig	♂/♀
735	Gumshoos	♂/♀
631	Heatmor	♂/♀
507	Herdier	♂/♀
449	Hippopotas	♂/♀
450	Hippowdon	♂/♀
229	Houndoom	♂/♀
228	Houndour	♂/♀
727	Incineroar	♂/♀
135	Jolteon	♂/♀
352	Kecleon	♂/♀
775	Komala	♂/♀
552	Krokorok	♂/♀
553	Krookodile	♂/♀
470	Leafeon	♂/♀
510	Liepard	♂/♀
506	Lillipup	♂/♀
264	Linoone	♂/♀
667	Litleo	♂/♀
725	Litten	♂/♀
404	Luxio	♂/♀
405	Luxray	♂/♀
745	Lycanroc	♂/♀
473	Mamoswine	♂/♀
310	Manectric	♂/♀
056	Mankey	♂/♀
678	Meowstic	♂/♀
052	Meowth	♂/♀
262	Mightyena	♂/♀
241	Miltank	♀
572	Minccino	♂/♀
749	Mudbray	♂/♀
750	Mudsdale	♂/♀
517	Munna	♂/♀
518	Musharna	♂/♀
38	Ninetales	♂/♀
322	Numel	♂/♀
765	Oranguru	♂/♀
501	Oshawott	♂/♀
515	Panpour	♂/♀
511	Pansage	♂/♀
513	Pansear	♂/♀
766	Passimian	♂/♀
504	Patrat	♂/♀
053	Persian	♂/♀
231	Phanpy	♂/♀
499	Pignite	♂/♀
221	Piloswine	♂/♀
077	Ponyta	♂/♀
261	Poochyena	♂/♀
057	Primeape	♂/♀
509	Purrloin	♂/♀
432	Purugly	♂/♀
668	Pyroar	♂/♀
156	Quilava	♂/♀
651	Quilladin	♂/♀
078	Rapidash	♂/♀
020	Raticate	♂/♀
019	Rattata	♂/♀
744	Rockruff	♂/♀
503	Samurott	♂/♀
551	Sandile	♂/♀
027	Sandshrew	♂/♀
028	Sandslash	♂/♀
586	Sawsbuck	♂/♀
161	Sentret	♂/♀
403	Shinx	♂/♀
516	Simipour	♂/♀
512	Simisage	♂/♀
514	Simisear	♂/♀
672	Skiddo	♂/♀
435	Skuntank	♂/♀
289	Slaking	♂/♀
287	Slakoth	♂/♀
235	Smeargle	♂/♀
215	Sneasel	♂/♀
325	Spoink	♂/♀
234	Stantler	♂/♀
508	Stoutland	♂/♀
759	Stufful	♂/♀
434	Stunky	♂/♀
220	Swinub	♂/♀
700	Sylveon	♂/♀
128	Tauros	♂
216	Teddiursa	♂/♀
498	Tepig	♂/♀
255	Torchic	♂/♀
324	Torkoal	♂/♀
726	Torracat	♂/♀
157	Typhlosion	♂/♀
197	Umbreon	♂/♀
217	Ursaring	♂/♀
134	Vaporeon	♂/♀
288	Vigoroth	♂/♀
037	Vulpix	♂/♀
505	Watchog	♂/♀
461	Weavile	♂/♀
734	Yungoos	♂/♀
335	Zangoose	♂/♀
523	Zebstrika	♂/♀
263	Zigzagoon	♂/♀
571	Zoroark	♂/♀
570	Zorua	♂/♀

Field Group and Dragon Group

024	Arbok	♂/♀
023	Ekans	♂/♀
560	Scrafty	♂/♀
559	Scraggy	♂/♀
336	Seviper	♂/♀

Field Group and Fairy Group

702	Dedenne	♂/♀
301	Delcatty	♂/♀
210	Granbull	♂/♀
303	Mawile	♂/♀
417	Pachirisu	♂/♀
025	Pikachu	♂/♀
026	Raichu	♂/♀
300	Skitty	♂/♀
209	Snubbull	♂/♀
777	Togedemaru	♂/♀

Field Group and Flying Group

083	Farfetch'd	♂/♀
528	Swoobat	♂/♀
527	Woobat	♂/♀

Field Group and Grass Group

274	Nuzleaf	♂/♀
273	Seedot	♂/♀
497	Serperior	♂/♀
496	Servine	♂/♀
275	Shiftry	♂/♀
495	Snivy	♂/♀

Field Group and Humanlike Group

427	Buneary	♂/♀
390	Chimchar	♂/♀
392	Infernape	♂/♀
428	Lopunny	♂/♀
448	Lucario	♂/♀
619	Mienfoo	♂/♀
620	Mienshao	♂/♀
391	Monferno	♂/♀
674	Pancham	♂/♀
675	Pangoro	♂/♀
327	Spinda	♂/♀

Field Group and Monster Group

181	Ampharos	♂/♀
295	Exploud	♂/♀
180	Flaaffy	♂/♀
294	Loudred	♂/♀
179	Mareep	♂/♀
034	Nidoking	♂
029	Nidoran ♀	♀
032	Nidoran ♂	♂
033	Nidorino	♂
112	Rhydon	♂/♀
111	Rhyhorn	♂/♀
464	Rhyperior	♂/♀
293	Whismur	♂/♀

Field Group and Water Group 1

400	Bibarel	♂/♀
399	Bidoof	♂/♀
729	Brionne	♂/♀
418	Buizel	♂/♀
225	Delibird	♂/♀

Field Group

Field Group and Water Group 1

087	Dewgong	♂/♀
395	Empoleon	♂/♀
419	Floatzel	♂/♀
055	Golduck	♂/♀
393	Piplup	♂/♀
728	Popplio	♂/♀
730	Primarina	♂/♀
394	Prinplup	♂/♀
054	Psyduck	♂/♀
195	Quagsire	♂/♀
364	Sealeo	♂/♀
086	Seel	♂/♀
363	Spheal	♂/♀
365	Walrein	♂/♀
194	Wooper	♂/♀

Field Group and Water Group 2

320	Wailmer	♂/♀
321	Wailord	♂/♀

Flying Group

Flying Group Only

142	Aerodactyl	♂/♀
628	Braviary	♂
441	Chatot	♂/♀
169	Crobat	♂/♀
723	Dartrix	♂/♀
724	Decidueye	♂/♀
085	Dodrio	♂/♀
084	Doduo	♂/♀
022	Fearow	♂/♀
662	Fletchinder	♂/♀
661	Fletchling	♂/♀
042	Golbat	♂/♀
430	Honchkrow	♂/♀
163	Hoothoot	♂/♀
630	Mandibuzz	♀
198	Murkrow	♂/♀
177	Natu	♂/♀
164	Noctowl	♂/♀
714	Noibat	♂/♀
715	Noivern	♂/♀
741	Oricorio	♂/♀
018	Pidgeot	♂/♀
017	Pidgeotto	♂/♀
016	Pidgey	♂/♀
519	Pidove	♂/♀
731	Pikipek	♂/♀
722	Rowlet	♂/♀
627	Rufflet	♂
561	Sigilyph	♂/♀
227	Skarmory	♂/♀
021	Spearow	♂/♀
398	Staraptor	♂/♀
397	Staravia	♂/♀
396	Starly	♂/♀
277	Swellow	♂/♀
276	Taillow	♂/♀
663	Talonflame	♂/♀
733	Toucannon	♂/♀
520	Tranquill	♂/♀
732	Trumbeak	♂/♀
521	Unfezant	♂/♀
629	Vullaby	♀
178	Xatu	♂/♀
041	Zubat	♂/♀

Flying Group and Dragon Group

334	Altaria	♂/♀
333	Swablu	♂/♀

Flying Group and Fairy Group

468	Togekiss	♂/♀
176	Togetic	♂/♀

Flying Group and Field Group

083	Farfetch'd	♂/♀
528	Swoobat	♂/♀
527	Woobat	♂/♀

Flying Group and Water Group 1

580	Ducklett	♂/♀
279	Pelipper	♂/♀
581	Swanna	♂/♀
278	Wingull	♂/♀

Flying Group and Water Group 3

566	Archen	♂/♀
567	Archeops	♂/♀

Grass Group

Grass Group Only

591	Amoonguss	♂/♀
182	Bellossom	♂/♀
069	Bellsprout	♂/♀
761	Bounsweet	♀
455	Carnivine	♂/♀
764	Comfey	♂/♀
102	Exeggcute	♂/♀
103	Exeggutor	♂/♀
753	Fomantis	♂/♀
590	Foongus	♂/♀
044	Gloom	♂/♀
549	Lilligant	♀
754	Lurantis	♂/♀
556	Maractus	♂/♀
755	Morelull	♂/♀
043	Oddish	♂/♀
548	Petilil	♀
756	Shiinotic	♂/♀
762	Steenee	♀
192	Sunflora	♂/♀
191	Sunkern	♂/♀
114	Tangela	♂/♀
465	Tangrowth	♂/♀
763	Tsareena	♀
071	Victreebel	♂/♀
045	Vileplume	♂/♀
070	Weepinbell	♂/♀

Grass Group and Amorphous Group

708	Phantump	♂/♀
709	Trevenant	♂/♀

Grass Group and Bug Group

046	Paras	♂/♀
047	Parasect	♂/♀

Grass Group and Fairy Group

286	Breloom	♂/♀
421	Cherrim	♂/♀
420	Cherubi	♂/♀
546	Cottonee	♂/♀
187	Hoppip	♂/♀
189	Jumpluff	♂/♀
315	Roselia	♂/♀
407	Roserade	♂/♀
285	Shroomish	♂/♀
188	Skiploom	♂/♀
547	Whimsicott	♂/♀

Grass Group and Field Group

274	Nuzleaf	♂/♀
273	Seedot	♂/♀
497	Serperior	♂/♀
496	Servine	♂/♀
275	Shiftry	♂/♀
495	Snivy	♂/♀

Grass Group and Humanlike Group

331	Cacnea	♂/♀
332	Cacturne	♂/♀

Grass Group and Mineral Group

597	Ferroseed	♂/♀
598	Ferrothorn	♂/♀

Grass Group and Monster Group

460	Abomasnow	♂/♀
153	Bayleef	♂/♀
001	Bulbasaur	♂/♀
152	Chikorita	♂/♀
388	Grotle	♂/♀
002	Ivysaur	♂/♀
154	Meganium	♂/♀
459	Snover	♂/♀
389	Torterra	♂/♀
357	Tropius	♂/♀
387	Turtwig	♂/♀
003	Venusaur	♂/♀

Grass Group and Water Group 1

271	Lombre	♂/♀
270	Lotad	♂/♀
272	Ludicolo	♂/♀

Humanlike Group

Humanlike Group Only

063	Abra	♂/♀
065	Alakazam	♂/♀
606	Beheeyem	♂/♀
625	Bisharp	♂/♀
534	Conkeldurr	♂/♀
453	Croagunk	♂/♀
096	Drowzee	♂/♀
125	Electabuzz	♂/♀
466	Electivire	♂/♀
605	Elgyem	♂/♀
574	Gothita	♂/♀
576	Gothitelle	♂/♀
575	Gothorita	♂/♀
533	Gurdurr	♂/♀
297	Hariyama	♂/♀
701	Hawlucha	♂/♀
107	Hitmonchan	♂
106	Hitmonlee	♂
237	Hitmontop	♂
097	Hypno	♂/♀
124	Jynx	♀
064	Kadabra	♂/♀
068	Machamp	♂/♀
067	Machoke	♂/♀
066	Machop	♂/♀
126	Magmar	♂/♀
467	Magmortar	♂/♀
296	Makuhita	♂/♀
308	Medicham	♂/♀
307	Meditite	♂/♀
122	Mr. Mime	♂/♀
624	Pawniard	♂/♀
302	Sableye	♂/♀
539	Sawk	♂
538	Throh	♂
532	Timburr	♂/♀
454	Toxicroak	♂/♀

Humanlike Group and Bug Group

314	Illumise	♀
313	Volbeat	♂

Humanlike Group and Field Group

427	Buneary	♂/♀
390	Chimchar	♂/♀
392	Infernape	♂/♀
428	Lopunny	♂/♀
448	Lucario	♂/♀
619	Mienfoo	♂/♀
620	Mienshao	♂/♀
391	Monferno	♂/♀
674	Pancham	♂/♀
675	Pangoro	♂/♀
327	Spinda	♂/♀

Humanlike Group and Grass Group

331	Cacnea	♂/♀
332	Cacturne	♂/♀

Mineral Group

Mineral Group Only

681	Aegislash	♂/♀
343	Baltoy	Unknown
374	Beldum	Unknown
525	Boldore	♂/♀
437	Bronzong	Unknown
436	Bronzor	Unknown
344	Claydol	Unknown
615	Cryogonal	Unknown
781	Dhelmise	Unknown
680	Doublade	♂/♀
101	Electrode	Unknown
569	Garbodor	♂/♀
074	Geodude	♂/♀
526	Gigalith	♂/♀
076	Golem	♂/♀
622	Golett	Unknown
623	Golurk	Unknown
075	Graveler	♂/♀
679	Honedge	♂/♀
600	Klang	Unknown
707	Klefki	♂/♀
599	Klink	Unknown
601	Klinklang	Unknown
337	Lunatone	Unknown
081	Magnemite	Unknown
082	Magneton	Unknown
462	Magnezone	Unknown
376	Metagross	Unknown
375	Metang	Unknown
774	Minior	Unknown
299	Nosepass	♂/♀
095	Onix	♂/♀
137	Porygon	Unknown
233	Porygon2	Unknown
474	Porygon-Z	Unknown
476	Probopass	♂/♀
524	Roggenrola	♂/♀
292	Shedinja	Unknown
338	Solrock	Unknown
208	Steelix	♂/♀
185	Sudowoodo	♂/♀
568	Trubbish	♂/♀
583	Vanillish	♂/♀
582	Vanillite	♂/♀
584	Vanilluxe	♂/♀
100	Voltorb	Unknown

Mineral Group and Amorphous Group

563	Cofagrigus	♂/♀
562	Yamask	♂/♀

Mineral Group and Bug Group

558	Crustle	♂/♀
557	Dwebble	♂/♀

Mineral Group and Fairy Group

703	Carbink	Unknown
478	Froslass	♀
362	Glalie	♂/♀
361	Snorunt	♂/♀

Mineral Group and Grass Group

597	Ferroseed	♂/♀
598	Ferrothorn	♂/♀

Monster Group

Monster Group Only

306	Aggron	♂/♀
698	Amaura	♂/♀
304	Aron	♂/♀
699	Aurorus	♂/♀
713	Avalugg	♂/♀
411	Bastiodon	♂/♀
712	Bergmite	♂/♀
408	Cranidos	♂/♀
104	Cubone	♂/♀
115	Kangaskhan	♀
305	Lairon	♂/♀
246	Larvitar	♂/♀
463	Lickilicky	♂/♀
108	Lickitung	♂/♀
105	Marowak	♂/♀
247	Pupitar	♂/♀
409	Rampardos	♂/♀
410	Shieldon	♂/♀
143	Snorlax	♂/♀
248	Tyranitar	♂/♀

Monster Group and Dragon Group

610	Axew	♂/♀
006	Charizard	♂/♀
004	Charmander	♂/♀
005	Charmeleon	♂/♀
780	Drampa	♂/♀
621	Druddigon	♂/♀
611	Fraxure	♂/♀
444	Gabite	♂/♀
445	Garchomp	♂/♀
443	Gible	♂/♀
253	Grovyle	♂/♀
612	Haxorus	♂/♀
695	Heliolisk	♂/♀
694	Helioptile	♂/♀
757	Salandit	♂/♀
758	Salazzle	♀
254	Sceptile	♂/♀
252	Treecko	♂/♀
776	Turtonator	♂/♀
697	Tyrantrum	♂/♀
696	Tyrunt	♂/♀

Monster Group and Field Group

181	Ampharos	♂/♀
295	Exploud	♂/♀
180	Flaaffy	♂/♀
294	Loudred	♂/♀
179	Mareep	♂/♀
034	Nidoking	♂
029	Nidoran ♀	♀
032	Nidoran ♂	♂
033	Nidorino	♂
112	Rhydon	♂/♀
111	Rhyhorn	♂/♀
464	Rhyperior	♂/♀
293	Whismur	♂/♀

Monster Group

Monster Group and Grass Group

460	Abomasnow	♂/♀
153	Bayleef	♂/♀
001	Bulbasaur	♂/♀
152	Chikorita	♂/♀
388	Grotle	♂/♀
002	Ivysaur	♂/♀
154	Meganium	♂/♀
459	Snover	♂/♀
389	Torterra	♂/♀
357	Tropius	♂/♀
387	Turtwig	♂/♀
003	Venusaur	♂/♀

Monster Group and Water Group 1

009	Blastoise	♂/♀
159	Croconaw	♂/♀
160	Feraligatr	♂/♀
131	Lapras	♂/♀
259	Marshtomp	♂/♀
258	Mudkip	♂/♀
080	Slowbro	♂/♀
199	Slowking	♂/♀
079	Slowpoke	♂/♀
007	Squirtle	♂/♀
260	Swampert	♂/♀
158	Totodile	♂/♀
008	Wartortle	♂/♀

Water Group 1

Water Group 1 Only

366	Clamperl	♂/♀
656	Froakie	♂/♀
657	Frogadier	♂/♀
368	Gorebyss	♂/♀
658	Greninja	♂/♀
367	Huntail	♂/♀
226	Mantine	♂/♀
747	Mareanie	♂/♀
536	Palpitoad	♂/♀
186	Politoed	♂/♀
060	Poliwag	♂/♀
061	Poliwhirl	♂/♀
062	Poliwrath	♂/♀
771	Pyukumuku	♂/♀
537	Seismitoad	♂/♀
748	Toxapex	♂/♀
535	Tympole	♂/♀

Water Group 1 and Amorphous Group

423	Gastrodon	♂/♀
422	Shellos	♂/♀
618	Stunfisk	♂/♀

Water Group 1 and Bug Group

752	Araquanid	♂/♀
751	Dewpider	♂/♀
284	Masquerain	♂/♀
283	Surskit	♂/♀

Water Group 1 and Dragon Group

691	Dragalge	♂/♀
148	Dragonair	♂/♀
149	Dragonite	♂/♀
147	Dratini	♂/♀
349	Feebas	♂/♀
116	Horsea	♂/♀
230	Kingdra	♂/♀
350	Milotic	♂/♀
117	Seadra	♂/♀
690	Skrelp	♂/♀

Water Group 1 and Fairy Group

184	Azumarill	♂/♀
490	Manaphy	Unknown
183	Marill	♂/♀
489	Phione	Unknown

Water Group 1 and Field Group

400	Bibarel	♂/♀
399	Bidoof	♂/♀
729	Brionne	♂/♀
418	Buizel	♂/♀
225	Delibird	♂/♀
087	Dewgong	♂/♀
395	Empoleon	♂/♀
419	Floatzel	♂/♀
055	Golduck	♂/♀
393	Piplup	♂/♀
728	Popplio	♂/♀
730	Primarina	♂/♀
394	Prinplup	♂/♀
054	Psyduck	♂/♀
195	Quagsire	♂/♀
364	Sealeo	♂/♀
086	Seel	♂/♀
363	Spheal	♂/♀
365	Walrein	♂/♀
194	Wooper	♂/♀

Water Group 1 and Flying Group

580	Ducklett	♂/♀
279	Pelipper	♂/♀
581	Swanna	♂/♀
278	Wingull	♂/♀

Water Group 1 and Grass Group

271	Lombre	♂/♀
270	Lotad	♂/♀
272	Ludicolo	♂/♀

Water Group 1 and Monster Group

009	Blastoise	♂/♀
159	Croconaw	♂/♀
160	Feraligatr	♂/♀
131	Lapras	♂/♀
259	Marshtomp	♂/♀
258	Mudkip	♂/♀
080	Slowbro	♂/♀
199	Slowking	♂/♀
079	Slowpoke	♂/♀
007	Squirtle	♂/♀
260	Swampert	♂/♀
158	Totodile	♂/♀
008	Wartortle	♂/♀

Water Group 1 and Water Group 2

594	Alomomola	♂/♀
686	Inkay	♂/♀
687	Malamar	♂/♀
224	Octillery	♂/♀
369	Relicanth	♂/♀
223	Remoraid	♂/♀

Water Group 1 and Water Group 3

565	Carracosta	♂/♀
692	Clauncher	♂/♀
693	Clawitzer	♂/♀
341	Corphish	♂/♀
222	Corsola	♂/♀
342	Crawdaunt	♂/♀
140	Kabuto	♂/♀
141	Kabutops	♂/♀
138	Omanyte	♂/♀
139	Omastar	♂/♀
564	Tirtouga	♂/♀

Water Group 2

Water Group 2 Only

339	Barboach	♂/♀
550	Basculin	♂/♀
779	Bruxish	♂/♀
318	Carvanha	♂/♀
170	Chinchou	♂/♀
456	Finneon	♂/♀
118	Goldeen	♂/♀
171	Lanturn	♂/♀
457	Lumineon	♂/♀
370	Luvdisc	♂/♀
211	Qwilfish	♂/♀
119	Seaking	♂/♀
319	Sharpedo	♂/♀
340	Whiscash	♂/♀
746	Wishiwashi	♂/♀

Water Group 2 and Dragon Group

130	Gyarados	♂/♀
129	Magikarp	♂/♀

Water Group 2 and Field Group

320	Wailmer	♂/♀
321	Wailord	♂/♀

Water Group 2 and Water Group 1

594	Alomomola	♂/♀
686	Inkay	♂/♀
687	Malamar	♂/♀
224	Octillery	♂/♀
369	Relicanth	♂/♀
223	Remoraid	♂/♀

Water Group 3

Water Group 3 Only

347	Anorith	♂/♀
348	Armaldo	♂/♀
689	Barbaracle	♂/♀
688	Binacle	♂/♀
091	Cloyster	♂/♀
740	Crabominable	♂/♀
739	Crabrawler	♂/♀
346	Cradily	♂/♀
099	Kingler	♂/♀
098	Krabby	♂/♀
345	Lileep	♂/♀
090	Shellder	♂/♀
121	Starmie	Unknown
120	Staryu	Unknown
072	Tentacool	♂/♀
073	Tentacruel	♂/♀

Water Group 3 and Bug Group

452	Drapion	♂/♀
768	Golisopod	♂/♀
451	Skorupi	♂/♀
767	Wimpod	♂/♀

Water Group 3 and Flying Group

566	Archen	♂/♀
567	Archeops	♂/♀

Water Group 3 and Water Group 1

565	Carracosta	♂/♀
692	Clauncher	♂/♀
693	Clawitzer	♂/♀
341	Corphish	♂/♀
222	Corsola	♂/♀
342	Crawdaunt	♂/♀
140	Kabuto	♂/♀
141	Kabutops	♂/♀
138	Omanyte	♂/♀
139	Omastar	♂/♀
564	Tirtouga	♂/♀

Some Pokémon are missing from these tables. If a Pokémon is not listed in any Egg Group, that means that it will not discover Pokémon Eggs, no matter what other Pokémon you leave it at the Pokémon Nursery with or for how long.

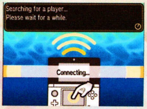
Trading Pokémon

In *Pokémon Ultra Sun* and *Pokémon Ultra Moon*, you can trade with nearby friends from early in your game using Quick Link, and with Trainers from around the globe once you have access to Festival Plaza. Use trades to get hard-to-obtain Pokémon, version-exclusive Pokémon, or Pokémon that only evolve through trade. You can even trade with players of *Pokémon Sun* and *Pokémon Moon* in Festival Plaza for Pokémon or forms obtained in those games!

TIP

You can trade Pokémon that are holding items. There are a few reasons you may want to do this. It's a handy way to give a friend an item they need, or you can add a little surprise for another player over the GTS, but also there are some Pokémon that only evolve when they're holding specific items when they're traded!

Quick Link

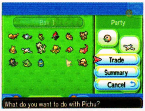


Searching for a player...
Please wait for a while.

Connecting...

Quick Link is the easiest way to trade with friends that are nearby. You can choose Quick Link by opening your X menu and selecting Quick Link from there. Once both you and your friend have selected Quick Link, touch and hold your finger or stylus to your respective touch screens, or press and hold Ⓐ at the same time. Your systems should recognize each other after a few seconds, and then you'll be able to trade.

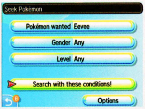
Link Trade



What do you want to do with Pichu?

Link Trade is another way that you can trade Pokémon with friends, but it also allows you to trade with people from around the world using Festival Plaza. Once in Festival Plaza, tap Trade on the lower screen, and then select Link Trade. You'll be able to choose a player from either your guest list or VIP list who you want to trade with. All that's left is choosing the Pokémon you want to offer and you'll be ready to make a trade!

GTS


Seek Pokémon

Pokémon wanted Eevee

Gender Any

Level Any

The Global Trade Station, or GTS, is the most versatile way you can trade Pokémon with other players. It lets you search for Pokémon from all Pokémon players around the world who are also using the GTS. Like a Link Trade, you access it from Festival Plaza. Tap Trade on the lower screen, but this time select GTS. Then you'll have two options: Seek Pokémon or Deposit Pokémon.

If you select Seek Pokémon, you'll be able to enter different criteria for the Pokémon you're looking for, such as species, gender, and level range. You'll be presented with a list of deposited Pokémon that fit your criteria, and if you have a Pokémon that the other person wants, you'll be able to make the trade.

Deposit Pokémon allows you to deposit a Pokémon of your choosing and specify what kind of Pokémon you'd like to get in return. If another player finds your Pokémon and is willing to trade for a Pokémon matching your criteria, they'll initiate the trade and your Pokémon will be traded. This can happen even if you don't have your game open.

TIP

There's a fourth method of trading Pokémon called Wonder Trade. With Wonder Trade, you select a Pokémon to be traded, and then wait to see what you receive in return! There's no way to predict what you'll get, making this a fun way to trade if you're in the mood for a little excitement.

Pokémon Bank & Poké Transporter

Last but not least, you'll have to fill in all those gaps in your Pokédex if you're hoping to catch them all. Remember that not all known species of Pokémon can be found in *Pokémon Ultra Sun* and *Pokémon Ultra Moon*. Any Pokémon entry that mentions *Pokémon Bank* in its Main Way to Obtain information cannot be obtained in these two games. That leaves you with two options: try to find it on the GTS or bring it from a past Pokémon game.

If you have played previous Pokémon games, like *Pokémon X*, *Pokémon Y*, *Pokémon Omega Ruby*, or *Pokémon Alpha Sapphire*, you can use *Pokémon Bank* to bring the Pokémon you caught in those games to *Pokémon Ultra Sun* or *Pokémon Ultra Moon*. You can also simply keep them in your Online Boxes in *Pokémon Bank*, and maintain your National Pokédex there.

TIP

You can also bring Pokémon from even older Pokémon titles by using the linked application *Poké Transporter*.

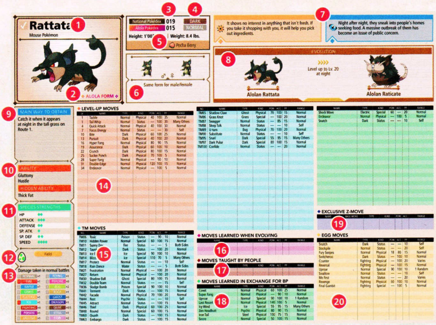
Pokémon
Bank
Ver. 1.4

Pokémon Bank is a paid service that you can choose to use if you download the application in your Nintendo 3DS system's eShop. It allows you to store Pokémon in Online Boxes and move Pokémon between core Pokémon titles released for the Nintendo 3DS family of systems. You can also view the National Pokédex within it, reading Pokédex entries and more from past games. And you can freely search through your ever-growing collection of Pokémon using detailed search parameters to find exactly the Pokémon you need. Learn much more about this application at www.pokemonbank.com

And now you're ready to set out on your journey to complete your National Pokédex!

NATIONAL POKÉDEX

How to Read Standard Pokédex Entries


Rattata
Mouse Pokémon
ALOLA FORM
National Pokédex 019
Alola Pokédex 015
DARK
NORMAL
Height: 1'00"
Weight: 8.4 lbs.
Pecha Berry
Same form for male/female
It shows no interest in anything that isn't fresh. If you take it shopping with you, it will help you pick out ingredients.
Night after night, they sneak into people's homes seeking food. A massive outbreak of them has become an issue of public concern.
EVOLUTION
Level up to Lv. 20 at night
Alolan Rattata
Alolan Raticate
MAIN WAY TO OBTAIN
Catch it when it appears at night in the tall grass on Route 1.
ABILITY
Gluttony
Hustle
HIDDEN ABILITY
Thick Fat
SPECIES STRENGTHS
HP
ATTACK
DEFENSE
SP. ATK
SP. DEF
SPEED
Field
Damage taken in normal battles
LEVEL-UP MOVES
TM MOVES
MOVES LEARNED WHEN EVOLVING
MOVES TAUGHT BY PEOPLE
MOVES LEARNED IN EXCHANGE FOR BP
EXCLUSIVE Z-MOVE
EGG MOVES
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20

① Pokémon's name and category

Beside the checkbox where you can mark if you've caught a particular Pokémon or not, you will find the name of the Pokémon species. Below this is the Pokémon's category. Even different Pokémon species may fall into the same category.

② Form

Some Pokémon can appear in more than one form. If so, the form name will appear here to let you know which form exactly you are seeing.

③ Pokédex numbers

The National Pokédex number tells you where a species falls in the index of all Pokémon species discovered to date. If the species appears in Alola in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*, you will also see its Alola Pokédex number below its National Pokédex number.

④ Type

The Pokémon's type. Some Pokémon have two types.

⑤ Height, weight, and items sometimes held in the wild

The height and weight of the Pokémon is listed here. Beneath this area, you may see the name and image of items that this species can sometimes be found holding when you catch one in the wild.

⑥ Gender differences

This box shows how male and female specimens appear in the game. Pokémon can look different depending on their gender, or they may look the same. Some Pokémon have only ever been found to have one gender, and others have no known gender at all!

⑦ Pokédex entries

Pokédex entries tell you a bit more about a Pokémon species. If the Pokémon appears in the Alola Pokédex, you will see entries from *Pokémon Ultra Sun* and *Pokémon Ultra Moon* here. Otherwise, you will see entries from *Pokémon X* and *Pokémon Y*.

⑧ Evolution

If a Pokémon is capable of Evolution, you will see how it evolves in this box. The text lets you know what particular conditions must be met to evolve each Pokémon.

⑨ Main way to obtain

Here is where you find how to get this Pokémon for your own. Most Pokémon can be obtained in more than one way, so consider this a recommendation, and remember that you can always try to use the GTS (p. 22) or trade with friends.

⑩ Ability and Hidden Ability

If two Abilities are listed, then a Pokémon of this species may have either one of those two when encountered in the wild. Hidden Abilities are much rarer, and in the Alola region, you will only find Pokémon with a Hidden Ability when they appear as allies in SOS battles.

⑪ Species strengths

These diamonds indicate how well this species' stats stack up when compared to other Pokémon in the National Pokédex. These species strengths are one of the three main factors that go into calculating a Pokémon's final stats, the other two being base stats and individual strengths. For more detailed strategy insights, check out *Pokémon Ultra Sun & Pokémon Ultra Moon*: The Official Alola Region Strategy Guide.

⑫ Egg Groups

The Egg Group the Pokémon belongs to. When two Egg Groups are listed, the Pokémon belongs to both. Two Pokémon left at the Pokémon Nursery together must share an Egg Group—or one must be a Ditto—in order to find a Pokémon Egg.

⑬ Damage taken in normal battles

These tables provide a quick reference for how much damage this Pokémon will take from moves of the various types used in battles. If the effect of one of its Abilities might change how much damage the Pokémon takes from moves of a particular type, that type will be marked with !.

⑭ Level-up moves

A list of moves that the Pokémon can learn simply by leveling up, as well as the levels at which they learn them. Any moves listed as Lv. 1 are moves that Pokémon might already know when caught in the wild or hatched from an Egg.

⑮ TM moves

A list of moves the Pokémon can learn by using an item called a TM. TMs can be found all around Alola, so check out the list on page 506 if you are looking for one in particular.

⑯ Moves learned when evolving

Some Pokémon may be able to learn a move when they evolve from their previous Evolution. Such moves will be listed in this table. These are often moves they might have otherwise known from Lv. 1.

⑰ Moves taught by people

These moves may be taught to the Pokémon by special Move Tutors. Some require that particular conditions be met before they can be learned. Learn more from the table on page 505.

⑱ Moves learned in exchange for BP

These moves can be taught to the Pokémon at special locations in Alola. You will need to hand over some BP (Battle Points or Beach Points) to have your Pokémon learn these moves. See where you can learn each move from the list on page 505, and get lots of BP from using Mantine Surf or battling in the Battle Tree or Battle Royal Dome. Learn more in *Pokémon Ultra Sun & Pokémon Ultra Moon*: The Official Alola Region Strategy Guide.

⑲ Exclusive Z-Move

All Pokémon can use type-based Z-Moves if they have the correct Z-Crystal. But some Pokémon can also use an exclusive Z-Move that no other Pokémon species can use. If so, it will be listed here along with the base move that the Pokémon must know in order to use this special Z-Move. To track down all of the Z-Crystals, see the list on page 524.

⑳ Egg Moves

These moves may be learned by the Pokémon upon hatching from an Egg as long as they are known by one of the Pokémon you left at the Pokémon Nursery when finding an Egg. Egg Moves are moves that a Pokémon would normally never be able to learn by other means.

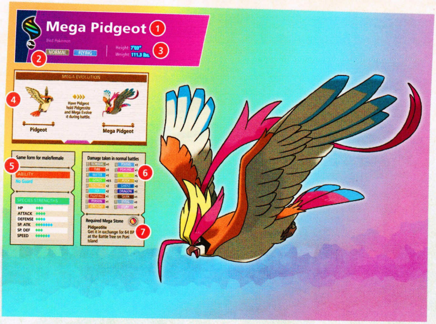
Understanding the move tables

The move tables contain a great deal of information in a very small space. Understand what each column means with the keys below.

Move List Guide	
LV.	The level at which the move can be learned
NO.	The number of the TM that teaches the move
TYPE	The move's type
KIND	Whether the move is a physical, special, or status move (A physical move does more damage the higher the Attack stat is. Damage is lessened when the target has a high Defense stat. A special move does more damage the higher the Sp. Atk stat is. Damage is lessened when the target has a high Sp. Def stat. A status move affects stats or inflicts a status condition on the target(s), or causes various other effects.)
POW.	The move's power
ACC.	The move's accuracy (out of 100 maximum)
PP	How many times the move can be used before the Pokémon must have its move's PP restored with an item or at a Pokémon Center
Range	The number and range of targets the move can affect

Range Guide	
Normal	The move affects the selected target. If the move is used by a Pokémon during a Double Battle, Multi Battle, or Battle Royal, the move can target any of the three other Pokémon (including an ally).
Self	The move affects only the user.
1 Ally	The move affects an adjacent Pokémon during a Double Battle, Multi Battle, or Battle Royal. It has no effect in a Single Battle.
Self/Ally	The move affects the user or an ally. In a Single Battle or Battle Royal, it can affect the user, and in a Double Battle or Multi Battle, it can affect either the user or an ally.
Your Party	The move affects your entire party, including party Pokémon that are still in their Poké Balls.
1 Random	The move affects one of the opposing Pokémon at random.
Many Others	The move affects multiple Pokémon at the same time. If the move is used by a Pokémon during a Double Battle, Multi Battle, or Battle Royal, the move will affect all opposing Pokémon.
Adjacent	The move affects the surrounding Pokémon at the same time. If the move is used by a Pokémon during a Double Battle, Multi Battle, or Battle Royal, the move will affect all three of the other Pokémon (including any allies) simultaneously.
Your Side	The move affects your side of the field. In a Double Battle or Multi Battle, these effects will be felt by the user and any ally Pokémon. In a Battle Royal, they will only be felt by the user. Since the move affects the field, the move's effects continue even if the Pokémon are swapped out (except for moves that only work for one turn).
Other Side	The move affects the opponent's side of the field. Since the move affects the field, the move's effects continue even if the Pokémon are swapped out (except for moves that only work for one turn).
Both Sides	The move affects the entire field and all Pokémon on it. Since the move affects the field, the move's effects continue even if Pokémon are swapped out.
Varies	The move is influenced by things such as the opposing Pokémon's move or the user's type, so the effect and range are not fixed.

How to Read Special Pokédex Entries



Mega Pidgeot

Bird Pokémon

NORMAL FLYING

Height: 7'03"
Weight: 111.3 lbs.

MEGA EVOLUTION

Pidgeot → Have Pidgeot hold Pidgeotite and Mega Evolve it during battle. → Mega Pidgeot

Same form for male/female

ABILITY
No Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

Required Mega Stone
Pidgeotite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

Some Pokémon undergo unusual transformations in battle when they are holding particular items or using particular moves. The most notable example of this is Mega Evolution. These temporary transformations get their own entries in the Pokédex, and they contain slightly different information from normal entries.

① Name and category

Here you will find the name of this special form, as well as the Pokémon's category.

② Type

The Pokémon's type or types. These transformations might change the Pokémon's normal types. Any changed type will be outlined in blue.

③ Height and weight

The height and weight of the Pokémon in this form. If either has changed from this species' regular form, it will appear in blue.

④ Mega Evolution

This box shows the Pokémon before and after undergoing Mega Evolution. The text lets you know what particular conditions must be met for this Pokémon to Mega Evolve.

⑤ Gender differences, Ability, and species strengths

Gender information appears here, as well as the Ability that the Pokémon has in this form and its species strengths in this form. If its Ability has changed, or any species strengths have increased, the changes will be marked in blue.

⑥ Damage taken in normal battles

If the Pokémon's type or types change in this form, any type matchups that are affected will be marked in blue.

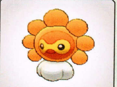
⑦ Required item or move

If a particular item or move is needed to achieve this temporary transformation, it will be listed here, along with some explanation of how it can be obtained.

There are other forms that some Pokémon can take on as well, though. Throughout this guide, you will also see special entries like the one here. They highlight what changes for these different forms and how you can get access to them. Anytime you see a special entry like this, know that these alternate forms do not learn different moves so you can still refer to the move tables in that species' main entry. Only differences are shown in these entries, not everything that stays the same.

Castform's Different Forms

Castform can be encountered in Lush Jungle, Malie Garden, Tapu Village, Haina Desert, Route 17, Exeggutor Island, and Mount Lanakila when weather conditions differ from the lovely clear weather so often found in Alola. Which form it will appear in will depend on the weather you are experiencing at the time of the encounter. It might be Rainy Form Castform on Route 17 (where it always rains), for example, or Snowy Form Castform in the hail that sometimes falls in Tapu Village. Whatever form it is in when you catch it, though, it will return to its normal form once you've caught it in a Poké Ball. Castform can only appear in its alternate forms during battle and only as long as the weather conditions necessary to cause its transformation last.



Castform (Sunny Form)

FIRE

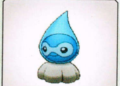
Castform takes this form when the weather conditions change to harsh or extremely harsh sunlight during a battle. It returns to its normal form when the harsh sunlight fades or when the battle ends.

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

This is the form Castform takes on bright days. In an experiment where Castform was placed in front of a heater, it didn't change to this form.

Castform changes to this form when it basks in bright sunlight. When you touch its glowing skin, it feels all dried out!



Castform (Rainy Form)

WATER

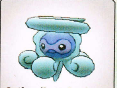
Castform takes this form when the weather conditions change to rain or heavy rain during a battle. It returns to its normal form when the rain lifts or when the battle ends.

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

Castform changes to this form when rain hits it. Its body is soft and slightly swollen with water.

This is Castform's form when pelted by rain. In an experiment where it was placed in a shower, this Pokémon didn't change to this form.



Castform (Snowy Form)

ICE

Castform takes this form when the weather conditions change to hail during a battle. It returns to its normal form when the hail stops or when the battle ends.

Damage taken in normal battles

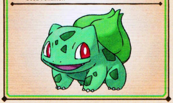
NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

This is the form Castform takes when hit by hail. In an experiment where it was placed in a freezer, it didn't change to this form.

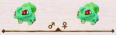
This is Castform's form when caught in a hailstorm. Its whole body is chilled, and its skin is partially frozen!

✓ Bulbasaur

Seed Pokémon



National Pokédex 001 GRASS
Alola Pokédex — POISON
Height: 2'04" | Weight: 15.2 lbs.

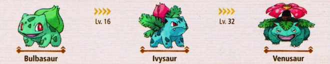


Same form for male/female

X A strange seed was planted on its back at birth. The plant sprouts and grows with this Pokémon.

Y For some time after its birth, it grows by gaining nourishment from the seed on its back.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 2 by using Island Scan on Melemele Island on a Friday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon.*

ABILITY

Overgrow

HIDDEN ABILITY

Chlorophyll

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Growl	Normal	Status	—	100	40	Many Others
7	Leech Seed	Grass	Status	—	90	10	Normal
9	Vine Whip	Grass	Physical	45	100	25	Normal
13	Poison Powder	Poison	Status	—	75	35	Normal
13	Sleep Powder	Grass	Status	—	75	15	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
19	Razor Leaf	Grass	Physical	55	95	25	Many Others
21	Sweet Scent	Normal	Status	—	100	20	Many Others
25	Growth	Normal	Status	—	—	20	Self
27	Double-Edge	Normal	Physical	120	100	15	Normal
31	Worry Seed	Grass	Status	—	100	10	Normal
33	Synthesis	Grass	Status	—	—	5	Self
37	Seed Bomb	Grass	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

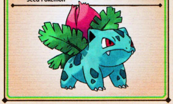
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

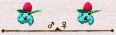
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Skull Bash	Normal	Physical	130	100	10	Normal
Charm	Fairy	Status	—	100	20	Normal
Petal Dance	Grass	Special	120	100	10	1 Random
Magical Leaf	Grass	Special	60	—	20	Normal
Grass Whistle	Grass	Status	—	55	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Ingrain	Grass	Status	—	—	20	Self
Nature Power	Normal	Status	—	—	20	Normal
Amnesia	Psychic	Status	—	—	20	Self
Leaf Storm	Grass	Special	130	90	5	Normal
Power Whip	Grass	Physical	120	85	10	Normal
Sludge	Poison	Special	65	100	20	Normal
Endure	Normal	Status	—	—	10	Self
Giga Drain	Grass	Special	75	100	10	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

✓ Ivysaur

Seed Pokémon



National Pokédex 002 GRASS
Alola Pokédex — POISON
Height: 3'03" | Weight: 28.7 lbs.

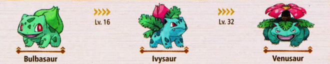


Same form for male/female

X There is a plant bulb on its back. When it absorbs nutrients, the bulb is said to blossom into a large flower.

Y When the bud on its back starts swelling, a sweet aroma wafts to indicate the flower's coming bloom.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Bulbasaur, then level it up to Lv. 16 or higher to evolve it into Ivysaur.

ABILITY

Overgrow

HIDDEN ABILITY

Chlorophyll

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Leech Seed	Grass	Status	—	90	10	Normal
3	Growl	Normal	Status	—	100	40	Many Others
7	Leech Seed	Grass	Status	—	90	10	Normal
9	Vine Whip	Grass	Physical	45	100	25	Normal
13	Poison Powder	Poison	Status	—	75	35	Normal
13	Sleep Powder	Grass	Status	—	75	15	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
20	Razor Leaf	Grass	Physical	55	95	25	Many Others
23	Sweet Scent	Normal	Status	—	100	20	Many Others
28	Growth	Normal	Status	—	—	20	Self
31	Double-Edge	Normal	Physical	120	100	15	Normal
36	Worry Seed	Grass	Status	—	100	10	Normal
39	Synthesis	Grass	Status	—	—	5	Self
44	Solar Beam	Grass	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

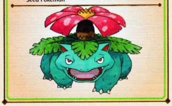
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Venusaur

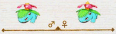
Seed Pokémon



National Pokédex	003
Alola Pokédex	—

GRASS POISON

Height: 6'07" | Weight: 220.5 lbs.

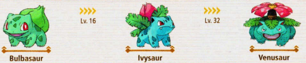


The male has no pistil in its bloom. The female has a pistil in its bloom.

X By spreading the broad petals of its flower and catching the sun's rays, it fills its body with power.

Y After a rainy day, the flower on its back smells stronger. The scent attracts other Pokémon.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Ivysaur, then level it up to Lv. 32 or higher to evolve it into Venusaur.

ABILITY

Overgrow

HIDDEN ABILITY

Chlorophyll

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Petal Dance	Grass	Special	120	100	10	1 Random
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Leech Seed	Grass	Status	—	90	10	Normal
1	Vine Whip	Grass	Physical	45	100	25	Normal
3	Growl	Normal	Status	—	100	40	Many Others
7	Leech Seed	Grass	Status	—	90	10	Normal
9	Vine Whip	Grass	Physical	45	100	25	Normal
13	Poison Powder	Poison	Status	—	75	35	Normal
13	Sleep Powder	Grass	Status	—	75	15	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
20	Razor Leaf	Grass	Physical	55	95	25	Many Others
23	Sweet Scent	Normal	Status	—	100	20	Many Others
28	Growth	Normal	Status	—	—	20	Self
31	Double-Edge	Normal	Physical	120	100	15	Normal
39	Worry Seed	Grass	Status	—	100	10	Normal
45	Synthesis	Grass	Status	—	—	5	Self
50	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
53	Solar Beam	Grass	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Petal Dance	Grass	Special	120	100	10	1 Random

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Frenzy Plant	Grass	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

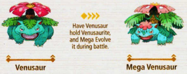
Mega Venusaur

Seed Pokémon

GRASS POISON

Height: 7'10"
Weight: 342.8 lbs.

MEGA EVOLUTION


Have Venusaur hold Venusaurite, and Mega Evolve it during battle.
Venusaur
Mega Venusaur

Same form for male/female

ABILITY

Thick Fat

SPECIES STRENGTHS

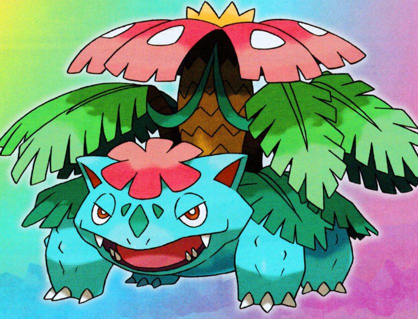
HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

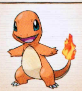
Required Mega Stone

Venusaurite
Get it for defeating Red in your 20th consecutive Single Battle at the Battle Tree on Poni Island



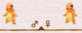
✓ Charmander

Lizard Pokémon



National Pokédex	004	FIRE
Alola Pokédex	—	

Height: 2'00" | Weight: 18.7 lbs.



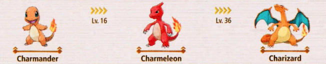
♂ ♀

Same form for male/female

X The flame on its tail indicates Charmander's life force. If it is healthy, the flame burns brightly.

Y From the time it is born, a flame burns at the tip of its tail. Its life would end if the flame were to go out.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 3 by using Island Scan on Melemele Island on a Sunday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Blaze

HIDDEN ABILITY

Solar Power

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
7	Ember	Fire	Special	40	100	25	Normal
10	Smokescreen	Normal	Status	—	100	20	Normal
16	Dragon Rage	Dragon	Special	—	100	10	Normal
19	Scary Face	Normal	Status	—	100	10	Normal
25	Fire Fang	Fire	Physical	65	95	15	Normal
28	Flame Burst	Fire	Special	70	100	15	Normal
34	Slash	Normal	Physical	70	100	20	Normal
37	Flamethrower	Fire	Special	90	100	15	Normal
43	Fire Spin	Fire	Special	35	85	15	Normal
46	Inferno	Fire	Special	100	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal

◆ EXCLUSIVE Z-MOVE

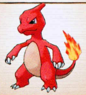
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Belly Drum	Normal	Status	—	—	10	Self
Ancient Power	Rock	Special	60	100	5	Normal
Bite	Dark	Physical	60	100	25	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Beat Up	Dark	Physical	—	100	10	Normal
Dragon Dance	Dragon	Status	—	—	20	Self
Crunch	Dark	Physical	80	100	15	Normal
Dragon Rush	Dragon	Physical	100	75	10	Normal
Metal Claw	Steel	Physical	50	95	35	Normal
Flare Blitz	Fire	Physical	120	100	15	Normal
Counter	Fighting	Physical	—	100	20	Varies
Dragon Pulse	Dragon	Special	85	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Air Cutter	Flying	Special	60	95	25	Many Others

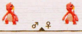
✓ Charmeleon

Flame Pokémon



National Pokédex	005	FIRE
Alola Pokédex	—	

Height: 3'07" | Weight: 41.9 lbs.



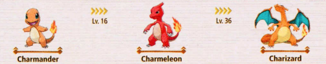
♂ ♀

Same form for male/female

X It lashes about with its tail to knock down its foe. It then tears up the fallen opponent with sharp claws.

Y When it swings its burning tail, it elevates the air temperature to unbearably high levels.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Charmander, then level it up to Lv. 16 or higher to evolve it into Charmeleon.

ABILITY

Blaze

HIDDEN ABILITY

Solar Power

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Ember	Fire	Special	40	100	25	Normal
7	Ember	Fire	Special	40	100	25	Normal
10	Smokescreen	Normal	Status	—	100	20	Normal
17	Dragon Rage	Dragon	Special	—	100	10	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
28	Fire Fang	Fire	Physical	65	95	15	Normal
32	Flame Burst	Fire	Special	70	100	15	Normal
39	Slash	Normal	Physical	70	100	20	Normal
43	Flamethrower	Fire	Special	90	100	15	Normal
50	Fire Spin	Fire	Special	35	85	15	Normal
54	Inferno	Fire	Special	100	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal

◆ EXCLUSIVE Z-MOVE

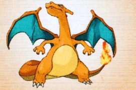
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

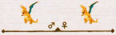
Charizard

Flame Pokémon



National Pokédex	006	FIRE
Alola Pokédex	—	FLYING

Height: 5'07" | **Weight: 199.5 lbs.**

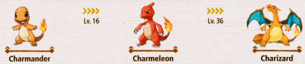


Same form for male/female

X: When expelling a blast of superhot fire, the red flame at the tip of its tail burns more intensely.

Y: Its wings can carry this Pokémon close to an altitude of 4,600 feet. It blows out fire at very high temperatures.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Charmeleon, then level it up to Lv. 36 or higher to evolve it into Charizard.

ABILITY

Blaze

HIDDEN ABILITY

Solar Power

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wing Attack	Flying	Physical	60	100	35	Normal
1	Flare Blitz	Fire	Physical	120	100	15	Normal
1	Heat Wave	Fire	Special	95	90	10	Many Others
1	Dragon Claw	Dragon	Physical	80	100	15	Normal
1	Shadow Claw	Ghost	Physical	70	100	15	Normal
1	Air Slash	Flying	Special	75	95	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Ember	Fire	Special	40	100	25	Normal
7	Ember	Fire	Special	40	100	25	Normal
10	Smokescreen	Normal	Status	—	100	20	Normal
17	Dragon Rage	Dragon	Special	—	100	10	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
28	Fire Fang	Fire	Physical	65	95	15	Normal
32	Flame Burst	Fire	Special	70	100	15	Normal
41	Slash	Normal	Physical	70	100	20	Normal
47	Flamethrower	Fire	Special	90	100	15	Normal
56	Fire Spin	Fire	Special	35	85	15	Normal
62	Inferno	Fire	Special	100	50	5	Normal
71	Heat Wave	Fire	Special	95	90	10	Many Others
77	Flare Blitz	Fire	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wing Attack	Flying	Physical	60	100	35	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal
Blast Burn	Fire	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Focus Punch	Fighting	Physical	150	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

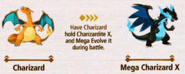
Mega Charizard X

Flame Pokémon

FIRE DRAGON

Height: 5'07"
Weight: 243.6 lbs.

MEGA EVOLUTION



Have Charizard hold Charizardite X, and Mega Evolve it during battle.

Same form for male/female

ABILITY

Tough Claws

SPECIES STRENGTHS

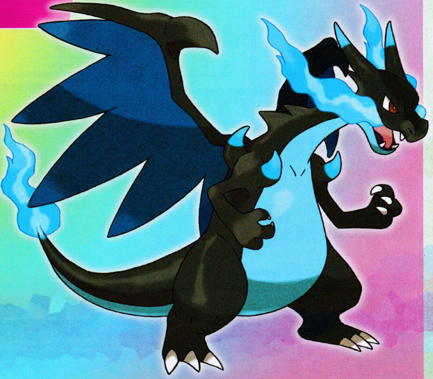
HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

Required Mega Stone

Charizardite X
Get it for defeating Red in your 20th consecutive Single Battle at the Battle Tree on Poni Island

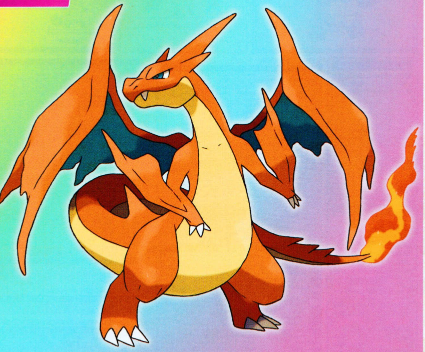


Mega Charizard Y

Flame Pokémon

FIRE FLYING

Height: 5'07"
Weight: 221.6 lbs.



MEGA EVOLUTION

Charizard

Have Charizard hold Charizardite Y, and Mega Evolve it during battle.

Mega Charizard Y

Same form for male/female

ABILITY

Drought

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

Required Mega Stone

Charizardite Y
Get it for defeating Red in your 20th consecutive Single Battle at the Battle Tree on Poni Island

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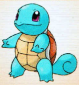
✓ Squirtle

Tiny Turtle Pokémon



National Pokédex	007	WATER
Alola Pokédex	—	

Height: 1'08" | Weight: 19.8 lbs.

Same form for male/female

X It shelters itself in its shell, then strikes back with spouts of water at every opportunity.

Y Shoots water at prey while in the water. Withdraws into its shell when in danger.

EVOLUTION

Squirtle

Lv. 16

Wartortle

Lv. 36

Blastoise

MAIN WAY TO OBTAIN

Find it in Seaward Cave by using Island Scan on Melemele Island on a Monday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Torrent

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
10	Withdraw	Water	Status	—	—	40	Self
13	Bubble	Water	Special	40	100	30	Many Others
16	Bite	Dark	Physical	60	100	25	Normal
19	Rapid Spin	Normal	Physical	20	100	40	Normal
22	Protect	Normal	Status	—	—	10	Self
25	Water Pulse	Water	Special	60	100	20	Normal
28	Aqua Tail	Water	Physical	90	90	10	Normal
31	Skull Bash	Normal	Physical	130	100	10	Normal
34	Iron Defense	Steel	Status	—	—	15	Self
37	Rain Dance	Water	Status	—	—	5	Both Sides
40	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

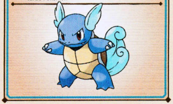
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mirror Coat	Psychic	Special	—	100	20	Varies
Haze	Ice	Status	—	—	30	Both Sides
Mist	Ice	Status	—	—	30	Your Side
Foresight	Normal	Status	—	—	40	Normal
Flail	Normal	Physical	—	100	15	Normal
Refresh	Normal	Status	—	—	20	Self
Mud Sport	Ground	Status	—	—	15	Both Sides
Yawn	Normal	Status	—	—	10	Normal
Muddy Water	Water	Special	90	85	10	Many Others
Fake Out	Normal	Physical	40	100	10	Normal
Aqua Ring	Water	Status	—	—	20	Self
Aqua Jet	Water	Physical	40	100	20	Normal
Water Spout	Water	Special	150	100	5	Many Others
Brine	Water	Special	65	100	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Aura Sphere	Fighting	Special	80	—	20	Normal

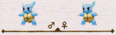
✓ Wartortle

Turtle Pokémon



National Pokédex 008 WATER
Alola Pokédex —

Height: 3'03" | Weight: 49.6 lbs.



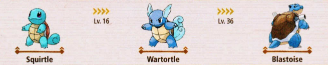
♂ ♀

Same form for male/female

X When tapped, this Pokémon will pull in its head, but its tail will still stick out a little bit.

Y It is said to live 10,000 years. Its furry tail is popular as a symbol of longevity.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Squirtle, then level it up to Lv. 16 or higher to evolve it into Wartortle.

ABILITY

Torrent

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
10	Withdraw	Water	Status	—	—	40	Self
13	Bubble	Water	Special	40	100	30	Many Others
17	Bite	Dark	Physical	60	100	25	Normal
21	Rapid Spin	Normal	Physical	20	100	40	Normal
25	Protect	Normal	Status	—	—	10	Self
29	Water Pulse	Water	Special	60	100	20	Normal
33	Aqua Tail	Water	Physical	90	90	10	Normal
37	Skull Bash	Normal	Physical	130	100	10	Normal
41	Iron Defense	Steel	Status	—	—	15	Self
45	Rain Dance	Water	Status	—	—	5	Both Sides
49	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

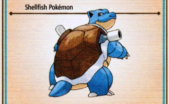
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

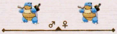
✓ Blastoise

Shellfish Pokémon



National Pokédex 009 WATER
Alola Pokédex —

Height: 5'03" | Weight: 188.5 lbs.



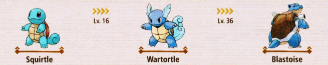
♂ ♀

Same form for male/female

X It crushes its foe under its heavy body to cause fainting. In a pinch, it will withdraw inside its shell.

Y The pressurized water jets on this brutal Pokémon's shell are used for high-speed tackles.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Wartortle, then level it up to Lv. 36 or higher to evolve it into Blastoise.

ABILITY

Torrent

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Flash Cannon	Steel	Special	80	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Withdraw	Water	Status	—	—	40	Self
4	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
10	Withdraw	Water	Status	—	—	40	Self
13	Bubble	Water	Special	40	100	30	Many Others
17	Bite	Dark	Physical	60	100	25	Normal
21	Rapid Spin	Normal	Physical	20	100	40	Normal
25	Protect	Normal	Status	—	—	10	Self
29	Water Pulse	Water	Special	60	100	20	Normal
33	Aqua Tail	Water	Physical	90	90	10	Normal
40	Skull Bash	Normal	Physical	130	100	10	Normal
47	Iron Defense	Steel	Status	—	—	15	Self
54	Rain Dance	Water	Status	—	—	5	Both Sides
60	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

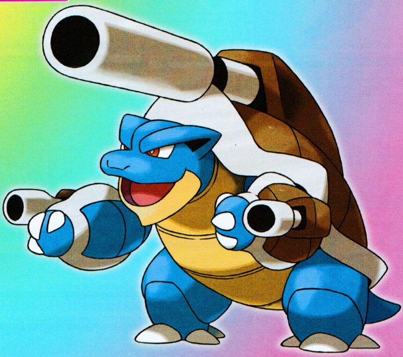
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Blastoise

Shellfish Pokémon

WATER

Height: 5'03"
Weight: 222.9 lbs.



MEGA EVOLUTION

Blastoise

Have Blastoise hold Blastoisinite, and Mega Evolve it during battle.

Mega Blastoise

Same form for male/female

ABILITY

Mega Launcher

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

Required Mega Stone

Blastoisinite
Get it for defeating Red in your 20th consecutive Single Battle at the Battle Tree on Poni Island

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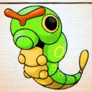
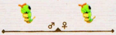
✓ Caterpie

Worm Pokémon



National Pokédex	010	BUG
Alola Pokédex	017	

Height: 1'00" | Weight: 6.4 lbs.



Same form for male/female

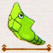
Perhaps because it would like to grow up quickly, it has a voracious appetite, eating a hundred leaves a day.

Its body is soft and weak. In nature, its perpetual fate is to be seen by others as food.

EVOLUTION

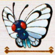
Caterpie

Lv. 7



Metapod

Lv. 10



Butterfree

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 1, anywhere but the southern areas that are only accessible with Tauros Charge.

ABILITY

Shield Dust

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
9	Bug Bite	Bug	Physical	60	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal

◆ EXCLUSIVE Z-MOVE

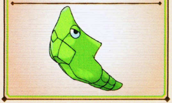
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Metapod

Cocoon Pokémon



National Pokédex	011	BUG
Alola Pokédex	018	

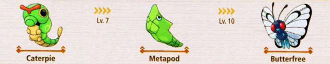
Height: 2'04" | Weight: 21.8 lbs.

Same form for male/female

Its shell is filled with a thick liquid. All of the cells throughout its body are being rebuilt in preparation for evolution.

Its hard shell doesn't crack a bit even if Pikipek pecks at it, but it will tip over, spilling out its insides.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the yellow flowers in Melemele Meadow. Or obtain a Caterpie, then level it up to Lv. 7 or higher to evolve it into Metapod.

ABILITY

Shed Skin

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Harden	Normal	Status	—	—	30	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Harden	Normal	Status	—	—	30	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

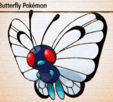
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Butterfree

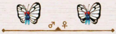
Butterfly Pokémon



National Pokédex	012	BUG
Alola Pokédex	019	FLYING

Height: 3'07" | Weight: 70.5 lbs.

Silver Powder

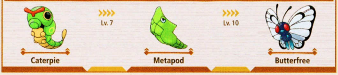


The base of the male's lower wings is white. The base of the female's lower wings is black.

Its wings are covered in toxic scales. If it finds bird Pokémon going after Caterpie, Butterfree sprinkles its scales on them to drive them off.

Nectar from pretty flowers is its favorite food. In fields of flowers, it has heated battles with Cutiefly for territory.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the yellow flowers in Melemele Meadow. Or obtain a Metapod, then level it up to Lv. 10 or higher to evolve it into Butterfree.

ABILITY

Compound Eyes

HIDDEN ABILITY

Tinted Lens

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
11	Confusion	Psychic	Special	50	100	25	Normal
13	Poison Powder	Poison	Status	—	75	35	Normal
13	Stun Spore	Grass	Status	—	75	30	Normal
13	Sleep Powder	Grass	Status	—	75	15	Normal
17	Psybeam	Psychic	Special	65	100	20	Normal
19	Silver Wind	Bug	Special	60	100	5	Normal
23	Supersonic	Normal	Status	—	55	20	Normal
25	Safeguard	Normal	Status	—	—	25	Your Side
29	Whirlwind	Normal	Status	—	—	20	Normal
31	Bug Buzz	Bug	Special	90	100	10	Normal
35	Rage Powder	Bug	Status	—	—	20	Self
37	Captivate	Normal	Status	—	100	20	Many Others
41	Tailwind	Flying	Status	—	—	15	Your Side
43	Air Slash	Flying	Special	75	95	15	Normal
47	Quiver Dance	Bug	Status	—	—	20	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gust	Flying	Special	40	100	35	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Defog	Flying	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

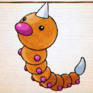
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Weedle

Hairy Bug Pokémon



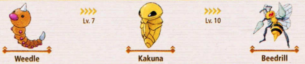
National Pokédex 013
Alola Pokédex —
BUG
POISON
Height: 1'00" | Weight: 7.1 lbs.

♂ ♀
Same form for male/female

X: Often found in forests and grasslands. It has a sharp, toxic barb of around two inches on top of its head.

Y: Its poison stinger is very powerful. Its bright-colored body is intended to warn off its enemies.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Kakuna or Beedrill, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Shield Dust

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
9	Bug Bite	Bug	Physical	60	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Electroweb	Electric	Special	55	95	15	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

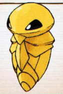
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

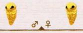
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Kakuna

Cocoon Pokémon



National Pokédex 014
Alola Pokédex —
BUG
POISON
Height: 2'00" | Weight: 22.0 lbs.

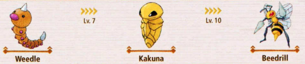


♂ ♀
Same form for male/female

X: Almost incapable of moving, this Pokémon can only harden its shell to protect itself when it is in danger.

Y: While awaiting evolution, it hides from predators under leaves and in nooks of branches.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Weedle, then level it up to Lv. 7 or higher to evolve it into Kakuna.

ABILITY

Shed Skin

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Harden	Normal	Status	—	—	30	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Harden	Normal	Status	—	—	30	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

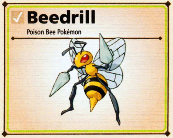
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Beedrill

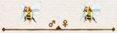
Poison Bee Pokémon



National Pokédex	015	BUG
Alola Pokédex	—	POISON

Height: 3'03" | Weight: 65.0 lbs.

Poison Barb

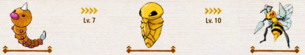


Same form for male/female

It has three poisonous stingers on its forelegs and its tail. They are used to jab its enemy repeatedly.

May appear in a swarm. Flies at violent speeds, all the while stabbing with the toxic stinger on its rear.

EVOLUTION



Weedle → Kakuna → Beedrill

MAIN WAY TO OBTAIN

Find it on Route 4 by using Island Scan on Akala Island on a Thursday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Swarm

HIDDEN ABILITY

Sniper

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Twineedle	Bug	Physical	25	100	20	Normal
1	Fury Attack	Normal	Physical	15	85	20	Normal
11	Fury Attack	Normal	Physical	15	85	20	Normal
14	Rage	Normal	Physical	20	100	20	Normal
17	Pursuit	Dark	Physical	40	100	20	Normal
20	Focus Energy	Normal	Status	—	—	30	Self
23	Venoshock	Poison	Special	65	100	10	Normal
26	Assurance	Dark	Physical	60	100	10	Normal
29	Toxic Spikes	Poison	Status	—	—	20	Other Side
32	Pin Missile	Bug	Physical	25	95	20	Normal
35	Poison Jab	Poison	Physical	80	100	20	Normal
38	Agility	Psychic	Status	—	—	30	Self
41	Endeavor	Normal	Physical	—	100	5	Normal
44	Fell Stinger	Bug	Physical	50	100	25	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Twineedle	Bug	Physical	25	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

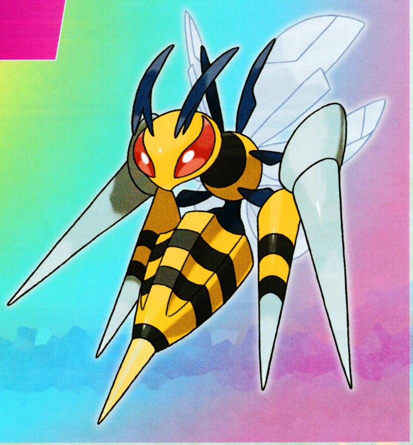
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Beedrill

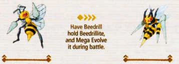
Poison Bee Pokémon

BUG POISON

Height: 4'07"
Weight: 89.3 lbs.



MEGA EVOLUTION



Have Beedrill hold Beedrillite, and Mega Evolve it during battle.

Beedrill → Mega Beedrill

Same form for male/female

ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Damage taken in normal battles

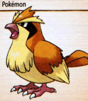
NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

Required Mega Stone

Beedrillite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Pidgey

Tiny Bird Pokémon



National Pokédex 016
Alola Pokédex —
NORMAL
FLYING

Height: 1'00" | Weight: 4.0 lbs.

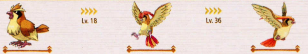
♂ ♀

Same form for male/female

X A common sight in forests and woods. It flaps its wings at ground level to kick up blinding sand.

Y It is docile and prefers to avoid conflict. If disturbed, however, it can ferociously strike back.

EVOLUTION



Pidgey — Pidgeotto — Pidgeot

MAIN WAY TO OBTAIN

Obtain a Pidgeotto or Pidgeot, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Keen Eye
Tangled Feet

HIDDEN ABILITY

Big Pecks

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Gust	Flying	Special	40	100	35	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Whirlwind	Normal	Status	—	—	20	Normal
21	Twister	Dragon	Special	40	100	20	Many Others
25	Feather Dance	Flying	Status	—	100	15	Normal
29	Agility	Psychic	Status	—	—	30	Self
33	Wing Attack	Flying	Physical	60	100	35	Normal
37	Roost	Flying	Status	—	—	10	Self
41	Tailwind	Flying	Status	—	—	15	Your Side
45	Mirror Move	Flying	Status	—	—	20	Normal
49	Air Slash	Flying	Special	75	95	15	Normal
53	Hurricane	Flying	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

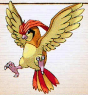
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Foresight	Normal	Status	—	—	40	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Air Cutter	Flying	Special	60	95	25	Many Others
Air Slash	Flying	Special	75	95	15	Normal
Brave Bird	Flying	Physical	120	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal

✓ Pidgeotto

Bird Pokémon



National Pokédex 017
Alola Pokédex —
NORMAL
FLYING

Height: 3'07" | Weight: 66.1 lbs.

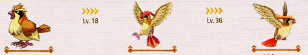
♂ ♀

Same form for male/female

X The claws on its feet are well developed. It can carry prey such as an Exeggcute to its nest over 60 miles away.

Y Very protective of its sprawling territorial area, this Pokémon will fiercely peck at any intruder.

EVOLUTION



Pidgey — Pidgeotto — Pidgeot

MAIN WAY TO OBTAIN

Obtain a Pidgey, then level it up to Lv. 18 or higher to evolve it into Pidgeotto.

ABILITY

Keen Eye
Tangled Feet

HIDDEN ABILITY

Big Pecks

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Gust	Flying	Special	40	100	35	Normal
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Gust	Flying	Special	40	100	35	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Whirlwind	Normal	Status	—	—	20	Normal
22	Twister	Dragon	Special	40	100	20	Many Others
27	Feather Dance	Flying	Status	—	100	15	Normal
32	Agility	Psychic	Status	—	—	30	Self
37	Wing Attack	Flying	Physical	60	100	35	Normal
42	Roost	Flying	Status	—	—	10	Self
47	Tailwind	Flying	Status	—	—	15	Your Side
52	Mirror Move	Flying	Status	—	—	20	Normal
57	Air Slash	Flying	Special	75	95	15	Normal
62	Hurricane	Flying	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

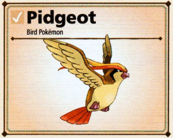
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pidgeot

Bird Pokémon



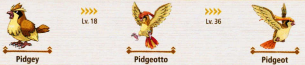
National Pokédex 018 NORMAL
Alola Pokédex — FLYING
Height: 4'11" | Weight: 87.1 lbs.

Same form for male/female

X When hunting, it skims the surface of water at high speed to pick off unwary prey such as Magikarp.

Y It spreads its gorgeous wings widely to intimidate enemies. It races through the skies at Mach-2 speed.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 10 by using Island Scan on Ula'ula Island on a Thursday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Keen Eye
Tangled Feet

HIDDEN ABILITY

Big Pecks

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hurricane	Flying	Special	110	70	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Gust	Flying	Special	40	100	35	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Gust	Flying	Special	40	100	35	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Whirlwind	Normal	Status	—	—	20	Normal
22	Twister	Dragon	Special	40	100	20	Many Others
27	Feather Dance	Flying	Status	—	100	15	Normal
32	Agility	Psychic	Status	—	—	30	Self
38	Wing Attack	Flying	Physical	60	100	35	Normal
44	Roost	Flying	Status	—	—	10	Self
50	Tailwind	Flying	Status	—	—	15	Your Side
56	Mirror Move	Flying	Status	—	—	20	Normal
62	Air Slash	Flying	Special	75	95	15	Normal
68	Hurricane	Flying	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

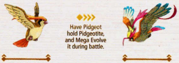
Mega Pidgeot

Bird Pokémon

NORMAL FLYING

Height: 7'03"
Weight: 111.3 lbs.

MEGA EVOLUTION


Pidgeot
Have Pidgeot hold Pidgeotite, and Mega Evolve it during battle.
Mega Pidgeot

Same form for male/female

ABILITY

No Guard

SPECIES STRENGTHS

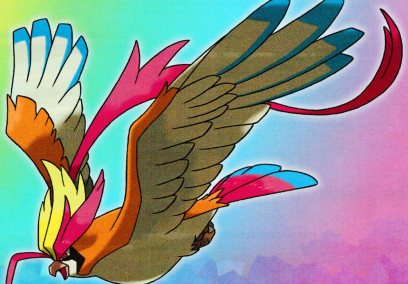
HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

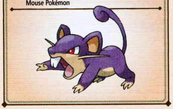
Required Mega Stone

Pidgeotite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



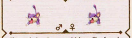
✓ Rattata

Mouse Pokémon



National Pokédex	019	NORMAL
Alola Pokédex	015	

Height: 1'00" | Weight: 7.7 lbs.

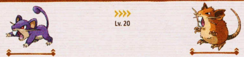


The male has longer whiskers. The female has shorter whiskers.

Its incisors grow continuously throughout its life. If its incisors get too long, this Pokémon becomes unable to eat, and it starves to death.

This Pokémon is common but hazardous. Its sharp incisors can easily cut right through hard wood.

EVOLUTION



Rattata

Raticate

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Run Away
Guts

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
4	Quick Attack	Normal	Physical	40	100	30	Normal
7	Focus Energy	Normal	Status	—	—	30	Self
10	Bite	Dark	Physical	60	100	25	Normal
13	Pursuit	Dark	Physical	40	100	20	Normal
16	Hyper Fang	Normal	Physical	80	90	15	Normal
19	Assurance	Dark	Physical	60	100	10	Normal
22	Crunch	Dark	Physical	80	100	15	Normal
25	Sucker Punch	Dark	Physical	70	100	5	Normal
28	Super Fang	Normal	Physical	—	90	10	Normal
31	Double-Edge	Normal	Physical	120	100	15	Normal
34	Endeavor	Normal	Physical	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

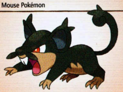
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Screech	Normal	Status	—	85	40	Normal
Flame Wheel	Fire	Physical	60	100	25	Normal
Fury Swipes	Normal	Physical	18	80	15	Normal
Bite	Dark	Physical	60	100	25	Normal
Counter	Fighting	Physical	—	100	20	Varies
Reversal	Fighting	Physical	—	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Me First	Normal	Status	—	—	20	Varies
Revenge	Fighting	Physical	60	100	10	Normal
Final Gambit	Fighting	Special	—	100	5	Normal

✓ Rattata

Mouse Pokémon



◆ ALOLA FORM ◆

National Pokédex	019	DARK
Alola Pokédex	015	NORMAL

Height: 1'00" | Weight: 8.4 lbs.

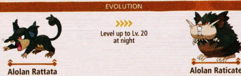
Pecha Berry

Same form for male/female

It shows no interest in anything that isn't fresh. If you take it shopping with you, it will help you pick out ingredients.

Night after night, they sneak into people's homes seeking food. A massive outbreak of them has become an issue of public concern.

EVOLUTION



Alolan Rattata

Alolan Raticate

MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass on Route 1.

ABILITY

Gluttony
Hustle

HIDDEN ABILITY

Thick Fat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
! ICE	×1	DRAGON	×1
FIGHTING	×4	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
4	Quick Attack	Normal	Physical	40	100	30	Normal
7	Focus Energy	Normal	Status	—	—	30	Self
10	Bite	Dark	Physical	60	100	25	Normal
13	Pursuit	Dark	Physical	40	100	20	Normal
16	Hyper Fang	Normal	Physical	80	90	15	Normal
19	Assurance	Dark	Physical	60	100	10	Normal
22	Crunch	Dark	Physical	80	100	15	Normal
25	Sucker Punch	Dark	Physical	70	100	5	Normal
28	Super Fang	Normal	Physical	—	90	10	Normal
31	Double-Edge	Normal	Physical	120	100	15	Normal
34	Endeavor	Normal	Physical	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

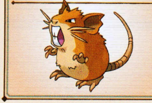
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snatch	Dark	Status	—	—	10	Self
Stockpile	Normal	Status	—	—	20	Self
Fury Swipes	Normal	Physical	18	80	15	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Counter	Fighting	Physical	—	100	20	Varies
Reversal	Fighting	Physical	—	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Swallow	Normal	Status	—	—	10	Self
Me First	Normal	Status	—	—	20	Varies
Revenge	Fighting	Physical	60	100	10	Normal
Final Gambit	Fighting	Special	—	100	5	Normal

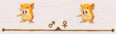
✓ Raticate

Mouse Pokémon



National Pokédex	020	NORMAL
Alola Pokédex	016	

Height: 2'04" | Weight: 40.8 lbs.



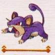
♂ ♀

The male has longer whiskers. The female has shorter whiskers.

People say that it fled from its enemies by using its small webbed hind legs to swim from island to island in Alola.

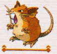
Its whiskers are essential for maintaining its balance. No matter how friendly you are, it will get angry and bite you if you touch its whiskers.

EVOLUTION



Rattata

Lv. 20



Raticate

MAIN WAY TO OBTAIN

Obtain a Rattata from outside Alola, then level it up to Lv. 20 or higher to evolve it into Raticate.

ABILITY

Run Away
Guts

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scary Face	Normal	Status	—	100	10	Normal
1	Swords Dance	Normal	Status	—	—	20	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
4	Quick Attack	Normal	Physical	40	100	30	Normal
7	Focus Energy	Normal	Status	—	—	30	Self
10	Bite	Dark	Physical	60	100	25	Normal
13	Pursuit	Dark	Physical	40	100	20	Normal
16	Hyper Fang	Normal	Physical	80	90	15	Normal
19	Assurance	Dark	Physical	60	100	10	Normal
24	Crunch	Dark	Physical	80	100	15	Normal
29	Sucker Punch	Dark	Physical	70	100	5	Normal
34	Super Fang	Normal	Physical	—	90	10	Normal
39	Double-Edge	Normal	Physical	120	100	15	Normal
44	Endeavor	Normal	Physical	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Scary Face	Normal	Status	—	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

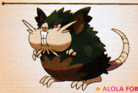
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Raticate

Mouse Pokémon

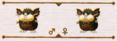


ALOLA FORM

National Pokédex	020	DARK
Alola Pokédex	016	NORMAL

Height: 2'04" | Weight: 56.2 lbs.

Pecha Berry



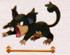
♂ ♀

Same form for male/female

It has an incredibly greedy personality. Its nest is filled with so much food gathered by Rattata at its direction, it can't possibly eat it all.

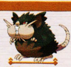
It commands a nest of Rattata. Different nests don't get along, whipping up severe fights over feeding grounds.

EVOLUTION



Alolan Rattata

Level up to Lv. 20 at night



Alolan Raticate

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the Akala Outskirts at night. A special totem-sized form of Raticate can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Moon*.

ABILITY

Gluttony
Hustle

HIDDEN ABILITY

Thick Fat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
! ICE	×1	DRAGON	×1
FIGHTING	×4	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scary Face	Normal	Status	—	100	10	Normal
1	Swords Dance	Normal	Status	—	—	20	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
4	Quick Attack	Normal	Physical	40	100	30	Normal
7	Focus Energy	Normal	Status	—	—	30	Self
10	Bite	Dark	Physical	60	100	25	Normal
13	Pursuit	Dark	Physical	40	100	20	Normal
16	Hyper Fang	Normal	Physical	80	90	15	Normal
19	Assurance	Dark	Physical	60	100	10	Normal
24	Crunch	Dark	Physical	80	100	15	Normal
29	Sucker Punch	Dark	Physical	70	100	5	Normal
34	Super Fang	Normal	Physical	—	90	10	Normal
39	Double-Edge	Normal	Physical	120	100	15	Normal
44	Endeavor	Normal	Physical	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Scary Face	Normal	Status	—	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

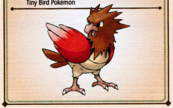
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Spearow

Tiny Bird Pokémon



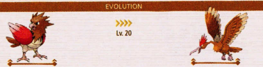
National Pokédex 021
Alola Pokédex 087
NORMAL
FLYING
Height: 1'00" | Weight: 4.4 lbs.
Sharp Beak

Same form for male/female

Its reckless nature leads it to stand up to others—even large Pokémon—if it has to protect its territory.

Due to its short wings, it can't fly long distances. It wanders about restlessly and pecks at bug Pokémon.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it attacks from a shadow cast from overhead on Route 3.

ABILITY

Keen Eye

HIDDEN ABILITY

Sniper

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
4	Leer	Normal	Status	—	100	30	Many Others
8	Pursuit	Dark	Physical	40	100	20	Normal
11	Fury Attack	Normal	Physical	15	85	20	Normal
15	Aerial Ace	Flying	Physical	60	—	20	Normal
18	Mirror Move	Flying	Status	—	—	20	Normal
22	Assurance	Dark	Physical	60	100	10	Normal
25	Agility	Psychic	Status	—	—	30	Self
29	Focus Energy	Normal	Status	—	—	30	Self
32	Roost	Flying	Status	—	—	10	Self
36	Drill Peck	Flying	Physical	80	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Run	Ground	Physical	80	95	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

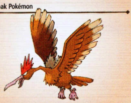
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Feint Attack	Dark	Physical	60	—	20	Normal
Scary Face	Normal	Status	—	100	10	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Tri Attack	Normal	Special	80	100	10	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Sky Attack	Flying	Physical	140	90	5	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Feather Dance	Flying	Status	—	100	15	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Razor Wind	Normal	Special	80	100	10	Many Others

✓ Fearow

Beak Pokémon



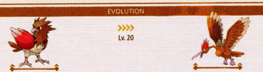
National Pokédex 022
Alola Pokédex 088
NORMAL
FLYING
Height: 3'11" | Weight: 83.8 lbs.
Sharp Beak

Same form for male/female

Carrying food through Fearow's territory is dangerous. It will snatch the food away from you in a flash!

In Alola, fish Pokémon are its prey. It can be seen circling above the ocean searching for food.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it in the tall grass on Route 10. Or obtain a Spearow, then level it up to Lv. 20 or higher to evolve it into Fearow.

ABILITY

Keen Eye

HIDDEN ABILITY

Sniper

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Drill Run	Ground	Physical	80	95	10	Normal
1	Pluck	Flying	Physical	60	100	20	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
1	Pursuit	Dark	Physical	40	100	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
8	Pursuit	Dark	Physical	40	100	20	Normal
11	Fury Attack	Normal	Physical	15	85	20	Normal
15	Aerial Ace	Flying	Physical	60	—	20	Normal
18	Mirror Move	Flying	Status	—	—	20	Normal
23	Assurance	Dark	Physical	60	100	10	Normal
27	Agility	Psychic	Status	—	—	30	Self
32	Focus Energy	Normal	Status	—	—	30	Self
36	Roost	Flying	Status	—	—	10	Self
41	Drill Peck	Flying	Physical	80	100	20	Normal
45	Drill Run	Ground	Physical	80	95	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Run	Ground	Physical	80	95	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

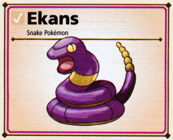
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Ekans

Snake Pokémon



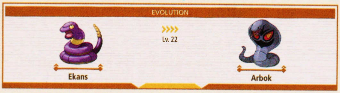
National Pokédex	023	POISON
Alola Pokédex	061	

Height: 6'07" | Weight: 15.2 lbs.

Same form for male/female

By dislocating its jaw, it can swallow prey larger than itself. After a meal, it curls up and rests.

The eggs of bird Pokémon are its favorite food. It swallows eggs whole, so sometimes an egg gets stuck, and Ekans faints.



MAIN WAY TO OBTAIN

Catch it when it appears in the rustling grass on Route 2.

ABILITY

Intimidate
Shed Skin

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wrap	Normal	Physical	15	90	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
4	Poison Sting	Poison	Physical	15	100	35	Normal
9	Bite	Dark	Physical	60	100	25	Normal
12	Glare	Normal	Status	—	100	30	Normal
17	Screech	Normal	Status	—	85	40	Normal
20	Acid	Poison	Special	40	100	30	Many Others
25	Stockpile	Normal	Status	—	—	20	Self
25	Swallow	Normal	Status	—	—	10	Self
25	Spit Up	Normal	Special	—	100	10	Normal
28	Acid Spray	Poison	Special	40	100	20	Normal
33	Mud Bomb	Ground	Special	65	85	10	Normal
36	Gastro Acid	Poison	Status	—	100	10	Normal
38	Belch	Poison	Special	120	90	10	Normal
41	Haze	Ice	Status	—	—	30	Both Sides
44	Coil	Poison	Status	—	—	20	Self
49	Gunk Shot	Poison	Physical	120	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

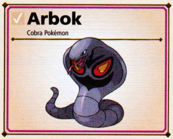
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal
Slam	Normal	Physical	80	75	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Poison Fang	Poison	Physical	50	100	15	Normal
Scary Face	Normal	Status	—	100	10	Normal
Poison Tail	Poison	Physical	50	100	25	Normal
Disable	Normal	Status	—	100	20	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Snatch	Dark	Status	—	—	10	Self

✓ Arbok

Cobra Pokémon



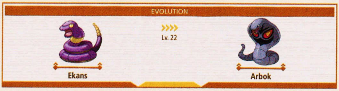
National Pokédex	024	POISON
Alola Pokédex	062	

Height: 11'06" | Weight: 143.3 lbs.

Same form for male/female

The latest research has determined that there are over 20 possible arrangements of the patterns on its stomach.

After stunning its opponents with the pattern on its stomach, it quickly wraps them up in its body and waits for them to stop moving.



MAIN WAY TO OBTAIN

Receive one in a trade on Route 8. Or obtain an Ekans, then level it up to Lv. 22 or higher to evolve it into Arbok.

ABILITY

Intimidate
Shed Skin

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Crunch	Dark	Physical	80	100	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Wrap	Normal	Physical	15	90	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Bite	Dark	Physical	60	100	25	Normal
4	Poison Sting	Poison	Physical	15	100	35	Normal
9	Bite	Dark	Physical	60	100	25	Normal
12	Glare	Normal	Status	—	100	30	Normal
17	Screech	Normal	Status	—	85	40	Normal
20	Acid	Poison	Special	40	100	30	Many Others
27	Stockpile	Normal	Status	—	—	20	Self
27	Swallow	Normal	Status	—	—	10	Self
27	Spit Up	Normal	Special	—	100	10	Normal
32	Acid Spray	Poison	Special	40	100	20	Normal
39	Mud Bomb	Ground	Special	65	85	10	Normal
44	Gastro Acid	Poison	Status	—	100	10	Normal
48	Belch	Poison	Special	120	90	10	Normal
51	Haze	Ice	Status	—	—	30	Both Sides
56	Coil	Poison	Status	—	—	20	Self
63	Gunk Shot	Poison	Physical	120	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

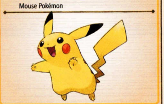
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pikachu

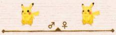
Mouse Pokémon



National Pokédex	025	ELECTRIC
Alola Pokédex	032	

Height: 1'04" | Weight: 13.2 lbs.

Light Ball

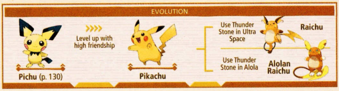


The tip of the male's tail is straight. The female has a notch at the end of its tail.

Its nature is to store up electricity. Forests where nests of Pikachu live are dangerous, since the trees are so often struck by lightning.

While sleeping, it generates electricity in the sacs in its cheeks. If it's not getting enough sleep, it will be able to use only weak electricity.

EVOLUTION


Pichu (p. 130)
Level up with high friendship
Pikachu
Use Thunder Stone in Ultra Space
Raichu
Use Thunder Stone in Alola
Alolan Raichu

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Pichu on Route 1. Or obtain a Pichu, then level it up with high friendship to evolve it into Pikachu.

ABILITY

Static

HIDDEN ABILITY

Lightning Rod

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Thunder Shock	Electric	Special	40	100	30	Normal
5	Growl	Normal	Status	—	100	40	Many Others
7	Play Nice	Normal	Status	—	—	20	Normal
10	Quick Attack	Normal	Physical	40	100	30	Normal
13	Electro Ball	Electric	Special	—	100	10	Normal
18	Thunder Wave	Electric	Status	—	90	20	Normal
21	Feint	Normal	Physical	30	100	10	Normal
23	Double Team	Normal	Status	—	—	15	Self
26	Spark	Electric	Physical	65	100	20	Normal
29	Nuzzle	Electric	Physical	20	100	20	Normal
34	Discharge	Electric	Special	80	100	15	Adjacent
37	Slam	Normal	Physical	80	75	20	Normal
42	Thunderbolt	Electric	Special	90	100	15	Normal
45	Agility	Psychic	Status	—	—	30	Self
50	Wild Charge	Electric	Physical	90	100	15	Normal
53	Light Screen	Psychic	Status	—	—	30	Your Side
58	Thunder	Electric	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Catastropika	Volt Tackle	Electric	Physical	210	—	Normal

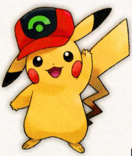
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

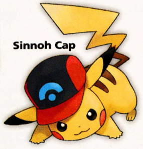
Pikachu Wearing Trainer's Caps

Original Cap Pikachu, Hoenn Cap Pikachu, Sinnoh Cap Pikachu, Unova Cap Pikachu, Kalos Cap Pikachu, and Alola Cap Pikachu were available in *Pokémon Sun* and *Pokémon Moon* as part of a special distribution from The Pokémon Company International. Partner Cap Pikachu can be obtained in *Pokémon Ultra Sun* and *Pokémon Ultra Moon* by scanning in a special QR Code. If you missed your chance to obtain one of these special forms of Pikachu, watch Pokemon.com for more news.

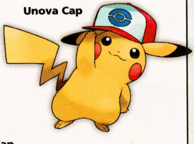
Hoenn Cap



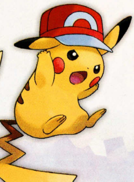
Sinnoh Cap



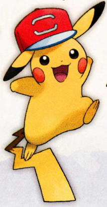
Unova Cap



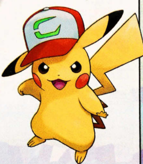
Kalos Cap



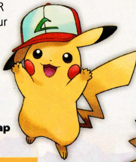
Alola Cap



Partner Cap



Original Cap



This form of Pikachu is somewhat rare. It wears the hat of its Trainer, who is also its partner.

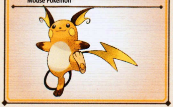
This Pikachu is wearing its Trainer's cap. Since the cap's not the right size, the fit is a bit loose.

Exclusive Z-Move:

If you obtain a piece of Pikashunium Z by taking one of these Pikachu to Pikachu Valley in *Pokémon Ultra Sun* or *Pokémon Ultra Moon* and speaking with the female Pikachu there, you can give it to your cap-wearing Pikachu to hold. It will allow these Pikachu to transform the regular move Thunderbolt into the Z-Move 10,000,000 Volt Thunderbolt! This powerful Electric-type move has a power of 195! To learn more about it, turn to the Z-Moves list on page 504.

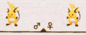
✓ Raichu

Mouse Pokémon



National Pokédex 026 ELECTRIC
Alola Pokédex 033

Height: 2'07" | Weight: 66.1 lbs.



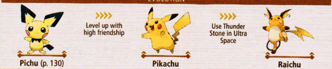
♂ ♀

The tip of the male's tail is longer. The tip of the female's tail is shorter.

As electricity builds up inside its body, it becomes more aggressive. One theory is that the electricity buildup is actually causing stress.

Because so many Trainers like the way Pikachu looks, you don't see this Pokémon very often.

EVOLUTION



Pichu (p. 130) → Level up with high friendship → Pikachu → Use Thunder Stone in Ultra Space → Raichu

MAIN WAY TO OBTAIN

Obtain a Pikachu, then use a Thunder Stone on it while in Ultra Space to evolve it into Raichu.

ABILITY

Static

HIDDEN ABILITY

Lightning Rod

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Thunderbolt	Electric	Special	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

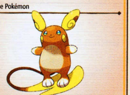
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Raichu

Mouse Pokémon



ALOLA FORM

National Pokédex 026 ELECTRIC
Alola Pokédex 033 PSYCHIC

Height: 2'04" | Weight: 46.3 lbs.

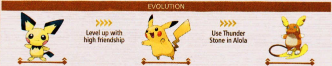
♂ ♀

Same form for male/female

It focuses psychic energy into its tail and rides it like it's surfing. Another name for this Pokémon is "hodad."

When you rub its cheeks, a sweet fragrance comes wafting out. However, you'll also get a light shock!

EVOLUTION



Pichu (p. 130) → Level up with high friendship → Pikachu → Use Thunder Stone in Alola → Alolan Raichu

MAIN WAY TO OBTAIN

Obtain a Pikachu, then use a Thunder Stone on it while in Alola to evolve it into Alolan Raichu.

ABILITY

Surge Surfer

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psychic	Psychic	Special	90	100	10	Normal
1	Speed Swap	Psychic	Status	—	—	10	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Thunderbolt	Electric	Special	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Psychic	Psychic	Special	90	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

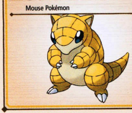
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Stoked Sparksurfer	Thunderbolt	Electric	Special	175	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

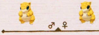
✓ Sandshrew

Mouse Pokémon



National Pokédex 027
Alola Pokédex 328
GROUND

Height: 2'00" | Weight: 26.5 lbs.

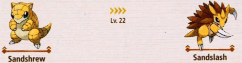


Same form for male/female

It lives in areas of limited rainfall. When danger approaches, it curls up into a ball to protect its soft stomach.

When its skin gets wrinkled from moisture, it heads for a volcano. It lies flat on a spot with a lot of geothermal heat and dries itself out.

EVOLUTION



Sandshrew

Sandslash

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sand Veil

HIDDEN ABILITY

Sand Rush

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
3	Sand Attack	Ground	Status	—	100	15	Normal
5	Poison Sting	Poison	Physical	15	100	35	Normal
7	Rollout	Rock	Physical	30	90	20	Normal
9	Rapid Spin	Normal	Physical	20	100	40	Normal
11	Fury Cutter	Bug	Physical	40	95	20	Normal
14	Magnitude	Ground	Physical	—	100	30	Adjacent
17	Swift	Normal	Special	60	—	20	Many Others
20	Fury Swipes	Normal	Physical	18	80	15	Normal
23	Sand Tomb	Ground	Physical	35	85	15	Normal
26	Slash	Normal	Physical	70	100	20	Normal
30	Dig	Ground	Physical	80	100	10	Normal
34	Gyro Ball	Steel	Physical	—	100	5	Normal
38	Swords Dance	Normal	Status	—	—	20	Self
42	Sandstorm	Rock	Status	—	—	10	Both Sides
46	Earthquake	Ground	Physical	100	100	10	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

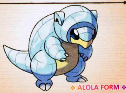
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Counter	Fighting	Physical	—	100	20	Varies
Rapid Spin	Normal	Physical	20	100	40	Normal
Metal Claw	Steel	Physical	50	95	35	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Endure	Normal	Status	—	—	10	Self
Chip Away	Normal	Physical	70	100	20	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Rototiller	Ground	Status	—	—	10	Adjacent
Hone Claws	Dark	Status	—	—	15	Self

✓ Sandshrew

Mouse Pokémon

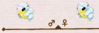


❖ ALOLA FORM ❖

National Pokédex 027
Alola Pokédex 328
ICE
STEEL

Height: 2'04" | Weight: 88.2 lbs.

Grip Claw

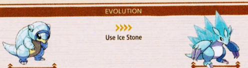


Same form for male/female

After fleeing a volcanic eruption, it ended up moving to an area of snowy mountains. Its ice shell is as hard as steel.

The skin on its back is as hard as steel. Predators go after its soft belly, so it clings to the ground desperately.

EVOLUTION



Alolan Sandshrew

Alolan Sandslash

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears in the tall grass at the base of Mount Lanakila in *Pokémon Ultra Moon*.

ABILITY

Snow Cloak

HIDDEN ABILITY

Slush Rush

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.25	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
3	Bide	Normal	Physical	—	—	10	Self
5	Powder Snow	Ice	Special	40	100	25	Many Others
7	Ice Ball	Ice	Physical	30	90	20	Normal
9	Rapid Spin	Normal	Physical	20	100	40	Normal
11	Fury Cutter	Bug	Physical	40	95	20	Normal
14	Metal Claw	Steel	Physical	50	95	35	Normal
17	Swift	Normal	Special	60	—	20	Many Others
20	Fury Swipes	Normal	Physical	18	80	15	Normal
23	Iron Defense	Steel	Status	—	—	15	Self
26	Slash	Normal	Physical	70	100	20	Normal
30	Iron Head	Steel	Physical	80	100	15	Normal
34	Gyro Ball	Steel	Physical	—	100	5	Normal
38	Swords Dance	Normal	Status	—	—	20	Self
42	Hail	Ice	Status	—	—	10	Both Sides
46	Blizzard	Ice	Special	110	70	5	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

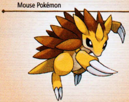
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Counter	Fighting	Physical	—	100	20	Varies
Icicle Spear	Ice	Physical	25	100	30	Normal
Metal Claw	Steel	Physical	50	95	35	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Icicle Crash	Ice	Physical	85	90	10	Normal
Endure	Normal	Status	—	—	10	Self
Chip Away	Normal	Physical	70	100	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Amnesia	Psychic	Status	—	—	20	Self
Hone Claws	Dark	Status	—	—	15	Self

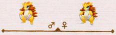
✓ Sandslash

Mouse Pokémon



National Pokédex	028	GROUND
Alola Pokédex	329	

Height: 3'03" | Weight: 65.0 lbs.



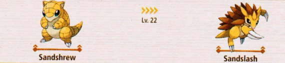
♂ ♀

Same form for male/female

Its claws and horns often break off. The broken claws and horns can be used to carve plows for tilling farm fields.

Thanks to its thick claws, it's good at climbing trees. There are plenty of Sandslash that park themselves in trees and go right to sleep.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Sandshrew from outside Alola, then level it up to Lv. 22 or higher to evolve it into Sandslash.

ABILITY

Sand Veil

HIDDEN ABILITY

Sand Rush

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Crush Claw	Normal	Physical	75	95	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
3	Sand Attack	Ground	Status	—	100	15	Normal
5	Poison Sting	Poison	Physical	15	100	35	Normal
7	Rollout	Rock	Physical	30	90	20	Normal
9	Rapid Spin	Normal	Physical	20	100	40	Normal
11	Fury Cutter	Bug	Physical	40	95	20	Normal
14	Magnitude	Ground	Physical	—	100	30	Adjacent
17	Swift	Normal	Special	60	—	20	Many Others
20	Fury Swipes	Normal	Physical	18	80	15	Normal
24	Sand Tomb	Ground	Physical	35	85	15	Normal
28	Slash	Normal	Physical	70	100	20	Normal
33	Dig	Ground	Physical	80	100	10	Normal
38	Gyro Ball	Steel	Physical	—	100	5	Normal
43	Swords Dance	Normal	Status	—	—	20	Self
48	Sandstorm	Rock	Status	—	—	10	Both Sides
53	Earthquake	Ground	Physical	100	100	10	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crush Claw	Normal	Physical	75	95	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

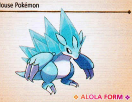
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Sandslash

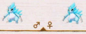
Mouse Pokémon



◆ ALOLA FORM ◆

National Pokédex	028	ICE
Alola Pokédex	329	STEEL

Height: 3'11" | Weight: 121.3 lbs.



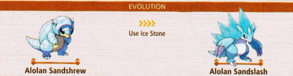
♂ ♀

Same form for male/female

It runs across snow-covered plains at high speeds. It developed thick, sharp claws to plow through the snow.

A long, long time ago, it lived in the desert. With its sharp claws fully extended, it can climb right up an iceberg without slipping.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Alolan Sandshrew, then use an Ice Stone on it to evolve it into Alolan Sandslash.

ABILITY

Snow Cloak

HIDDEN ABILITY

Slush Rush

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.25	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icicle Spear	Ice	Physical	25	100	30	Normal
1	Metal Burst	Steel	Physical	—	100	10	Varies
1	Icicle Crash	Ice	Physical	85	90	10	Normal
1	Slash	Normal	Physical	70	100	20	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Ice Ball	Ice	Physical	30	90	20	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icicle Spear	Ice	Physical	25	100	30	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

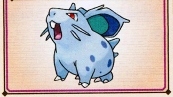
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Nidoran♀

Poison Pin Pokémon



National Pokédex	029	POISON
Alola Pokédex	—	

Height: 1'04" | Weight: 15.4 lbs.

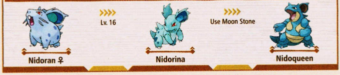
♂ ♀

Female only

X Although small, its venomous barbs render this Pokémon dangerous. The female has smaller horns.

Y Small and very docile, it protects itself with its small, poisonous horn when attacked.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Poison Point
Rivalry

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Scratch	Normal	Physical	40	100	35	Normal
7	Tail Whip	Normal	Status	—	100	30	Many Others
9	Double Kick	Fighting	Physical	30	100	30	Normal
13	Poison Sting	Poison	Physical	15	100	35	Normal
19	Fury Swipes	Normal	Physical	18	80	15	Normal
21	Bite	Dark	Physical	60	100	25	Normal
25	Helping Hand	Normal	Status	—	—	20	1 Ally
31	Toxic Spikes	Poison	Status	—	—	20	Other Side
33	Flatter	Dark	Status	—	100	15	Normal
37	Crunch	Dark	Physical	80	100	15	Normal
43	Captivate	Normal	Status	—	100	20	Many Others
45	Poison Fang	Poison	Physical	50	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

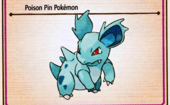
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Supersonic	Normal	Status	—	55	20	Normal
Disable	Normal	Status	—	100	20	Normal
Take Down	Normal	Physical	90	85	20	Normal
Focus Energy	Normal	Status	—	—	30	Self
Charm	Fairy	Status	—	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Beat Up	Dark	Physical	—	100	10	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Poison Tail	Poison	Physical	50	100	25	Normal
Endure	Normal	Status	—	—	10	Self
Chip Away	Normal	Physical	70	100	20	Normal
Venom Drench	Poison	Status	—	100	20	Many Others

✓ Nidorina

Poison Pin Pokémon



National Pokédex	030	POISON
Alola Pokédex	—	

Height: 2'07" | Weight: 44.1 lbs.

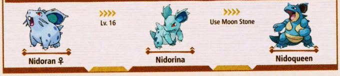
♂ ♀

Female only

X The female has a gentle temperament. It emits ultrasonic cries that have the power to befuddle foes.

Y When feeding its young, it first chews the food into a paste, then spits it out for the offspring.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Nidoran♀, then level it up to Lv. 16 or higher to evolve it into Nidorina.

ABILITY

Poison Point
Rivalry

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Scratch	Normal	Physical	40	100	35	Normal
7	Tail Whip	Normal	Status	—	100	30	Many Others
9	Double Kick	Fighting	Physical	30	100	30	Normal
13	Poison Sting	Poison	Physical	15	100	35	Normal
20	Fury Swipes	Normal	Physical	18	80	15	Normal
23	Bite	Dark	Physical	60	100	25	Normal
28	Helping Hand	Normal	Status	—	—	20	1 Ally
35	Toxic Spikes	Poison	Status	—	—	20	Other Side
38	Flatter	Dark	Status	—	100	15	Normal
43	Crunch	Dark	Physical	80	100	15	Normal
50	Captivate	Normal	Status	—	100	20	Many Others
58	Poison Fang	Poison	Physical	50	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

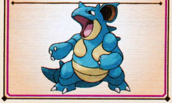
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Nidoqueen

Drill Pokémon



National Pokédex 031 POISON
Alola Pokédex — GROUND

Height: 4'03" | Weight: 132.3 lbs.

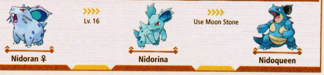
♂ ♀

Female only

It uses its scaly, rugged body to seal the entrance of its nest and protect its young from predators.

The body is covered by stiff, needlelike scales. If it becomes excited, the needles bristle outwards.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Nidorina, then use a Moon Stone on it to evolve it into Nidoqueen.

ABILITY

Poison Point
Rivalry

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.25	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Superpower	Fighting	Physical	120	100	5	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
23	Chip Away	Normal	Physical	70	100	20	Normal
35	Body Slam	Normal	Physical	85	100	15	Normal
43	Earth Power	Ground	Special	90	100	10	Normal
58	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

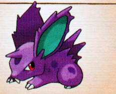
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Nidoran♂

Poison Pin Pokémon



National Pokédex 032 POISON
Alola Pokédex —

Height: 1'08" | Weight: 19.8 lbs.

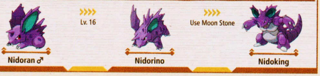
♂ ♀

Male only

It scans its surroundings by raising its ears out of the grass. Its toxic horn is for protection.

Its large ears are flapped like wings when it is listening to distant sounds. It extends toxic barbs when angered.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Poison Point
Rivalry

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Peck	Flying	Physical	35	100	35	Normal
7	Focus Energy	Normal	Status	—	—	30	Self
9	Double Kick	Fighting	Physical	30	100	30	Normal
13	Poison Sting	Poison	Physical	15	100	35	Normal
19	Fury Attack	Normal	Physical	15	85	20	Normal
21	Horn Attack	Normal	Physical	65	100	25	Normal
25	Helping Hand	Normal	Status	—	—	20	1 Ally
31	Toxic Spikes	Poison	Status	—	—	20	Other Side
33	Flatter	Dark	Status	—	100	15	Normal
37	Poison Jab	Poison	Physical	80	100	20	Normal
43	Captivate	Normal	Status	—	100	20	Many Others
45	Horn Drill	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

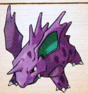
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Disable	Normal	Status	—	100	20	Normal
Supersonic	Normal	Status	—	55	20	Normal
Take Down	Normal	Physical	90	85	20	Normal
Amnesia	Psychic	Status	—	—	20	Self
Confusion	Psychic	Special	50	100	25	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Head Smash	Rock	Physical	150	80	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Poison Tail	Poison	Physical	50	100	25	Normal
Endure	Normal	Status	—	—	10	Self
Chip Away	Normal	Physical	70	100	20	Normal
Venom Drench	Poison	Status	—	100	20	Many Others

✓ Nidorino

Poison Pin Pokémon



National Pokédex	033	POISON
Alola Pokédex	—	

Height: 2'11" | Weight: 43.0 lbs.

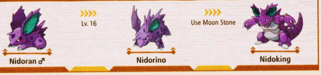
♂ ♀

Male only

X: It raises its big ears to check its surroundings. If it senses anything, it attacks immediately.

Y: An aggressive Pokémon that is quick to attack. The horn on its head secretes a powerful venom.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Nidoran♂, then level it up to Lv. 16 or higher to evolve it into Nidorino.

ABILITY

Poison Point
Rivalry

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Peck	Flying	Physical	35	100	35	Normal
7	Focus Energy	Normal	Status	—	—	30	Self
9	Double Kick	Fighting	Physical	30	100	30	Normal
13	Poison Sting	Poison	Physical	15	100	35	Normal
20	Fury Attack	Normal	Physical	15	85	20	Normal
23	Horn Attack	Normal	Physical	65	100	25	Normal
28	Helping Hand	Normal	Status	—	—	20	1 Ally
35	Toxic Spikes	Poison	Status	—	—	20	Other Side
38	Flatter	Dark	Status	—	100	15	Normal
43	Poison Jab	Poison	Physical	80	100	20	Normal
50	Captivate	Normal	Status	—	100	20	Many Others
58	Horn Drill	Normal	Physical	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

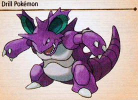
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Nidoking

Drill Pokémon



National Pokédex	034	POISON GROUND
Alola Pokédex	—	

Height: 4'07" | Weight: 136.7 lbs.

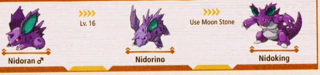
♂ ♀

Male only

X: It is recognized by its rock-hard hide and its extended horn. Be careful with the horn, as it contains venom.

Y: One swing of its mighty tail can snap a telephone pole as if it were a matchstick.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Nidorino, then use a Moon Stone on it to evolve it into Nidoking.

ABILITY

Poison Point
Rivalry

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.25	STEEL	×1
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Megahorn	Bug	Physical	120	85	10	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
23	Chip Away	Normal	Physical	70	100	20	Normal
35	Thrash	Normal	Physical	120	100	10	1 Random
43	Earth Power	Ground	Special	90	100	10	Normal
58	Megahorn	Bug	Physical	120	85	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

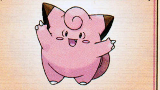
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Clefairy

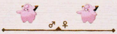
Fairy Pokémon



National Pokédex	035	FAIRY
Alola Pokédex	273	

Height: 2'00" | Weight: 16.5 lbs.

Moon Stone



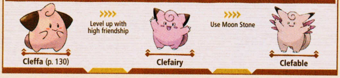
♂ ♀

Same form for male/female

They're popular, but they're rare. Trainers who show them off recklessly may be targeted by thieves.

Bathed in moonlight, its wings glow faintly. Without even flapping, Clefairy rises into the air, where it dances around.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Cleffa on Mount Hokulani at night. Or obtain a Cleffa, then level it up with high friendship to evolve it into Clefairy.

ABILITY

Cute Charm
Magic Guard

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Spotlight	Normal	Status	—	—	15	Normal
1	Disarming Voice	Fairy	Special	40	—	15	Many Others
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Encore	Normal	Status	—	100	5	Normal
7	Sing	Normal	Status	—	55	15	Normal
10	Double Slap	Normal	Physical	15	85	10	Normal
13	Defense Curl	Normal	Status	—	—	40	Self
16	Follow Me	Normal	Status	—	—	20	Self
19	Bestow	Normal	Status	—	—	15	Normal
22	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
25	Minimize	Normal	Status	—	—	10	Self
28	Stored Power	Psychic	Special	20	100	10	Normal
31	Metronome	Normal	Status	—	—	10	Self
34	Cosmic Power	Psychic	Status	—	—	20	Self
37	Lucky Chant	Normal	Status	—	—	30	Your Side
40	Body Slam	Normal	Physical	85	100	15	Normal
43	Moonlight	Fairy	Status	—	—	5	Self
46	Moonblast	Fairy	Special	95	100	15	Normal
49	Gravity	Psychic	Status	—	—	5	Both Sides
50	Meteor Mash	Steel	Physical	90	90	10	Normal
55	Healing Wish	Psychic	Status	—	—	10	Self
58	After You	Normal	Status	—	—	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides

◆ EXCLUSIVE Z-MOVE

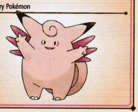
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

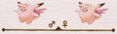
✓ Clefable

Fairy Pokémon



National Pokédex	036	FAIRY
Alola Pokédex	274	

Height: 4'03" | Weight: 88.2 lbs.



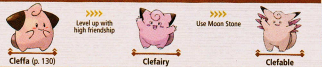
♂ ♀

Same form for male/female

It can't help but hear a pin drop from over half a mile away, so it lives deep in the mountains where there aren't many people or Pokémon.

Some scientists believe that it gazes intently at the sky on nights with a full moon because it's homesick.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Clefairy, then use a Moon Stone on it to evolve it into Clefable.

ABILITY

Cute Charm
Magic Guard

HIDDEN ABILITY

Unaware

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Spotlight	Normal	Status	—	—	15	Normal
1	Disarming Voice	Fairy	Special	40	—	15	Many Others
1	Sing	Normal	Status	—	55	15	Normal
1	Double Slap	Normal	Physical	15	85	10	Normal
1	Minimize	Normal	Status	—	—	10	Self
1	Metronome	Normal	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides

◆ EXCLUSIVE Z-MOVE

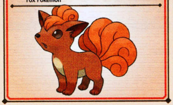
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

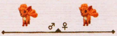
✓ Vulpix

Fox Pokémon



National Pokédex	037	FIRE
Alola Pokédex	330	

Height: 2'00" | Weight: 21.8 lbs.



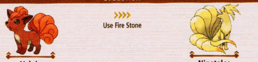
♂ ♀

Same form for male/female

Its beautiful tails have made it very popular. However, if it's not brushed diligently, it will be a mass of tangles before you know it.

It manipulates balls of fire to catch its prey. If you raise one from when it's young, it will grow close to you like a puppy Pokémon.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Flash Fire

HIDDEN ABILITY

Drought

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
7	Roar	Normal	Status	—	—	20	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
10	Quick Attack	Normal	Physical	40	100	30	Normal
12	Confuse Ray	Ghost	Status	—	100	10	Normal
15	Fire Spin	Fire	Special	35	85	15	Normal
18	Payback	Dark	Physical	50	100	10	Normal
20	Will-O-Wisp	Fire	Status	—	85	15	Normal
23	Feint Attack	Dark	Physical	60	—	20	Normal
26	Hex	Ghost	Special	65	100	10	Normal
28	Flame Burst	Fire	Special	70	100	15	Normal
31	Extrasensory	Psychic	Special	80	100	20	Normal
34	Safeguard	Normal	Status	—	—	25	Your Side
36	Flamethrower	Fire	Special	90	100	15	Normal
39	Imprison	Psychic	Status	—	—	10	Self
42	Fire Blast	Fire	Special	110	85	5	Normal
44	Grudge	Ghost	Status	—	—	5	Self
47	Captivate	Normal	Status	—	100	20	Many Others
50	Inferno	Fire	Special	100	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

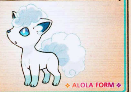
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Feint Attack	Dark	Physical	60	—	20	Normal
Hypnosis	Psychic	Status	—	60	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal
Disable	Normal	Status	—	100	20	Normal
Howl	Normal	Status	—	—	40	Self
Heat Wave	Fire	Special	95	90	10	Many Others
Flare Blitz	Fire	Physical	120	100	15	Normal
Extrasensory	Psychic	Special	80	100	20	Normal
Power Swap	Psychic	Status	—	—	10	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Hex	Ghost	Special	65	100	10	Normal
Tail Slap	Normal	Physical	25	85	10	Normal
Captivate	Normal	Status	—	100	20	Many Others

✓ Vulpix

Fox Pokémon

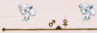


◆ ALOLA FORM ◆

National Pokédex	037	ICE
Alola Pokédex	330	

Height: 2'00" | Weight: 21.8 lbs.

Snowball



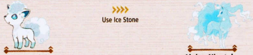
♂ ♀

Same form for male/female

If you carelessly approach it because it's cute, the boss of the pack, Ninetales, will appear and freeze you.

They live together in a skulk, helping one another. Before eating their prey, they freeze it solid with their –58 degree Fahrenheit breath.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass at the base of Mount Lanakila in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Snow Cloak

HIDDEN ABILITY

Snow Warning

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Powder Snow	Ice	Special	40	100	25	Many Others
4	Tail Whip	Normal	Status	—	100	30	Many Others
7	Roar	Normal	Status	—	—	20	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
10	Ice Shard	Ice	Physical	40	100	30	Normal
12	Confuse Ray	Ghost	Status	—	100	10	Normal
15	Icy Wind	Ice	Special	55	95	15	Many Others
18	Payback	Dark	Physical	50	100	10	Normal
20	Mist	Ice	Status	—	—	30	Your Side
23	Feint Attack	Dark	Physical	60	—	20	Normal
26	Hex	Ghost	Special	65	100	10	Normal
28	Aurora Beam	Ice	Special	65	100	20	Normal
31	Extrasensory	Psychic	Special	80	100	20	Normal
34	Safeguard	Normal	Status	—	—	25	Your Side
36	Ice Beam	Ice	Special	90	100	10	Normal
39	Imprison	Psychic	Status	—	—	10	Self
42	Blizzard	Ice	Special	110	70	5	Many Others
44	Grudge	Ghost	Status	—	—	5	Self
47	Captivate	Normal	Status	—	100	20	Many Others
50	Sheer Cold	Ice	Special	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

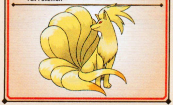
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Freeze-Dry	Ice	Special	70	100	20	Normal
Hypnosis	Psychic	Status	—	60	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal
Disable	Normal	Status	—	100	20	Normal
Howl	Normal	Status	—	—	40	Self
Agility	Psychic	Status	—	—	30	Self
Encore	Normal	Status	—	100	5	Normal
Moonblast	Fairy	Special	95	100	15	Normal
Power Swap	Psychic	Status	—	—	10	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Charm	Fairy	Status	—	100	20	Normal
Tail Slap	Normal	Physical	25	85	10	Normal
Extrasensory	Psychic	Special	80	100	20	Normal

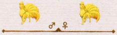
✓ Ninetales

Fox Pokémon



National Pokédex 038 FIRE
Alola Pokédex 331

Height: 3'07" | Weight: 43.9 lbs.

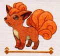


Same form for male/female

It is vindictive and relentless by nature. Those who cross it even once will be cursed for a thousand years, along with their descendants.

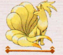
The flickering flames it spews from its mouth leave its opponents hypnotized. Then, this extremely intelligent Pokémon attacks.

EVOLUTION



Vulpix

Use Fire Stone



Ninetales

MAIN WAY TO OBTAIN

Obtain a Vulpix from outside Alola, then use a Fire Stone on it to evolve it into Ninetales.

ABILITY

Flash Fire

HIDDEN ABILITY

Drought

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Imprison	Psychic	Status	—	—	10	Self
1	Nasty Plot	Dark	Status	—	—	20	Self
1	Flamethrower	Fire	Special	90	100	15	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Safeguard	Normal	Status	—	—	25	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal

◆ EXCLUSIVE Z-MOVE

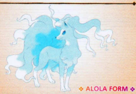
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Ninetales

Fox Pokémon



❖ ALOLA FORM ❖

National Pokédex 038 ICE FAIRY
Alola Pokédex 331

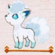
Height: 3'07" | Weight: 43.9 lbs.

Same form for male/female

The reason it guides people all the way down to the mountain's base is that it wants them to hurry up and leave.

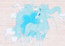
Some said that deities visited mountains where Ninetales live, so in times long past, no one was allowed to go into those mountains.

EVOLUTION



Alolan Vulpix

Use Ice Stone



Alolan Ninetales

MAIN WAY TO OBTAIN

Obtain an Alolan Vulpix, then use an Ice Stone on it to evolve it into Alolan Ninetales.

ABILITY

Snow Cloak

HIDDEN ABILITY

Snow Warning

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×4
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
1	Imprison	Psychic	Status	—	—	10	Self
1	Nasty Plot	Dark	Status	—	—	20	Self
1	Ice Beam	Ice	Special	90	100	10	Normal
1	Ice Shard	Ice	Physical	40	100	30	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Safeguard	Normal	Status	—	—	25	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dazzling Gleam	Fairy	Special	80	100	10	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal

◆ EXCLUSIVE Z-MOVE

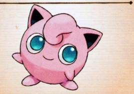
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Jigglypuff

Balloon Pokémon



National Pokédex	039	NORMAL
Alola Pokédex	168	FAIRY

Height: 1'08" | Weight: 12.1 lbs.

Moon Stone

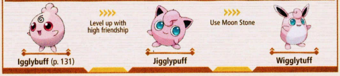
♂ ♀

Same form for male/female

Recordings of Jigglypuff's strange lullabies can be purchased from department stores. These CDs can be found near the bedding area.

The songs they sing are totally different depending on the region they live in. Some even sound like they're shouting!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Igglybuff on Route 4 during the day. Or obtain an Igglybuff, then use level it up with high friendship to evolve it into Jigglypuff.

ABILITY

Cute Charm
Competitive

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆
DEFENSE	◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sing	Normal	Status	—	55	15	Normal
3	Defense Curl	Normal	Status	—	—	40	Self
5	Pound	Normal	Physical	40	100	35	Normal
9	Play Nice	Normal	Status	—	—	20	Normal
11	Disarming Voice	Fairy	Special	40	—	15	Many Others
14	Disable	Normal	Status	—	100	20	Normal
17	Double Slap	Normal	Physical	15	85	10	Normal
20	Rollout	Rock	Physical	30	90	20	Normal
22	Round	Normal	Special	60	100	15	Normal
25	Stockpile	Normal	Status	—	—	20	Self
25	Swallow	Normal	Status	—	—	10	Self
25	Spit Up	Normal	Special	—	100	10	Normal
27	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
30	Rest	Psychic	Status	—	—	10	Self
32	Body Slam	Normal	Physical	85	100	15	Normal
35	Gyro Ball	Steel	Physical	—	100	5	Normal
38	Mimic	Normal	Status	—	—	10	Normal
41	Hyper Voice	Normal	Special	90	100	10	Many Others
45	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

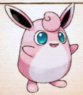
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal

✓ Wigglytuff

Balloon Pokémon



National Pokédex	040	NORMAL
Alola Pokédex	169	FAIRY

Height: 3'03" | Weight: 26.5 lbs.

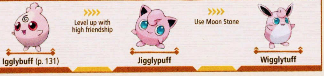
♂ ♀

Same form for male/female

Thanks to its bouncy body and fine fur, this Pokémon is sought after. Holding one in your arms while you sleep feels great.

When it gets angry, it inhales with all its might, and its body gradually inflates. Sometimes they can grow 20 times larger!

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Jigglypuff, then use a Moon Stone on it to evolve it into Wigglytuff.

ABILITY

Cute Charm
Competitive

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double-Edge	Normal	Physical	120	100	15	Normal
1	Play Rough	Fairy	Physical	90	90	10	Normal
1	Sing	Normal	Status	—	55	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Disable	Normal	Status	—	100	20	Normal
1	Double Slap	Normal	Physical	15	85	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Magic Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

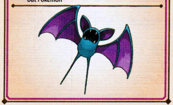
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal

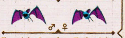
✓ Zubat

Bat Pokémon



National Pokédex	041	POISON	
Alola Pokédex	080	FLYING	

Height: 2'07" | Weight: 16.5 lbs.

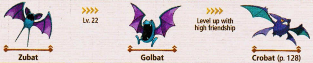


The male has larger fangs. The female has smaller fangs.

It has no eyeballs, so it can't see. It checks its surroundings via the ultrasonic waves it emits from its mouth.

Their skin is so thin that they'll be burned if sunlight hits them. When it gets cold out, they gather together to warm one another's bodies.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in Sandy Cave off Big Wave Beach.

ABILITY

Inner Focus

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.25	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
7	Astonish	Ghost	Physical	30	100	15	Normal
11	Bite	Dark	Physical	60	100	25	Normal
13	Wing Attack	Flying	Physical	60	100	35	Normal
17	Confuse Ray	Ghost	Status	—	100	10	Normal
19	Air Cutter	Flying	Special	60	95	25	Many Others
23	Swift	Normal	Special	60	—	20	Many Others
25	Poison Fang	Poison	Physical	50	100	15	Normal
29	Mean Look	Normal	Status	—	—	5	Normal
31	Leech Life	Bug	Physical	80	100	10	Normal
35	Haze	Ice	Status	—	—	30	Both Sides
37	Venoshock	Poison	Special	65	100	10	Normal
41	Air Slash	Flying	Special	75	95	15	Normal
43	Quick Guard	Fighting	Status	—	—	15	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

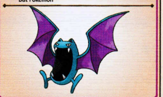
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quick Attack	Normal	Physical	40	100	30	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Gust	Flying	Special	40	100	35	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Nasty Plot	Dark	Status	—	—	20	Self
Hypnosis	Psychic	Status	—	60	20	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Brave Bird	Flying	Physical	120	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Defog	Flying	Status	—	—	15	Normal
Venom Drench	Poison	Status	—	100	20	Many Others

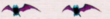
✓ Golbat

Bat Pokémon



National Pokédex	042	POISON	
Alola Pokédex	081	FLYING	

Height: 5'03" | Weight: 121.3 lbs.

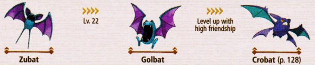


The male has larger fangs. The female has smaller fangs.

Every once in a while, you'll see a Golbat that's missing some fangs. This happens when hunger drives it to try biting a Steel-type Pokémon.

They can suck down over 10 ounces of blood in one go. They have been known to drink so much blood that they can no longer fly.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the caves of Vast Poni Canyon. Or obtain a Zubat, then level it up to Lv. 22 or higher to evolve it into Golbat.

ABILITY

Inner Focus

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.25	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Screech	Normal	Status	—	85	40	Normal
1	Absorb	Grass	Special	20	100	25	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
7	Astonish	Ghost	Physical	30	100	15	Normal
11	Bite	Dark	Physical	60	100	25	Normal
13	Wing Attack	Flying	Physical	60	100	35	Normal
17	Confuse Ray	Ghost	Status	—	100	10	Normal
19	Air Cutter	Flying	Special	60	95	25	Many Others
24	Swift	Normal	Special	60	—	20	Many Others
27	Poison Fang	Poison	Physical	50	100	15	Normal
32	Mean Look	Normal	Status	—	—	5	Normal
35	Leech Life	Bug	Physical	80	100	10	Normal
40	Haze	Ice	Status	—	—	30	Both Sides
43	Venoshock	Poison	Special	65	100	10	Normal
48	Air Slash	Flying	Special	75	95	15	Normal
51	Quick Guard	Fighting	Status	—	—	15	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

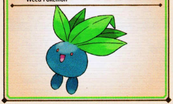
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

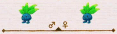
✓ Oddish

Weed Pokémon



National Pokédex	043	GRASS
Alola Pokédex	—	POISON

Height: 1'08" | Weight: 11.9 lbs.

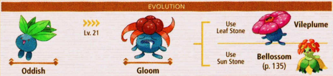


Same form for male/female

X: During the day, it stays in the cold underground to avoid the sun. It grows by bathing in moonlight.

Y: Its scientific name is "Oddium Wanderus." At night, it is said to walk nearly 1,000 feet on its two roots.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Chlorophyll

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
1	Growth	Normal	Status	—	—	20	Self
5	Sweet Scent	Normal	Status	—	100	20	Many Others
9	Acid	Poison	Special	40	100	30	Many Others
13	Poison Powder	Poison	Status	—	75	35	Normal
14	Stun Spore	Grass	Status	—	75	30	Normal
15	Sleep Powder	Grass	Status	—	75	15	Normal
19	Mega Drain	Grass	Special	40	100	15	Normal
23	Lucky Chant	Normal	Status	—	—	30	Your Side
27	Moonlight	Fairy	Status	—	—	5	Self
31	Giga Drain	Grass	Special	75	100	10	Normal
35	Toxic	Poison	Status	—	90	10	Normal
39	Natural Gift	Normal	Physical	—	100	15	Normal
43	Moonblast	Fairy	Special	95	100	15	Normal
47	Grassy Terrain	Grass	Status	—	—	10	Both Sides
51	Petal Dance	Grass	Special	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

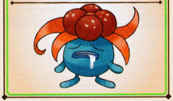
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Razor Leaf	Grass	Physical	55	95	25	Many Others
Flail	Normal	Physical	—	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Charm	Fairy	Status	—	100	20	Normal
Ingrain	Grass	Status	—	—	20	Self
Tickle	Normal	Status	—	100	20	Normal
Teeter Dance	Normal	Status	—	100	20	Adjacent
Secret Power	Normal	Physical	70	100	20	Normal
Nature Power	Normal	Status	—	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Strength Sap	Grass	Status	—	100	10	Normal

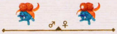
✓ Gloom

Weed Pokémon



National Pokédex	044	GRASS
Alola Pokédex	—	POISON

Height: 2'07" | Weight: 19.0 lbs.

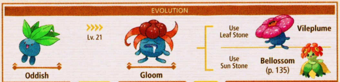


The male has a smaller-figured pattern.
The female has a larger-figured pattern.

X: Smells incredibly foul! However, around one out of a thousand people enjoy sniffing its nose-bending stink.

Y: The honey it drools from its mouth smells so atrocious, it can curl noses more than a mile away.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Oddish, then level it up to Lv. 21 or higher to evolve it into Gloom.

ABILITY

Chlorophyll

HIDDEN ABILITY

Stench

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
1	Growth	Normal	Status	—	—	20	Self
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Acid	Poison	Special	40	100	30	Many Others
5	Sweet Scent	Normal	Status	—	100	20	Many Others
9	Acid	Poison	Special	40	100	30	Many Others
13	Poison Powder	Poison	Status	—	75	35	Normal
14	Stun Spore	Grass	Status	—	75	30	Normal
15	Sleep Powder	Grass	Status	—	75	15	Normal
19	Mega Drain	Grass	Special	40	100	15	Normal
24	Lucky Chant	Normal	Status	—	—	30	Your Side
29	Moonlight	Fairy	Status	—	—	5	Self
34	Giga Drain	Grass	Special	75	100	10	Normal
39	Toxic	Poison	Status	—	90	10	Normal
44	Natural Gift	Normal	Physical	—	100	15	Normal
49	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
54	Grassy Terrain	Grass	Status	—	—	10	Both Sides
59	Petal Dance	Grass	Special	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

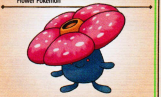
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

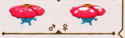
✓ Vileplume

Flower Pokémon



National Pokédex	045	GRASS
Alola Pokédex	—	POISON

Height: 3'11" | Weight: 41.0 lbs.

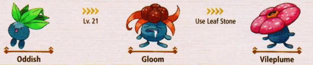


The male has a smaller-figured pattern. The female has a larger-figured pattern.

X: The larger its petals, the more toxic pollen it contains. Its big head is heavy and hard to hold up.

Y: It has the world's largest petals. With every step, the petals shake out heavy clouds of toxic pollen.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Gloom, then use a Leaf Stone on it to evolve it into Vileplume.

ABILITY

Chlorophyll

HIDDEN ABILITY

Effect Spore

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

🥚 Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mega Drain	Grass	Special	40	100	15	Normal
1	Aromatherapy	Grass	Status	—	—	5	Your Party
1	Poison Powder	Poison	Status	—	75	35	Normal
1	Stun Spore	Grass	Status	—	75	30	Normal
49	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
59	Petal Dance	Grass	Special	120	100	10	1 Random
69	Solar Beam	Grass	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

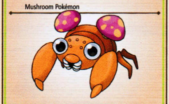
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Paras

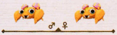
Mushroom Pokémon



National Pokédex	046	BUG
Alola Pokédex	180	GRASS

Height: 1'00" | Weight: 11.9 lbs.

Tiny Mushroom | Big Mushroom

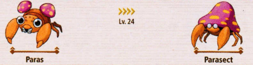


Same form for male/female

Whether it's due to a lack of moisture or a lack of nutrients, in Alola the mushrooms on Paras don't grow up quite right.

The mushrooms, known as tochukaso, are controlling the bug. Even if the bug bugs the mushrooms, they tell it to bug off.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass during the day in Brooklet Hill.

ABILITY

Effect Spore
Dry Skin

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

🥚 Bug
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×4
! FIRE	×4	PSYCHIC	×1
! WATER	×0.5	BUG	×2
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.25	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
6	Stun Spore	Grass	Status	—	75	30	Normal
6	Poison Powder	Poison	Status	—	75	35	Normal
11	Absorb	Grass	Special	20	100	25	Normal
17	Fury Cutter	Bug	Physical	40	95	20	Normal
22	Spore	Grass	Status	—	100	15	Normal
27	Slash	Normal	Physical	70	100	20	Normal
33	Growth	Normal	Status	—	—	20	Self
38	Giga Drain	Grass	Special	75	100	10	Normal
43	Aromatherapy	Grass	Status	—	—	5	Your Party
49	Rage Powder	Bug	Status	—	—	20	Self
54	X-Scissor	Bug	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

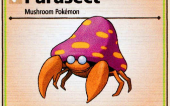
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Screech	Normal	Status	—	85	40	Normal
Counter	Fighting	Physical	—	100	20	Varies
Psybeam	Psychic	Special	65	100	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Sweet Scent	Normal	Status	—	100	20	Many Others
Pursuit	Dark	Physical	40	100	20	Normal
Metal Claw	Steel	Physical	50	95	35	Normal
Bug Bite	Bug	Physical	60	100	20	Normal
Cross Poison	Poison	Physical	70	100	20	Normal
Agility	Psychic	Status	—	—	30	Self
Endure	Normal	Status	—	—	10	Self
Natural Gift	Normal	Physical	—	100	15	Normal
Leech Seed	Grass	Status	—	90	10	Normal
Wide Guard	Rock	Status	—	—	10	Your Side
Rototiller	Ground	Status	—	—	10	Adjacent
Fell Stinger	Bug	Physical	50	100	25	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

✓ Parasect

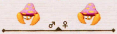
Mushroom Pokémon



National Pokédex	047	BUG
Alola Pokédex	181	GRASS

Height: 3'03" | Weight: 65.0 lbs.

Tiny Mushroom Big Mushroom



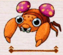
♂ ♀

Same form for male/female

The bug is mostly dead, with the mushroom on its back having become the main body. If the mushroom comes off, the bug stops moving.

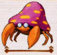
Its poisonous spores are also used in traditional medicine. Apparently, spores produced in Alola are not of very good quality.

EVOLUTION



Paras

»»» Lv. 24



Parasect

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass during the day on Route 11. Or obtain a Paras, then level it up to Lv. 24 or higher to evolve it into Parasect.

ABILITY

Effect Spore
Dry Skin

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.25	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Cross Poison	Poison	Physical	70	100	20	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Stun Spore	Grass	Status	—	75	30	Normal
1	Poison Powder	Poison	Status	—	75	35	Normal
1	Absorb	Grass	Special	20	100	25	Normal
6	Stun Spore	Grass	Status	—	75	30	Normal
6	Poison Powder	Poison	Status	—	75	35	Normal
11	Absorb	Grass	Special	20	100	25	Normal
17	Fury Cutter	Bug	Physical	40	95	20	Normal
22	Spore	Grass	Status	—	100	15	Normal
29	Slash	Normal	Physical	70	100	20	Normal
37	Growth	Normal	Status	—	—	20	Self
44	Giga Drain	Grass	Special	75	100	10	Normal
51	Aromatherapy	Grass	Status	—	—	5	Your Party
59	Rage Powder	Bug	Status	—	—	20	Self
66	X-Scissor	Bug	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

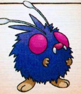
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Venonat

Insect Pokémon



National Pokédex	048	BUG
Alola Pokédex	—	POISON

Height: 3'03" | Weight: 66.1 lbs.

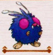
♂ ♀

Same form for male/female

Its big eyes are actually clusters of tiny eyes. At night, its kind is drawn by light.

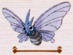
Lives in the shadows of tall trees where it eats bugs. It is attracted by light at night.

EVOLUTION



Venonat

»»» Lv. 31



Venomoth

MAIN WAY TO OBTAIN

Obtain a Venomoth, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Compound Eyes
Tinted Lens

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Disable	Normal	Status	—	100	20	Normal
1	Foresight	Normal	Status	—	—	40	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
11	Confusion	Psychic	Special	50	100	25	Normal
13	Poison Powder	Poison	Status	—	75	35	Normal
17	Psybeam	Psychic	Special	65	100	20	Normal
23	Stun Spore	Grass	Status	—	75	30	Normal
25	Signal Beam	Bug	Special	75	100	15	Normal
29	Sleep Powder	Grass	Status	—	75	15	Normal
35	Leech Life	Bug	Physical	80	100	10	Normal
37	Zen Headbutt	Psychic	Physical	80	90	15	Normal
41	Poison Fang	Poison	Physical	50	100	15	Normal
47	Psychic	Psychic	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

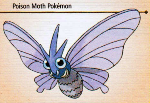
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Baton Pass	Normal	Status	—	—	40	Self
Screech	Normal	Status	—	85	40	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Agility	Psychic	Status	—	—	30	Self
Morning Sun	Normal	Status	—	—	5	Self
Toxic Spikes	Poison	Status	—	—	20	Other Side
Bug Bite	Bug	Physical	60	100	20	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Rage Powder	Bug	Status	—	—	20	Self

VENOMOTH

049

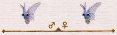
✓ Venomoth

Poison Moth Pokémon



National Pokédex	049	BUG
Alola Pokédex	—	POISON

Height: 4'11" | Weight: 27.6 lbs.

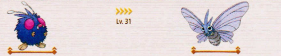


Same form for male/female

The scales it scatters will paralyze anyone who touches them, making that person unable to stand.

The wings are covered with dustlike scales. Every time it flaps its wings, it looses highly toxic dust.

EVOLUTION



Venonat

Venomoth

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Shield Dust
Tinted Lens

HIDDEN ABILITY

Wonder Skin

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Bug Buzz	Bug	Special	90	100	10	Normal
1	Silver Wind	Bug	Special	60	100	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Disable	Normal	Status	—	100	20	Normal
1	Foresight	Normal	Status	—	—	40	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
11	Confusion	Psychic	Special	50	100	25	Normal
13	Poison Powder	Poison	Status	—	75	35	Normal
17	Psybeam	Psychic	Special	65	100	20	Normal
23	Stun Spore	Grass	Status	—	75	30	Normal
25	Signal Beam	Bug	Special	75	100	15	Normal
29	Sleep Powder	Grass	Status	—	75	15	Normal
37	Leech Life	Bug	Physical	80	100	10	Normal
41	Zen Headbutt	Psychic	Physical	80	90	15	Normal
47	Poison Fang	Poison	Physical	50	100	15	Normal
55	Psychic	Psychic	Special	90	100	10	Normal
59	Bug Buzz	Bug	Special	90	100	10	Normal
63	Quiver Dance	Bug	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gust	Flying	Special	40	100	35	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Defog	Flying	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

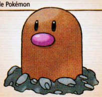
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

DIGLETT

050

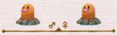
✓ Diglett

Mole Pokémon



National Pokédex	050	GROUND
Alola Pokédex	085	

Height: 0'08" | Weight: 1.8 lbs.

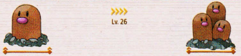


Same form for male/female

It travels through tunnels that it digs underground. It hates sunlight, so it comes out only after the sun goes down.

Around their crops, farmers plant the kind of trees that Diglett like to eat as a way of getting Diglett to plow the fields for them.

EVOLUTION



Diglett

Dugtrio

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sand Veil
Arena Trap

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆
ATTACK	◆◆◆
DEFENSE	◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Mud-Slap	Ground	Special	20	100	10	Normal
14	Magnitude	Ground	Physical	—	100	30	Adjacent
18	Bulldoze	Ground	Physical	60	100	20	Adjacent
22	Sucker Punch	Dark	Physical	70	100	5	Normal
25	Mud Bomb	Ground	Special	65	85	10	Normal
28	Earth Power	Ground	Special	90	100	10	Normal
31	Dig	Ground	Physical	80	100	10	Normal
35	Slash	Normal	Physical	70	100	20	Normal
39	Earthquake	Ground	Physical	100	100	10	Adjacent
43	Fissure	Ground	Physical	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

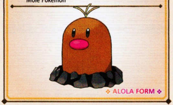
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Feint Attack	Dark	Physical	60	—	20	Normal
Screech	Normal	Status	—	85	40	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Mud Bomb	Ground	Special	65	85	10	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Reversal	Fighting	Physical	—	100	15	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Final Gambit	Fighting	Special	—	100	5	Normal
Memento	Dark	Status	—	100	10	Normal

✓ Diglett

Mole Pokémon

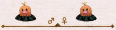


✣ ALOLA FORM ✣

National Pokédex	050	GROUND	
Alola Pokédex	085	STEEL	

Height: 0'08" | Weight: 2.2 lbs.

Soft Sand

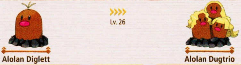


Same form for male/female

Although it's powerful enough to dig right through volcanic rock, it doesn't allow itself to be seen very often.

The need to dig through volcanic rock in the ground has made them more powerful than the Diglett of other regions.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the moving dust clouds on Route 5.

ABILITY

Sand Veil
Tangling Hair

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.25
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Mud-Slap	Ground	Special	20	100	10	Normal
14	Magnitude	Ground	Physical	—	100	30	Adjacent
18	Bulldoze	Ground	Physical	60	100	20	Adjacent
22	Sucker Punch	Dark	Physical	70	100	5	Normal
25	Mud Bomb	Ground	Special	65	85	10	Normal
28	Earth Power	Ground	Special	90	100	10	Normal
31	Dig	Ground	Physical	80	100	10	Normal
35	Iron Head	Steel	Physical	80	100	15	Normal
39	Earthquake	Ground	Physical	100	100	10	Adjacent
43	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

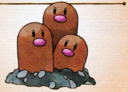
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Feint Attack	Dark	Physical	60	—	20	Normal
Metal Sound	Steel	Status	—	85	40	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Reversal	Fighting	Physical	—	100	15	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Final Gambit	Fighting	Special	—	100	5	Normal
Memento	Dark	Status	—	100	10	Normal

✓ Dugtrio

Mole Pokémon



National Pokédex	051	GROUND
Alola Pokédex	086	

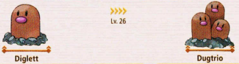
Height: 2'04" | Weight: 73.4 lbs.

Same form for male/female

While the three of them normally get along splendidly, on rare occasions a huge fight will break out over which head gets to eat first.

Dugtrio's heads are sleek and smooth and incredibly hard. It can dig through any soil with its headbutts.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Diglett from outside Alola, then level it up to Lv. 26 or higher to evolve it into Dugtrio.

ABILITY

Sand Veil
Arena Trap

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sand Tomb	Ground	Physical	35	85	15	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Tri Attack	Normal	Special	80	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Growl	Normal	Status	—	100	40	Many Others
4	Growl	Normal	Status	—	100	40	Many Others
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Mud-Slap	Ground	Special	20	100	10	Normal
14	Magnitude	Ground	Physical	—	100	30	Adjacent
18	Bulldoze	Ground	Physical	60	100	20	Adjacent
22	Sucker Punch	Dark	Physical	70	100	5	Normal
25	Mud Bomb	Ground	Special	65	85	10	Normal
30	Earth Power	Ground	Special	90	100	10	Normal
35	Dig	Ground	Physical	80	100	10	Normal
41	Slash	Normal	Physical	70	100	20	Normal
47	Earthquake	Ground	Physical	100	100	10	Adjacent
53	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sand Tomb	Ground	Physical	35	85	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

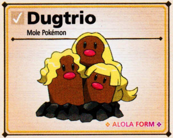
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dugtrio

Mole Pokémon



◆ ALOLA FORM ◆

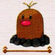
National Pokédex 051 GROUND
Alola Pokédex 086 STEEL
Height: 2'04" | Weight: 146.8 lbs.
Soft Sand

♂ ♀
Same form for male/female

Its metallic whiskers are heavy, so it's not very fast, but it has the power to dig through bedrock.

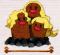
Its shining gold whiskers are advanced sensors that can detect vibrations from sounds several miles away.

EVOLUTION



Alolan Diglett

Lv. 26



Alolan Dugtrio

MAIN WAY TO OBTAIN

Catch it when it appears in Haina Desert. Or obtain an Alolan Diglett, then level it up to Lv. 26 or higher to evolve it into Alolan Dugtrio.

ABILITY

Sand Veil
Tangling Hair

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.25
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sand Tomb	Ground	Physical	35	85	15	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Tri Attack	Normal	Special	80	100	10	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
4	Growl	Normal	Status	—	100	40	Many Others
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Mud-Slap	Ground	Special	20	100	10	Normal
14	Magnitude	Ground	Physical	—	100	30	Adjacent
18	Bulldoze	Ground	Physical	60	100	20	Adjacent
22	Sucker Punch	Dark	Physical	70	100	5	Normal
25	Mud Bomb	Ground	Special	65	85	10	Normal
30	Earth Power	Ground	Special	90	100	10	Normal
35	Dig	Ground	Physical	80	100	10	Normal
41	Iron Head	Steel	Physical	80	100	15	Normal
47	Earthquake	Ground	Physical	100	100	10	Adjacent
53	Fissure	Ground	Physical	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sand Tomb	Ground	Physical	35	85	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

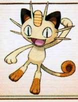
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Meowth

Scratch Cat Pokémon



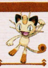
National Pokédex 052 NORMAL
Alola Pokédex 052
Height: 1'04" | Weight: 9.3 lbs.

♂ ♀
Same form for male/female

When visiting a junkyard, you may catch sight of it having an intense fight with Murkrow over shiny objects.

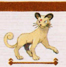
It loves coins, so if you give it one, you can make friends with Meowth easily. But it's fickle, so you can't count on that friendship lasting.

EVOLUTION



Meowth

Lv. 28



Persian

MAIN WAY TO OBTAIN

Obtain a Persian from outside Alola, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Pickup
Technician

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
6	Bite	Dark	Physical	60	100	25	Normal
9	Fake Out	Normal	Physical	40	100	10	Normal
14	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Screech	Normal	Status	—	85	40	Normal
22	Feint Attack	Dark	Physical	60	—	20	Normal
25	Taunt	Dark	Status	—	100	20	Normal
30	Pay Day	Normal	Physical	40	100	20	Normal
33	Slash	Normal	Physical	70	100	20	Normal
38	Nasty Plot	Dark	Status	—	—	20	Self
41	Assurance	Dark	Physical	60	100	10	Normal
46	Captivate	Normal	Status	—	100	20	Many Others
49	Night Slash	Dark	Physical	70	100	15	Normal
50	Feint	Normal	Physical	30	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others

EXCLUSIVE Z-MOVE

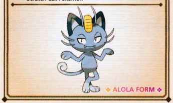
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Charm	Fairy	Status	—	100	20	Normal
Hypnosis	Psychic	Status	—	60	20	Normal
Amnesia	Psychic	Status	—	—	20	Self
Assist	Normal	Status	—	—	20	Self
Odor Sleuth	Normal	Status	—	—	40	Normal
Flail	Normal	Physical	—	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Punishment	Dark	Physical	—	100	5	Normal
Tail Whip	Normal	Status	—	100	30	Many Others
Snatch	Dark	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal

✓ Meowth

Scratch Cat Pokémon



National Pokédex 052 DARK
Alola Pokédex 052
Height: 1'04" | Weight: 9.3 lbs.
Quick Claw

Same form for male/female

It's impulsive, selfish, and fickle. It's very popular with some Trainers who like giving it the attention it needs.

A royal house that flourished in the distant past brought it here from another region. Meowth is both selfish and prideful.

EVOLUTION

Alolan Meowth

Level up with high friendship

Alolan Persian

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the grounds of the Trainers' School.

ABILITY

Pickup
Technician

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
6	Bite	Dark	Physical	60	100	25	Normal
9	Fake Out	Normal	Physical	40	100	10	Normal
14	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Screech	Normal	Status	—	85	40	Normal
22	Feint Attack	Dark	Physical	60	—	20	Normal
25	Taunt	Dark	Status	—	100	20	Normal
30	Pay Day	Normal	Physical	40	100	20	Normal
33	Slash	Normal	Physical	70	100	20	Normal
38	Nasty Plot	Dark	Status	—	—	20	Self
41	Assurance	Dark	Physical	60	100	10	Normal
46	Captivate	Normal	Status	—	100	20	Many Others
49	Night Slash	Dark	Physical	70	100	15	Normal
50	Feint	Normal	Physical	30	100	10	Normal
55	Dark Pulse	Dark	Special	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

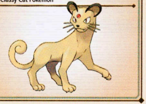
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hypnosis	Psychic	Status	—	60	20	Normal
Assist	Normal	Status	—	—	20	Self
Foul Play	Dark	Physical	95	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal
Charm	Fairy	Status	—	100	20	Normal
Amnesia	Psychic	Status	—	—	20	Self
Parting Shot	Dark	Status	—	100	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Flatter	Dark	Status	—	100	15	Normal
Punishment	Dark	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self
Covet	Normal	Physical	60	100	25	Normal

✓ Persian

Classy Cat Pokémon



National Pokédex 053 NORMAL
Alola Pokédex 053
Height: 3'03" | Weight: 70.5 lbs.

Same form for male/female

Although the jewel on its forehead appears to be a different color than those of Alolan Persian, it's mostly made of the same material.

This Pokémon is popular with rich people. It's also targeted by hunters who are after the jewel in its forehead.

EVOLUTION

Meowth

Lv. 28

Persian

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Limber
Technician

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Swift	Normal	Special	60	—	20	Many Others
1	Play Rough	Fairy	Physical	90	90	10	Normal
1	Switcheroo	Dark	Status	—	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bite	Dark	Physical	60	100	25	Normal
1	Fake Out	Normal	Physical	40	100	10	Normal
6	Bite	Dark	Physical	60	100	25	Normal
9	Fake Out	Normal	Physical	40	100	10	Normal
14	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Screech	Normal	Status	—	85	40	Normal
22	Feint Attack	Dark	Physical	60	—	20	Normal
25	Taunt	Dark	Status	—	100	20	Normal
32	Power Gem	Rock	Special	80	100	20	Normal
37	Slash	Normal	Physical	70	100	20	Normal
44	Nasty Plot	Dark	Status	—	—	20	Self
49	Assurance	Dark	Physical	60	100	10	Normal
56	Captivate	Normal	Status	—	100	20	Many Others
61	Night Slash	Dark	Physical	70	100	15	Normal
65	Feint	Normal	Physical	30	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swift	Normal	Special	60	—	20	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

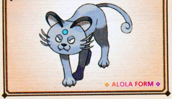
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Persian

Classy Cat Pokémon

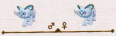


ALOLA FORM

National Pokédex	053	DARK
Alola Pokédex	053	

Height: 3'07" | Weight: 72.8 lbs.

Quick Claw



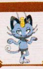
♂ ♀

Same form for male/female

In contrast to its lovely face, it's so brutal that it tortures its weakened prey rather than finishing them off.

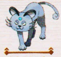
Its round face is a symbol of wealth. Persian that have bigger, plumper faces are considered more beautiful.

EVOLUTION



Alolan Meowth

Level up with high friendship



Alolan Persian

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Meowth in Malie Garden. Or obtain an Alolan Meowth, then level it up with high friendship to evolve it into Alolan Persian.

ABILITY

Fur Coat
Technician

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Swift	Normal	Special	60	—	20	Many Others
1	Quash	Dark	Status	—	100	15	Normal
1	Play Rough	Fairy	Physical	90	90	10	Normal
1	Switcheroo	Dark	Status	—	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bite	Dark	Physical	60	100	25	Normal
1	Fake Out	Normal	Physical	40	100	10	Normal
6	Bite	Dark	Physical	60	100	25	Normal
9	Fake Out	Normal	Physical	40	100	10	Normal
14	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Screech	Normal	Status	—	85	40	Normal
22	Feint Attack	Dark	Physical	60	—	20	Normal
25	Taunt	Dark	Status	—	100	20	Normal
32	Power Gem	Rock	Special	80	100	20	Normal
37	Slash	Normal	Physical	70	100	20	Normal
44	Nasty Plot	Dark	Status	—	—	20	Self
49	Assurance	Dark	Physical	60	100	10	Normal
56	Captivate	Normal	Status	—	100	20	Many Others
61	Night Slash	Dark	Physical	70	100	15	Normal
65	Feint	Normal	Physical	30	100	10	Normal
69	Dark Pulse	Dark	Special	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swift	Normal	Special	60	—	20	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

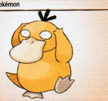
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Psyduck

Duck Pokémon



National Pokédex	054	WATER
Alola Pokédex	107	

Height: 2'07" | Weight: 43.2 lbs.

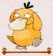
♂ ♀

Same form for male/female

Using psychokinesis gives it a headache, so it normally passes the time spacing out and doing as little as possible.

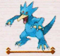
It has been found that its brain cells are 10 times more active when Psyduck is experiencing a headache.

EVOLUTION



Psyduck

Lv. 33



Golduck

MAIN WAY TO OBTAIN

Catch it when it appears in Sandy Cave off Big Wave Beach.

ABILITY

Damp
Cloud Nine

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Scratch	Normal	Physical	40	100	35	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
10	Confusion	Psychic	Special	50	100	25	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Water Pulse	Water	Special	60	100	20	Normal
19	Disable	Normal	Status	—	100	20	Normal
22	Screech	Normal	Status	—	85	40	Normal
25	Zen Headbutt	Psychic	Physical	80	90	15	Normal
28	Aqua Tail	Water	Physical	90	90	10	Normal
31	Soak	Water	Status	—	100	20	Normal
34	Psych Up	Normal	Status	—	—	10	Normal
37	Amnesia	Psychic	Status	—	—	20	Self
40	Hydro Pump	Water	Special	110	80	5	Normal
43	Wonder Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

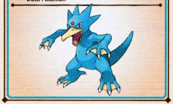
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal

◆ EGG MOVES

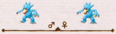
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hypnosis	Psychic	Status	—	60	20	Normal
Psybeam	Psychic	Special	65	100	20	Normal
Foresight	Normal	Status	—	—	40	Normal
Future Sight	Psychic	Special	120	100	10	Normal
Cross Chop	Fighting	Physical	100	80	5	Normal
Refresh	Normal	Status	—	—	20	Self
Confuse Ray	Ghost	Status	—	100	10	Normal
Yawn	Normal	Status	—	—	10	Normal
Mud Bomb	Ground	Special	65	85	10	Normal
Encore	Normal	Status	—	100	5	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Synchronoise	Psychic	Special	120	100	10	Adjacent
Simple Beam	Normal	Status	—	100	15	Normal
Clear Smog	Poison	Special	50	—	15	Normal

✓ Golduck

Duck Pokémon



National Pokédex 055 WATER
Alola Pokédex 108
Height: 5'07" | Weight: 168.9 lbs.

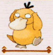


♂ ♀
Same form for male/female

Even fast-swimming fish Pokémon can be disabled by Golduck. It brings them to a standstill and seizes them.

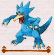
A professional swimmer, it can continue swimming for two days straight by waving its long tail skillfully.

EVOLUTION



Psyduck

Lv. 33



Golduck

MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface in the caves of Vast Poni Canyon. Or obtain a Psyduck, then level it up to Lv. 33 or higher to evolve it into Golduck.

ABILITY

Damp
Cloud Nine

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Me First	Normal	Status	—	—	20	Varies
1	Aqua Jet	Water	Physical	40	100	20	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Scratch	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
10	Confusion	Psychic	Special	50	100	25	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Water Pulse	Water	Special	60	100	20	Normal
19	Disable	Normal	Status	—	100	20	Normal
22	Screech	Normal	Status	—	85	40	Normal
25	Zen Headbutt	Psychic	Physical	80	90	15	Normal
28	Aqua Tail	Water	Physical	90	90	10	Normal
31	Soak	Water	Status	—	100	20	Normal
36	Psych Up	Normal	Status	—	—	10	Normal
41	Amnesia	Psychic	Status	—	—	20	Self
46	Hydro Pump	Water	Special	110	80	5	Normal
51	Wonder Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Telekinesis	Psychic	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

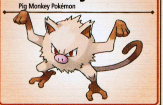
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

GOLDUCK

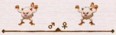
055

✓ Mankey

Pig Monkey Pokémon



National Pokédex 056 FIGHTING
Alola Pokédex 093
Height: 1'08" | Weight: 61.7 lbs.

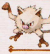


♂ ♀
Same form for male/female

The smallest of things could cause it to lose its temper. Because it doesn't hold in its stress, this Pokémon can live a long time.

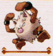
If one gets angry, all the others around it will get angry, so silence is a rare visitor in a troop of Mankey.

EVOLUTION



Mankey

Lv. 28



Primeape

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass at the northernmost point of Route 3.

ABILITY

Vital Spirit
Anger Point

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Covet	Normal	Physical	60	100	25	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Low Kick	Fighting	Physical	—	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
5	Fury Swipes	Normal	Physical	18	80	15	Normal
8	Karate Chop	Fighting	Physical	50	100	25	Normal
12	Pursuit	Dark	Physical	40	100	20	Normal
15	Seismic Toss	Fighting	Physical	—	100	20	Normal
19	Swagger	Normal	Status	—	85	15	Normal
22	Cross Chop	Fighting	Physical	100	80	5	Normal
26	Assurance	Dark	Physical	60	100	10	Normal
29	Punishment	Dark	Physical	—	100	5	Normal
33	Thrash	Normal	Physical	120	100	10	1 Random
36	Close Combat	Fighting	Physical	120	100	5	Normal
40	Screech	Normal	Status	—	85	40	Normal
43	Stomping Tantrum	Ground	Physical	75	100	10	Normal
47	Outrage	Dragon	Physical	120	100	10	1 Random
50	Final Gambit	Fighting	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

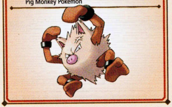
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foresight	Normal	Status	—	—	40	Normal
Meditate	Psychic	Status	—	—	40	Self
Counter	Fighting	Physical	—	100	20	Varies
Reversal	Fighting	Physical	—	100	15	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Close Combat	Fighting	Physical	120	100	5	Normal
Encore	Normal	Status	—	100	5	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Night Slash	Dark	Physical	70	100	15	Normal
Power Trip	Dark	Physical	20	100	10	Normal

MANKEY

056

✓ Primeape

Pig Monkey Pokémon



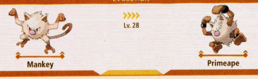
National Pokédex 057 FIGHTING
Alola Pokédex 094
Height: 3'03" | Weight: 70.5 lbs.

It will never forgive opponents who have angered it. Even after it has beaten them down until they can't move, it never ever forgives.

The blood vessels in its brain are sturdier than those of other Pokémon, so it can stay healthy despite its constant raging.

Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears from a shaking tree in the Poni Plains. Or obtain a Mankey, then level it up to Lv. 28 or higher to evolve it into Primeape.

ABILITY

Vital Spirit
Anger Point

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rage	Normal	Physical	20	100	20	Normal
1	Final Gambit	Fighting	Special	—	100	5	Normal
1	Fling	Dark	Physical	—	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Low Kick	Fighting	Physical	—	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
5	Fury Swipes	Normal	Physical	18	80	15	Normal
8	Karate Chop	Fighting	Physical	50	100	25	Normal
12	Pursuit	Dark	Physical	40	100	20	Normal
15	Seismic Toss	Fighting	Physical	—	100	20	Normal
19	Swagger	Normal	Status	—	85	15	Normal
22	Cross Chop	Fighting	Physical	100	80	5	Normal
26	Assurance	Dark	Physical	60	100	10	Normal
30	Punishment	Dark	Physical	—	100	5	Normal
35	Thrash	Normal	Physical	120	100	10	1 Random
39	Close Combat	Fighting	Physical	120	100	5	Normal
44	Screech	Normal	Status	—	85	40	Normal
48	Stomping Tantrum	Ground	Physical	75	100	10	Normal
53	Outrage	Dragon	Physical	120	100	10	1 Random
57	Final Gambit	Fighting	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Rage	Normal	Physical	20	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

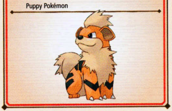
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Growlithe

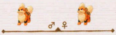
Puppy Pokémon



National Pokédex 058 FIRE
Alola Pokédex 064
Height: 2'04" | Weight: 41.9 lbs.

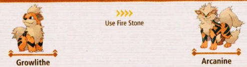
While it's quite friendly toward humans once it's grown used to them, in the wild it must be quite fierce to defend its territory from Rockruff.

It has lived alongside humans since ages ago. Its bones have been found in excavations of ruins from the Stone Age.



Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the middle or north end of Route 2.

ABILITY

Intimidate
Flash Fire

HIDDEN ABILITY

Justified

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bite	Dark	Physical	60	100	25	Normal
1	Roar	Normal	Status	—	—	20	Normal
6	Ember	Fire	Special	40	100	25	Normal
8	Leer	Normal	Status	—	100	30	Many Others
10	Odor Sleuth	Normal	Status	—	—	40	Normal
12	Helping Hand	Normal	Status	—	—	20	1 Ally
17	Flame Wheel	Fire	Physical	60	100	25	Normal
19	Reversal	Fighting	Physical	—	100	15	Normal
21	Fire Fang	Fire	Physical	65	95	15	Normal
23	Take Down	Normal	Physical	90	85	20	Normal
28	Flame Burst	Fire	Special	70	100	15	Normal
30	Agility	Psychic	Status	—	—	30	Self
32	Retaliate	Normal	Physical	70	100	5	Normal
34	Flamethrower	Fire	Special	90	100	15	Normal
39	Crunch	Dark	Physical	80	100	15	Normal
41	Heat Wave	Fire	Special	95	90	10	Many Others
43	Outrage	Dragon	Physical	120	100	10	1 Random
45	Flare Blitz	Fire	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

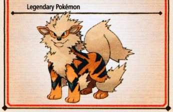
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Body Slam	Normal	Physical	85	100	15	Normal
Crunch	Dark	Physical	80	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Fire Spin	Fire	Special	35	85	15	Normal
Howl	Normal	Status	—	—	40	Self
Heat Wave	Fire	Special	95	90	10	Many Others
Double-Edge	Normal	Physical	120	100	15	Normal
Flare Blitz	Fire	Physical	120	100	15	Normal
Morning Sun	Normal	Status	—	—	5	Self
Covet	Normal	Physical	60	100	25	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Double Kick	Fighting	Physical	30	100	30	Normal
Close Combat	Fighting	Physical	120	100	5	Normal
Burn Up	Fire	Special	130	100	5	Normal

✓ Arcanine

Legendary Pokémon



National Pokédex	059	FIRE
Alola Pokédex	065	

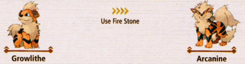
Height: 6'03" | Weight: 341.7 lbs.

Same form for male/female

Legends tell of its fighting alongside a general and conquering a whole country.

There are so many old tales about them that they're called legendary Pokémon, but there are way more of them around than you'd expect.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Growlithe, then use a Fire Stone on it to evolve it into Arcanine.

ABILITY

Intimidate
Flash Fire

HIDDEN ABILITY

Justified

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Roar	Normal	Status	—	—	20	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
34	Extreme Speed	Normal	Physical	80	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Outrage	Dragon	Physical	120	100	10	1 Random
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

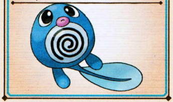
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Poliwag

Tadpole Pokémon



National Pokédex	060	WATER
Alola Pokédex	182	

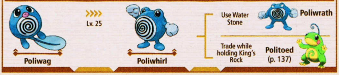
Height: 2'00" | Weight: 27.3 lbs.

Same form for male/female

Despite the danger, it wants to come up on land. So it does its best to waddle along, but when an enemy finds it, it rushes back to the water.

The direction of the swirl on their stomachs differs depending on where they live. Poliwag aficionados can tell them apart at a glance.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface in the first part of Brooklet Hill, accessible from Route 5.

ABILITY

Water Absorb
Damp

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Sport	Water	Status	—	—	15	Both Sides
5	Water Gun	Water	Special	40	100	25	Normal
8	Hypnosis	Psychic	Status	—	60	20	Normal
11	Bubble	Water	Special	40	100	30	Many Others
15	Double Slap	Normal	Physical	15	85	10	Normal
18	Rain Dance	Water	Status	—	—	5	Both Sides
21	Body Slam	Normal	Physical	85	100	15	Normal
25	Bubble Beam	Water	Special	65	100	20	Normal
28	Mud Shot	Ground	Special	55	95	15	Normal
31	Belly Drum	Normal	Status	—	—	10	Self
35	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
38	Hydro Pump	Water	Special	110	80	5	Normal
41	Mud Bomb	Ground	Special	65	85	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

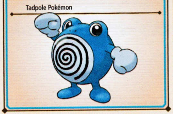
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mist	Ice	Status	—	—	30	Your Side
Splash	Normal	Status	—	—	40	Self
Bubble Beam	Water	Special	65	100	20	Normal
Haze	Ice	Status	—	—	30	Both Sides
Mind Reader	Normal	Status	—	—	5	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Ice Ball	Ice	Physical	30	90	20	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Refresh	Normal	Status	—	—	20	Self
Endeavor	Normal	Physical	—	100	5	Normal
Encore	Normal	Status	—	100	5	Normal
Endure	Normal	Status	—	—	10	Self
Water Pulse	Water	Special	60	100	20	Normal

✓ Poliwhirl

Tadpole Pokémon



National Pokédex	061
Alola Pokédex	183

WATER

Height: 3'03" | Weight: 44.1 lbs.

King's Rock

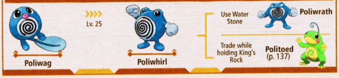
♂ ♀

Same form for male/female

Although it has become capable of living on land, it spends its time in the water, where its prey, fish Pokémon, are plentiful.

Its health suffers when its skin dries out, so be sure to moisturize it diligently.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Malie Garden.

ABILITY

Water Absorb
Damp

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Water Gun	Water	Special	40	100	25	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
5	Water Gun	Water	Special	40	100	25	Normal
8	Hypnosis	Psychic	Status	—	60	20	Normal
11	Bubble	Water	Special	40	100	30	Many Others
15	Double Slap	Normal	Physical	15	85	10	Normal
18	Rain Dance	Water	Status	—	—	5	Both Sides
21	Body Slam	Normal	Physical	85	100	15	Normal
27	Bubble Beam	Water	Special	65	100	20	Normal
32	Mud Shot	Ground	Special	55	95	15	Normal
37	Belly Drum	Normal	Status	—	—	10	Self
43	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
48	Hydro Pump	Water	Special	110	80	5	Normal
53	Mud Bomb	Ground	Special	65	85	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

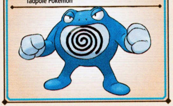
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Poliwrath

Tadpole Pokémon

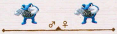


National Pokédex	062
Alola Pokédex	184

WATER
FIGHTING

Height: 4'03" | Weight: 119.0 lbs.

King's Rock



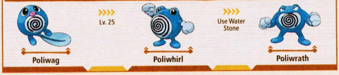
♂ ♀

Same form for male/female

It's quite a gifted swimmer, even among Water-type Pokémon, but it normally spends its time on land.

The muscles it has developed through swimming are thick and powerful. When it lands a square punch, it can turn huge boulders to dust.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by a wild Pokémon in Malie Garden when it is raining during the day. Or obtain a Poliwhirl, then use a Water Stone on it to evolve it into Poliwrath.

ABILITY

Water Absorb
Damp

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
! WATER	×0.5	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Submission	Fighting	Physical	80	80	20	Normal
1	Circle Throw	Fighting	Physical	60	90	10	Normal
1	Bubble Beam	Water	Special	65	100	20	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Double Slap	Normal	Physical	15	85	10	Normal
32	Dynamic Punch	Fighting	Physical	100	50	5	Normal
43	Mind Reader	Normal	Status	—	—	5	Normal
53	Circle Throw	Fighting	Physical	60	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Throat Chop	Dark	Physical	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Submission	Fighting	Physical	80	80	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

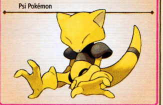
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Abra

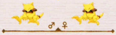
Psi Pokémon



National Pokédex 063 PSYCHIC
Alola Pokédex 049

Height: 2'11" | Weight: 43.0 lbs.

Twisted Spoon

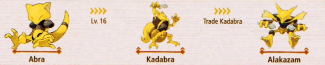


Same form for male/female

It uses various psychic powers even while it's sleeping, so you can't tell whether or not it's awake.

It can read others' minds and will teleport away when danger approaches. You must clear your mind if you want to catch it.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Hau'oli City, especially the patches on the west side of the city.

ABILITY

Synchronize
Inner Focus

HIDDEN ABILITY

Magic Guard

SPECIES STRENGTHS

HP	◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Teleport	Psychic	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

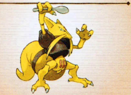
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Encore	Normal	Status	—	100	5	Normal
Barrier	Psychic	Status	—	—	20	Self
Knock Off	Dark	Physical	65	100	20	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Power Trick	Psychic	Status	—	—	10	Self
Guard Swap	Psychic	Status	—	—	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Guard Split	Psychic	Status	—	—	10	Normal
Psycho Shift	Psychic	Status	—	100	10	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Psychic Terrain	Psychic	Status	—	—	10	Both Sides

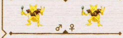
✓ Kadabra

Psi Pokémon



National Pokédex 064 PSYCHIC
Alola Pokédex 050

Height: 4'03" | Weight: 124.6 lbs.

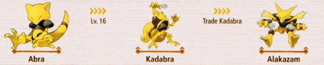


The male has longer whiskers. The female has shorter whiskers.

It stares at a silver spoon to amplify its psychic powers before it lets loose. Apparently, gold spoons are no good.

It possesses strong mental capabilities, but its psychic powers are halved when it's not holding a silver spoon.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Abra, then level it up to Lv. 16 or higher to evolve it into Kadabra.

ABILITY

Synchronize
Inner Focus

HIDDEN ABILITY

Magic Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Kinesis	Psychic	Status	—	80	15	Normal
1	Teleport	Psychic	Status	—	—	20	Self
1	Confusion	Psychic	Special	50	100	25	Normal
16	Confusion	Psychic	Special	50	100	25	Normal
18	Disable	Normal	Status	—	100	20	Normal
21	Psybeam	Psychic	Special	65	100	20	Normal
23	Miracle Eye	Psychic	Status	—	—	40	Normal
26	Reflect	Psychic	Status	—	—	20	Your Side
28	Psycho Cut	Psychic	Physical	70	100	20	Normal
31	Recover	Normal	Status	—	—	10	Self
33	Telekinesis	Psychic	Status	—	—	15	Normal
36	Ally Switch	Psychic	Status	—	—	15	Self
38	Psychic	Psychic	Special	90	100	10	Normal
41	Role Play	Psychic	Status	—	—	10	Normal
43	Future Sight	Psychic	Special	120	100	10	Normal
46	Trick	Psychic	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Kinesis	Psychic	Status	—	80	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

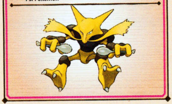
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

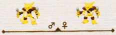
✓ Alakazam

Psi Pokémon



National Pokédex	065	PSYCHIC
Alola Pokédex	051	

Height: 4'11" | Weight: 105.8 lbs.

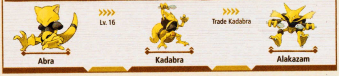


The male has longer whiskers. The female has shorter whiskers.

Alakazam uses its psychic powers to make the spoons it carries. Each spoon is an original that there's only one of in the whole world.

If it trusts someone deeply, it will let them have one of its spoons. Anything you eat with that spoon is apparently delicious.

EVOLUTION



MAIN WAY TO OBTAIN

Receive a Kadabra in a trade and it will immediately evolve into Alakazam.

ABILITY

Synchronize
Inner Focus

HIDDEN ABILITY

Magic Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Kinesis	Psychic	Status	—	80	15	Normal
1	Teleport	Psychic	Status	—	—	20	Self
1	Confusion	Psychic	Special	50	100	25	Normal
16	Confusion	Psychic	Special	50	100	25	Normal
18	Disable	Normal	Status	—	100	20	Normal
21	Psybeam	Psychic	Special	65	100	20	Normal
23	Miracle Eye	Psychic	Status	—	—	40	Normal
26	Reflect	Psychic	Status	—	—	20	Your Side
28	Psycho Cut	Psychic	Physical	70	100	20	Normal
31	Recover	Normal	Status	—	—	10	Self
33	Telekinesis	Psychic	Status	—	—	15	Normal
36	Ally Switch	Psychic	Status	—	—	15	Self
38	Psychic	Psychic	Special	90	100	10	Normal
41	Calm Mind	Psychic	Status	—	—	20	Self
43	Future Sight	Psychic	Special	120	100	10	Normal
46	Trick	Psychic	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Kinesis	Psychic	Status	—	80	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

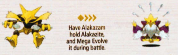
Mega Alakazam

Psi Pokémon

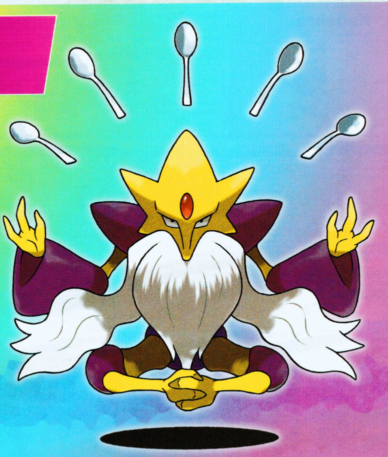
PSYCHIC

Height: 3'11"
Weight: 105.8 lbs.

MEGA EVOLUTION



Have Alakazam hold Alakazite, and Mega Evolve it during battle.



Same form for male/female

ABILITY

Trace

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Damage taken in normal battles

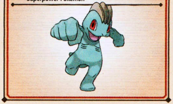
NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

Required Mega Stone

Alakazite
Get one from Dexio after you battle him in the Poni Plains after becoming Champion

✓ Machop

Superpower Pokémon



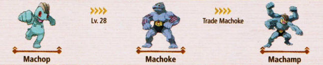
National Pokédex 066
Alola Pokédex 117
FIGHTING
Height: 2'07" | Weight: 43.0 lbs.
Focus Band

Same form for male/female

Once this Pokémon has gained enough confidence and muscle from training with its friends, it challenges Makuhita to a battle.

It likes food that's highly nutritious because its instincts drive it to build muscle efficiently.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Ten Carat Hill's Farthest Hollow.

ABILITY

Guts
No Guard

HIDDEN ABILITY

Steadfast

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Low Kick	Fighting	Physical	—	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
3	Focus Energy	Normal	Status	—	—	30	Self
7	Karate Chop	Fighting	Physical	50	100	25	Normal
9	Foresight	Normal	Status	—	—	40	Normal
13	Low Sweep	Fighting	Physical	65	100	20	Normal
15	Seismic Toss	Fighting	Physical	—	100	20	Normal
19	Revenge	Fighting	Physical	60	100	10	Normal
21	Knock Off	Dark	Physical	65	100	20	Normal
25	Vital Throw	Fighting	Physical	70	—	10	Normal
27	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
31	Dual Chop	Dragon	Physical	40	90	15	Normal
33	Submission	Fighting	Physical	80	80	20	Normal
37	Bulk Up	Fighting	Status	—	—	20	Self
39	Cross Chop	Fighting	Physical	100	80	5	Normal
43	Scary Face	Normal	Status	—	100	10	Normal
45	Dynamic Punch	Fighting	Physical	100	50	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

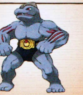
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

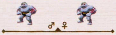
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Meditate	Psychic	Status	—	—	40	Self
Rolling Kick	Fighting	Physical	60	85	15	Normal
Encore	Normal	Status	—	100	5	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Counter	Fighting	Physical	—	100	20	Varies
Close Combat	Fighting	Physical	120	100	5	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Bullet Punch	Steel	Physical	40	100	30	Normal
Power Trick	Psychic	Status	—	—	10	Self
Heavy Slam	Steel	Physical	—	100	10	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side

✓ Machoke

Superpower Pokémon



National Pokédex 067
Alola Pokédex 118
FIGHTING
Height: 4'11" | Weight: 155.4 lbs.
Focus Band

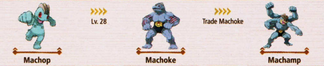


Same form for male/female

When it encounters an enemy that's truly mighty, this Pokémon removes the power-save belt from its waist and unleashes its full power.

A popular motif for sculptures, its incredibly well-developed muscles have captured the imagination of many an artist.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Vast Poni Canyon. Or obtain a Machop, then level it up to Lv. 28 or higher to evolve it into Machoke.

ABILITY

Guts
No Guard

HIDDEN ABILITY

Steadfast

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Low Kick	Fighting	Physical	—	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
1	Karate Chop	Fighting	Physical	50	100	25	Normal
3	Focus Energy	Normal	Status	—	—	30	Self
7	Karate Chop	Fighting	Physical	50	100	25	Normal
9	Foresight	Normal	Status	—	—	40	Normal
13	Low Sweep	Fighting	Physical	65	100	20	Normal
15	Seismic Toss	Fighting	Physical	—	100	20	Normal
19	Revenge	Fighting	Physical	60	100	10	Normal
21	Knock Off	Dark	Physical	65	100	20	Normal
25	Vital Throw	Fighting	Physical	70	—	10	Normal
27	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
33	Dual Chop	Dragon	Physical	40	90	15	Normal
37	Submission	Fighting	Physical	80	80	20	Normal
43	Bulk Up	Fighting	Status	—	—	20	Self
47	Cross Chop	Fighting	Physical	100	80	5	Normal
53	Scary Face	Normal	Status	—	100	10	Normal
57	Dynamic Punch	Fighting	Physical	100	50	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

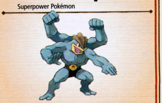
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

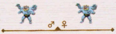
✓ Machamp

Superpower Pokémon



National Pokédex	068	FIGHTING
Alola Pokédex	119	

Height: 5'03" | Weight: 286.6 lbs.

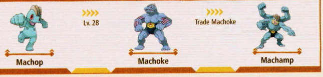


Same form for male/female

It grasps its opponents with its four arms and twists them up in an intricate hold. People call it "the Machamp special."

With four arms, it can attack and defend simultaneously. It's said to have mastered every martial art in the world.

EVOLUTION



MAIN WAY TO OBTAIN

Receive a Machoke in a trade and it will immediately evolve into Machamp.

ABILITY

Guts
No Guard

HIDDEN ABILITY

Steadfast

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Strength	Normal	Physical	80	100	15	Normal
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Low Kick	Fighting	Physical	—	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
1	Karate Chop	Fighting	Physical	50	100	25	Normal
3	Focus Energy	Normal	Status	—	—	30	Self
7	Karate Chop	Fighting	Physical	50	100	25	Normal
9	Foresight	Normal	Status	—	—	40	Normal
13	Low Sweep	Fighting	Physical	65	100	20	Normal
15	Seismic Toss	Fighting	Physical	—	100	20	Normal
19	Revenge	Fighting	Physical	60	100	10	Normal
21	Knock Off	Dark	Physical	65	100	20	Normal
25	Vital Throw	Fighting	Physical	70	—	10	Normal
27	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
33	Dual Chop	Dragon	Physical	40	90	15	Normal
37	Submission	Fighting	Physical	80	80	20	Normal
43	Bulk Up	Fighting	Status	—	—	20	Self
47	Cross Chop	Fighting	Physical	100	80	5	Normal
53	Scary Face	Normal	Status	—	100	10	Normal
57	Dynamic Punch	Fighting	Physical	100	50	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Strength	Normal	Physical	80	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

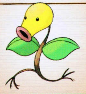
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Bellsprout

Flower Pokémon



National Pokédex	069	GRASS
Alola Pokédex	—	POISON

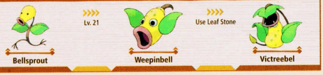
Height: 2'04" | Weight: 8.8 lbs.

Same form for male/female

Even though its body is extremely skinny, it is blindingly fast when catching its prey.

Its bud looks like a human face. Because of the bud, it is rumored to be a type of legendary mandrake plant.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 5 by using Island Scan on Akala Island on a Friday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Chlorophyll

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Vine Whip	Grass	Physical	45	100	25	Normal
7	Growth	Normal	Status	—	—	20	Self
11	Wrap	Normal	Physical	15	90	20	Normal
13	Sleep Powder	Grass	Status	—	75	15	Normal
15	Poison Powder	Poison	Status	—	75	35	Normal
17	Stun Spore	Grass	Status	—	75	30	Normal
23	Acid	Poison	Special	40	100	30	Many Others
27	Knock Off	Dark	Physical	65	100	20	Normal
29	Sweet Scent	Normal	Status	—	100	20	Many Others
35	Gastro Acid	Poison	Status	—	100	10	Normal
39	Razor Leaf	Grass	Physical	55	95	25	Many Others
41	Poison Jab	Poison	Physical	80	100	20	Normal
47	Slam	Normal	Physical	80	75	20	Normal
50	Wring Out	Normal	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

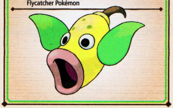
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Encore	Normal	Status	—	100	5	Normal
Synthesis	Grass	Status	—	—	5	Self
Leech Life	Bug	Physical	80	100	10	Normal
Ingrain	Grass	Status	—	—	20	Self
Magical Leaf	Grass	Special	60	—	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Tickle	Normal	Status	—	100	20	Normal
Weather Ball*	Normal	Special	50	100	10	Normal
Bullet Seed	Grass	Physical	25	100	30	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Clear Smog	Poison	Special	50	—	15	Normal
Power Whip	Grass	Physical	120	85	10	Normal
Acid Spray	Poison	Special	40	100	20	Normal
Belch	Poison	Special	120	90	10	Normal
Strength Sap	Grass	Status	—	100	10	Normal

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Weepinbell

Flycatcher Pokémon



National Pokédex	070	GRASS
Alola Pokédex	—	POISON

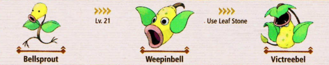
Height: 3'03" | Weight: 14.1 lbs.

Same form for male/female

X: The leafy parts act as cutters for slashing foes. It spits a fluid that dissolves everything.

Y: It spits out Poison Powder to immobilize the enemy and then finishes it with a spray of Acid.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Bellsprout, then level it up to Lv. 21 or higher to evolve it into Weepinbell.

ABILITY

Chlorophyll

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Growth	Normal	Status	—	—	20	Self
1	Wrap	Normal	Physical	15	90	20	Normal
7	Growth	Normal	Status	—	—	20	Self
11	Wrap	Normal	Physical	15	90	20	Normal
13	Sleep Powder	Grass	Status	—	75	15	Normal
15	Poison Powder	Poison	Status	—	75	35	Normal
17	Stun Spore	Grass	Status	—	75	30	Normal
24	Acid	Poison	Special	40	100	30	Many Others
29	Knock Off	Dark	Physical	65	100	20	Normal
32	Sweet Scent	Normal	Status	—	100	20	Many Others
39	Gastro Acid	Poison	Status	—	100	10	Normal
44	Razor Leaf	Grass	Physical	55	95	25	Many Others
47	Poison Jab	Poison	Physical	80	100	20	Normal
54	Slam	Normal	Physical	80	75	20	Normal
58	Wring Out	Normal	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

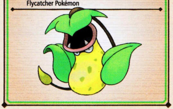
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

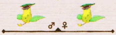
✓ Victreebel

Flycatcher Pokémon



National Pokédex	071	GRASS
Alola Pokédex	—	POISON

Height: 5'07" | Weight: 34.2 lbs.

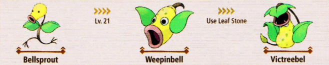


Same form for male/female

X: Said to live in huge colonies deep in jungles, although no one has ever returned from there.

Y: Once ingested into this Pokémon's body, even the hardest object will melt into nothing.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Weepinbell, then use a Leaf Stone on it to evolve it into Victreebel.

ABILITY

Chlorophyll

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leaf Tornado	Grass	Special	65	90	10	Normal
1	Stockpile	Normal	Status	—	—	20	Self
1	Swallow	Normal	Status	—	—	10	Self
1	Spit Up	Normal	Special	—	100	10	Normal
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Sleep Powder	Grass	Status	—	75	15	Normal
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
32	Leaf Storm	Grass	Special	130	90	5	Normal
44	Leaf Blade	Grass	Physical	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Leaf Tornado	Grass	Special	65	90	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

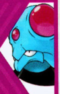
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

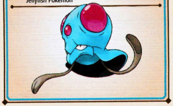
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



✓ Tentacool

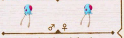
Jellyfish Pokémon



National Pokédex	072	WATER
Alola Pokédex	129	POISON

Height: 2'11" | Weight: 100.3 lbs.

Poison Barb

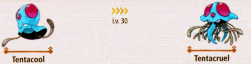


Same form for male/female

It drifts through the sea searching for prey. Its poisonous tentacles break off sometimes, but after a while, they grow back.

Its body is 99% water. The remaining 1% contains the organ that makes its poison.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears from the water splashes on Hano Beach.

ABILITY

Clear Body
Liquid Ooze

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Poison Sting	Poison	Physical	15	100	35	Normal
4	Supersonic	Normal	Status	—	55	20	Normal
7	Constrict	Normal	Physical	10	100	35	Normal
10	Acid	Poison	Special	40	100	30	Many Others
13	Toxic Spikes	Poison	Status	—	—	20	Other Side
16	Water Pulse	Water	Special	60	100	20	Normal
19	Wrap	Normal	Physical	15	90	20	Normal
22	Acid Spray	Poison	Special	40	100	20	Normal
25	Bubble Beam	Water	Special	65	100	20	Normal
28	Barrier	Psychic	Status	—	—	20	Self
31	Poison Jab	Poison	Physical	80	100	20	Normal
34	Brine	Water	Special	65	100	10	Normal
37	Screech	Normal	Status	—	85	40	Normal
40	Hex	Ghost	Special	65	100	10	Normal
43	Sludge Wave	Poison	Special	95	100	10	Adjacent
46	Hydro Pump	Water	Special	110	80	5	Normal
49	Wring Out	Normal	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

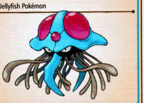
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aurora Beam	Ice	Special	65	100	20	Normal
Mirror Coat	Psychic	Special	—	100	20	Varies
Rapid Spin	Normal	Physical	20	100	40	Normal
Haze	Ice	Status	—	—	30	Both Sides
Confuse Ray	Ghost	Status	—	100	10	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Acupressure	Normal	Status	—	—	30	Self/Ally
Muddy Water	Water	Special	90	85	10	Many Others
Bubble	Water	Special	40	100	30	Many Others
Aqua Ring	Water	Status	—	—	20	Self
Tickle	Normal	Status	—	100	20	Normal

✓ Tentacruel

Jellyfish Pokémon



National Pokédex	073	WATER
Alola Pokédex	130	POISON

Height: 5'03" | Weight: 121.3 lbs.

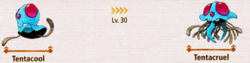
Poison Barb

Same form for male/female

It fires off ultrasonic waves from its red orbs to weaken its prey, and then it wraps them up in its 80 tentacles.

It communicates with others of its kind by lighting up the red orbs on its head. When the orbs are blinking, it's a warning sign.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface on Route 15. Or obtain a Tentacool, then level it up to Lv. 30 or higher to evolve it into Tentacruel.

ABILITY

Clear Body
Liquid Ooze

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Reflect Type	Normal	Status	—	—	15	Normal
1	Wring Out	Normal	Special	—	100	5	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
1	Acid	Poison	Special	40	100	30	Many Others
4	Supersonic	Normal	Status	—	55	20	Normal
7	Constrict	Normal	Physical	10	100	35	Normal
10	Acid	Poison	Special	40	100	30	Many Others
13	Toxic Spikes	Poison	Status	—	—	20	Other Side
16	Water Pulse	Water	Special	60	100	20	Normal
19	Wrap	Normal	Physical	15	90	20	Normal
22	Acid Spray	Poison	Special	40	100	20	Normal
25	Bubble Beam	Water	Special	65	100	20	Normal
28	Barrier	Psychic	Status	—	—	20	Self
32	Poison Jab	Poison	Physical	80	100	20	Normal
36	Brine	Water	Special	65	100	10	Normal
40	Screech	Normal	Status	—	85	40	Normal
44	Hex	Ghost	Special	65	100	10	Normal
48	Sludge Wave	Poison	Special	95	100	10	Adjacent
52	Hydro Pump	Water	Special	110	80	5	Normal
56	Wring Out	Normal	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

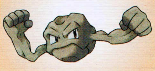
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Geodude

Rock Pokémon



National Pokédex	074	ROCK	GROUND
Alola Pokédex	298		

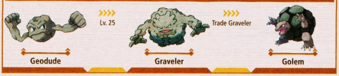
Height: 1'04" | Weight: 44.1 lbs.

Same form for male/female

Geodude that have lived a long life have had all their edges smoothed out until they're totally round. They also have a calm, quiet disposition.

It uses both hands to climb precipitous cliffs. People who see it in action have been known to take up bouldering.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Rock Head
Sturdy

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
4	Mud Sport	Ground	Status	—	—	15	Both Sides
6	Rock Polish	Rock	Status	—	—	20	Self
10	Rollout	Rock	Physical	30	90	20	Normal
12	Magnitude	Ground	Physical	—	100	30	Adjacent
16	Rock Throw	Rock	Physical	50	90	15	Normal
18	Smack Down	Rock	Physical	50	100	15	Normal
22	Bulldoze	Ground	Physical	60	100	20	Adjacent
24	Self-Destruct	Normal	Physical	200	100	5	Adjacent
28	Stealth Rock	Rock	Status	—	—	20	Other Side
30	Rock Blast	Rock	Physical	25	90	10	Normal
34	Earthquake	Ground	Physical	100	100	10	Adjacent
36	Explosion	Normal	Physical	250	100	5	Adjacent
40	Double-Edge	Normal	Physical	120	100	15	Normal
42	Stone Edge	Rock	Physical	100	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

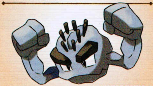
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mega Punch	Normal	Physical	80	85	20	Normal
Block	Normal	Status	—	—	5	Normal
Hammer Arm	Fighting	Physical	100	90	10	Normal
Flail	Normal	Physical	—	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Focus Punch	Fighting	Physical	150	100	20	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Endure	Normal	Status	—	—	10	Self
Autotomize	Steel	Status	—	—	15	Self
Wide Guard	Rock	Status	—	—	10	Your Side

✓ Geodude

Rock Pokémon



◆ ALOLA FORM ◆

National Pokédex	074	ROCK	ELECTRIC
Alola Pokédex	298		

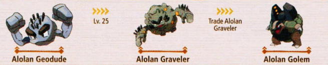
Height: 1'04" | Weight: 44.8 lbs.

Same form for male/female

If you mistake it for a rock and step on it, it will headbutt you in anger. In addition to the pain, it will also zap you with a shock.

Geodude compete against each other with headbutts. The iron sand on their heads will stick to whichever one has stronger magnetism.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Graveler or Golem, then leave it at the Pokémon Nursery in Alola with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Magnet Pull
Sturdy

HIDDEN ABILITY

Galvanize

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.25
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×4	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
4	Charge	Electric	Status	—	—	20	Self
6	Rock Polish	Rock	Status	—	—	20	Self
10	Rollout	Rock	Physical	30	90	20	Normal
12	Spark	Electric	Physical	65	100	20	Normal
16	Rock Throw	Rock	Physical	50	90	15	Normal
18	Smack Down	Rock	Physical	50	100	15	Normal
22	Thunder Punch	Electric	Physical	75	100	15	Normal
24	Self-Destruct	Normal	Physical	200	100	5	Adjacent
28	Stealth Rock	Rock	Status	—	—	20	Other Side
30	Rock Blast	Rock	Physical	25	90	10	Normal
34	Discharge	Electric	Special	80	100	15	Adjacent
36	Explosion	Normal	Physical	250	100	5	Adjacent
40	Double-Edge	Normal	Physical	120	100	15	Normal
42	Stone Edge	Rock	Physical	100	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

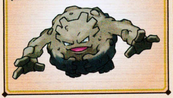
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Flail	Normal	Physical	—	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Rock Climb	Normal	Physical	90	85	20	Normal
Endure	Normal	Status	—	—	10	Self
Autotomize	Steel	Status	—	—	15	Self
Wide Guard	Rock	Status	—	—	10	Your Side
Counter	Fighting	Physical	—	100	20	Varies
Curse	Ghost	Status	—	—	10	Varies
Screech	Normal	Status	—	85	40	Normal

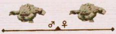
✓ Graveler

Rock Pokémon



National Pokédex	075	ROCK
Alola Pokédex	299	GROUND

Height: 3'03" | Weight: 231.5 lbs.



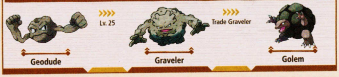
♂ ♀

Same form for male/female

It climbs up cliffs as it heads toward the peak of a mountain. As soon as it reaches the summit, it rolls back down the way it came.

It travels by rolling down cliffs. If it falls into a river, it will explode with its last gasp.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Geodude from outside Alola, then level it up to Lv. 25 or higher to evolve it into Graveler.

ABILITY

Rock Head
Sturdy

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Rock Polish	Rock	Status	—	—	20	Self
4	Mud Sport	Ground	Status	—	—	15	Both Sides
6	Rock Polish	Rock	Status	—	—	20	Self
10	Rollout	Rock	Physical	30	90	20	Normal
12	Magnitude	Ground	Physical	—	100	30	Adjacent
16	Rock Throw	Rock	Physical	50	90	15	Normal
18	Smack Down	Rock	Physical	50	100	15	Normal
22	Bulldoze	Ground	Physical	60	100	20	Adjacent
24	Self-Destruct	Normal	Physical	200	100	5	Adjacent
30	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Blast	Rock	Physical	25	90	10	Normal
40	Earthquake	Ground	Physical	100	100	10	Adjacent
44	Explosion	Normal	Physical	250	100	5	Adjacent
50	Double-Edge	Normal	Physical	120	100	15	Normal
54	Stone Edge	Rock	Physical	100	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

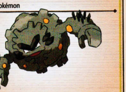
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Graveler

Rock Pokémon



✧ ALOLA FORM ✧

National Pokédex	075	ROCK
Alola Pokédex	299	ELECTRIC

Height: 3'03" | Weight: 242.5 lbs.

Cell Battery

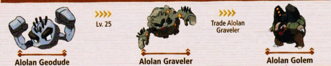
♂ ♀

Same form for male/female

When two Graveler fight each other, it fills the surroundings with flashes of light and sound. People call it the "fireworks of the earth."

Graveler's entire body is tinged with electricity due to the stones it likes to eat. It's very quick-tempered.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 12.

ABILITY

Magnet Pull
Sturdy

HIDDEN ABILITY

Galvanize

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.25
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×4	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Charge	Electric	Status	—	—	20	Self
1	Rock Polish	Rock	Status	—	—	20	Self
4	Charge	Electric	Status	—	—	20	Self
6	Rock Polish	Rock	Status	—	—	20	Self
10	Rollout	Rock	Physical	30	90	20	Normal
12	Spark	Electric	Physical	65	100	20	Normal
16	Rock Throw	Rock	Physical	50	90	15	Normal
18	Smack Down	Rock	Physical	50	100	15	Normal
22	Thunder Punch	Electric	Physical	75	100	15	Normal
24	Self-Destruct	Normal	Physical	200	100	5	Adjacent
30	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Blast	Rock	Physical	25	90	10	Normal
40	Discharge	Electric	Special	80	100	15	Adjacent
44	Explosion	Normal	Physical	250	100	5	Adjacent
50	Double-Edge	Normal	Physical	120	100	15	Normal
54	Stone Edge	Rock	Physical	100	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

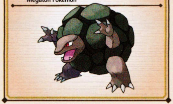
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Golem

Megaton Pokémon

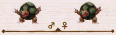


National Pokédex	076	ROCK
Alola Pokédex	300	GROUND

Height: 4'07" | Weight: 661.4 lbs.

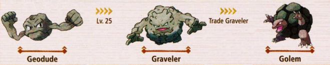
When Golem grow old, they stop shedding their shells. Those that have lived a long, long time have shells green with moss.

It detonates its own body. The power from that explosion can propel it up steep mountain paths with amazing speed.



Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Receive a Graveler from outside Alola in a trade and it will immediately evolve into Golem.

ABILITY

Rock Head
Sturdy

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Heavy Slam	Steel	Physical	—	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Rock Polish	Rock	Status	—	—	20	Self
4	Mud Sport	Ground	Status	—	—	15	Both Sides
6	Rock Polish	Rock	Status	—	—	20	Self
10	Steamroller	Bug	Physical	65	100	20	Normal
12	Magnitude	Ground	Physical	—	100	30	Adjacent
16	Rock Throw	Rock	Physical	50	90	15	Normal
18	Smack Down	Rock	Physical	50	100	15	Normal
22	Bulldoze	Ground	Physical	60	100	20	Adjacent
24	Self-Destruct	Normal	Physical	200	100	5	Adjacent
30	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Blast	Rock	Physical	25	90	10	Normal
40	Earthquake	Ground	Physical	100	100	10	Adjacent
44	Explosion	Normal	Physical	250	100	5	Adjacent
50	Double-Edge	Normal	Physical	120	100	15	Normal
54	Stone Edge	Rock	Physical	100	80	5	Normal
60	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

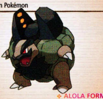
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Golem

Megaton Pokémon



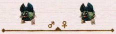
ALOLA FORM

National Pokédex	076	ROCK
Alola Pokédex	300	ELECTRIC

Height: 5'07" | Weight: 696.7 lbs.

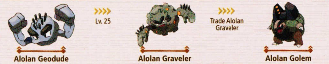
It's grumpy and stubborn. If you upset it, it discharges electricity from the surface of its body and growls with a voice like thunder.

It shoots large rocks that are charged with electricity. Tremendous electric shocks are flung out across the whole area of impact.



Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Receive an Alolan Graveler in a trade and it will immediately evolve into Alolan Golem.

ABILITY

Magnet Pull
Sturdy

HIDDEN ABILITY

Galvanize

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.25
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×4	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Heavy Slam	Steel	Physical	—	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Charge	Electric	Status	—	—	20	Self
1	Rock Polish	Rock	Status	—	—	20	Self
4	Charge	Electric	Status	—	—	20	Self
6	Rock Polish	Rock	Status	—	—	20	Self
10	Steamroller	Bug	Physical	65	100	20	Normal
12	Spark	Electric	Physical	65	100	20	Normal
16	Rock Throw	Rock	Physical	50	90	15	Normal
18	Smack Down	Rock	Physical	50	100	15	Normal
22	Thunder Punch	Electric	Physical	75	100	15	Normal
24	Self-Destruct	Normal	Physical	200	100	5	Adjacent
30	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Blast	Rock	Physical	25	90	10	Normal
40	Discharge	Electric	Special	80	100	15	Adjacent
44	Explosion	Normal	Physical	250	100	5	Adjacent
50	Double-Edge	Normal	Physical	120	100	15	Normal
54	Stone Edge	Rock	Physical	100	80	5	Normal
60	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

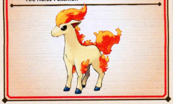
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

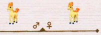
✓ Ponyta

Fire Horse Pokémon



National Pokédex	077	FIRE
Alola Pokédex	—	

Height: 3'03" | Weight: 66.1 lbs.

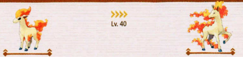


Same form for male/female

X: As a newborn, it can barely stand. However, through galloping, its legs are made tougher and faster.

Y: Its legs grow strong while it chases after its parent. It runs in fields and mountains all day.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Run Away
Flash Fire

HIDDEN ABILITY

Flame Body

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
9	Ember	Fire	Special	40	100	25	Normal
13	Flame Wheel	Fire	Physical	60	100	25	Normal
17	Stomp	Normal	Physical	65	100	20	Normal
21	Flame Charge	Fire	Physical	50	100	20	Normal
25	Fire Spin	Fire	Special	35	85	15	Normal
29	Take Down	Normal	Physical	90	85	20	Normal
33	Inferno	Fire	Special	100	50	5	Normal
37	Agility	Psychic	Status	—	—	30	Self
41	Fire Blast	Fire	Special	110	85	5	Normal
45	Bounce	Flying	Physical	85	85	5	Normal
49	Flare Blitz	Fire	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

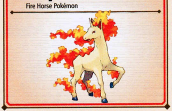
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flame Wheel	Fire	Physical	60	100	25	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Double Kick	Fighting	Physical	30	100	30	Normal
Hypnosis	Psychic	Status	—	60	20	Normal
Charm	Fairy	Status	—	100	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Horn Drill	Normal	Physical	—	30	5	Normal
Morning Sun	Normal	Status	—	—	5	Self
Low Kick	Fighting	Physical	—	100	20	Normal
Captivate	Normal	Status	—	100	20	Many Others
Ally Switch	Psychic	Status	—	—	15	Self
High Horsepower	Ground	Physical	95	95	10	Normal

✓ Rapidash

Fire Horse Pokémon



National Pokédex	078	FIRE
Alola Pokédex	—	

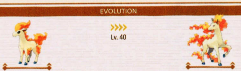
Height: 5'07" | Weight: 209.4 lbs.

Same form for male/female

X: Very competitive, this Pokémon will chase anything that moves fast in the hopes of racing it.

Y: It gallops at nearly 150 mph. With its mane blazing ferociously, it races as if it were an arrow.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Ponyta, then level it up to Lv. 40 or higher to evolve it into Rapidash.

ABILITY

Run Away
Flash Fire

HIDDEN ABILITY

Flame Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Poison Jab	Poison	Physical	80	100	20	Normal
1	Megahorn	Bug	Physical	120	85	10	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
9	Ember	Fire	Special	40	100	25	Normal
13	Flame Wheel	Fire	Physical	60	100	25	Normal
17	Stomp	Normal	Physical	65	100	20	Normal
21	Flame Charge	Fire	Physical	50	100	20	Normal
25	Fire Spin	Fire	Special	35	85	15	Normal
29	Take Down	Normal	Physical	90	85	20	Normal
33	Inferno	Fire	Special	100	50	5	Normal
37	Agility	Psychic	Status	—	—	30	Self
41	Fire Blast	Fire	Special	110	85	5	Normal
45	Bounce	Flying	Physical	85	85	5	Normal
49	Flare Blitz	Fire	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fury Attack	Normal	Physical	15	85	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Run	Ground	Physical	80	95	10	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Ally Switch	Psychic	Status	—	—	15	Self
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

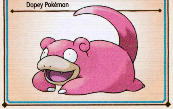
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Slowpoke

Dopey Pokémon



National Pokédex	079	WATER
Alola Pokédex	044	PSYCHIC

Height: 3'11" | Weight: 79.4 lbs.

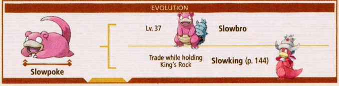
Lagging Tail

Same form for male/female

There are some places where Slowpoke is worshiped because of a long-standing belief that whenever Slowpoke yawns, it rains.

Although their tails, which fall off naturally, can easily be found lying around, they're a precious ingredient for cooking.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Hau'oli Outskirts.

ABILITY

Oblivious
Own Tempo

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Curse	Ghost	Status	—	—	10	Varies
1	Yawn	Normal	Status	—	—	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Growl	Normal	Status	—	100	40	Many Others
9	Water Gun	Water	Special	40	100	25	Normal
14	Confusion	Psychic	Special	50	100	25	Normal
19	Disable	Normal	Status	—	100	20	Normal
23	Headbutt	Normal	Physical	70	100	15	Normal
28	Water Pulse	Water	Special	60	100	20	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Slack Off	Normal	Status	—	—	10	Self
41	Amnesia	Psychic	Status	—	—	20	Self
45	Psychic	Psychic	Special	90	100	10	Normal
49	Rain Dance	Water	Status	—	—	5	Both Sides
54	Psych Up	Normal	Status	—	—	10	Normal
58	Heal Pulse	Psychic	Status	—	—	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

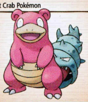
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Belly Drum	Normal	Status	—	—	10	Self
Future Sight	Psychic	Special	120	100	10	Normal
Stomp	Normal	Physical	65	100	20	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Sleep Talk	Normal	Status	—	—	10	Self
Snore	Normal	Special	50	100	15	Normal
Me First	Normal	Status	—	—	20	Varies
Block	Normal	Status	—	—	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Belch	Poison	Special	120	90	10	Normal

✓ Slowbro

Hermit Crab Pokémon



National Pokédex	080	WATER
Alola Pokédex	045	PSYCHIC

Height: 5'03" | Weight: 173.1 lbs.

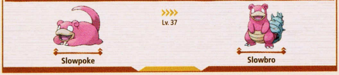
King's Rock

Same form for male/female

Spacing out is basically all it does. It turns back into Slowpoke if its tail, along with Shellder, breaks off.

Shellder, in its greed to suck out more and more sweetness from Slowbro's tail, has metamorphosed into a spiral-shaped shell.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Slowpoke in Kala'e Bay. Or obtain a Slowpoke, then level it up to Lv. 37 or higher to evolve it into Slowbro.

ABILITY

Oblivious
Own Tempo

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Withdraw	Water	Status	—	—	40	Self
1	Heal Pulse	Psychic	Status	—	—	10	Normal
1	Curse	Ghost	Status	—	—	10	Varies
1	Yawn	Normal	Status	—	—	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Growl	Normal	Status	—	100	40	Many Others
9	Water Gun	Water	Special	40	100	25	Normal
14	Confusion	Psychic	Special	50	100	25	Normal
19	Disable	Normal	Status	—	100	20	Normal
23	Headbutt	Normal	Physical	70	100	15	Normal
28	Water Pulse	Water	Special	60	100	20	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Slack Off	Normal	Status	—	—	10	Self
43	Amnesia	Psychic	Status	—	—	20	Self
49	Psychic	Psychic	Special	90	100	10	Normal
55	Rain Dance	Water	Status	—	—	5	Both Sides
62	Psych Up	Normal	Status	—	—	10	Normal
68	Heal Pulse	Psychic	Status	—	—	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Withdraw	Water	Status	—	—	40	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

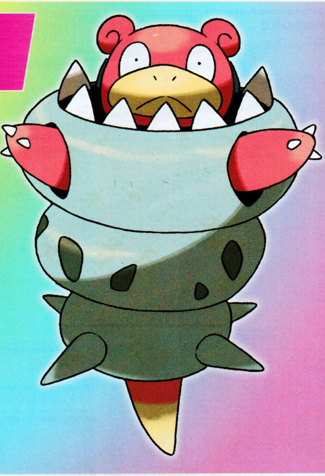
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Slowbro

Hermit Crab Pokémon

WATER PSYCHIC

Height: 6'07"
Weight: 264.6 lbs.



MEGA EVOLUTION

Have Slowbro hold Slowbronite, and Mega Evolve it during battle.

Slowbro **Mega Slowbro**

Same form for male/female

ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

Required Mega Stone

Slowbronite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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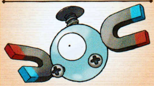
✓ Magnemite

Magnet Pokémon



National Pokédex 081
Alola Pokédex 054
ELECTRIC
STEEL

Height: 1'00" | Weight: 13.2 lbs.

Metal Coat

Gender unknown

It's frequently the cause of power outages, which is why some power plants send out electrical signals that it can't stand.

Perhaps because electrical lines are often buried these days, the number of Magnemite attacks on power plants has increased.

EVOLUTION

Lv. 30

Level up on Blush Mountain / in Vast Poni Canyon

Magnemite **Magneton** **Magnezone** (p. 295)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the grounds of the Trainers' School.

ABILITY

Magnet Pull
Sturdy

HIDDEN ABILITY

Analytic

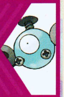
SPECIES STRENGTHS

HP	◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.25
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.25
GROUND	×4	FAIRY	×0.5



◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
5	Thunder Shock	Electric	Special	40	100	30	Normal
7	Thunder Wave	Electric	Status	—	90	20	Normal
11	Magnet Bomb	Steel	Physical	60	—	20	Normal
13	Light Screen	Psychic	Status	—	—	30	Your Side
17	Sonic Boom	Normal	Special	—	90	20	Normal
19	Spark	Electric	Physical	65	100	20	Normal
23	Mirror Shot	Steel	Special	65	85	10	Normal
25	Metal Sound	Steel	Status	—	85	40	Normal
29	Electro Ball	Electric	Special	—	100	10	Normal
31	Flash Cannon	Steel	Special	80	100	10	Normal
35	Screech	Normal	Status	—	85	40	Normal
37	Discharge	Electric	Special	80	100	15	Adjacent
41	Lock-On	Normal	Status	—	—	5	Normal
43	Magnet Rise	Electric	Status	—	—	10	Self
47	Gyro Ball	Steel	Physical	—	100	5	Normal
49	Zap Cannon	Electric	Special	120	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Recycle	Normal	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

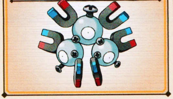
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Magneton

Magnet Pokémon



National Pokédex	082	ELECTRIC
Alola Pokédex	055	STEEL

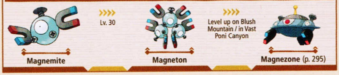
Height: 3'03" | Weight: 132.3 lbs.

Gender unknown

☀ Delicate equipment can malfunction in areas inhabited by Magneton, which send out mysterious electrical signals.

☾ When rain clouds form, many Magneton gather in high places to wait for lightning to strike.

EVOLUTION



Magnemite

Lv. 30

Magneton

Level up on Blush Mountain / in Vast Poni Canyon

Magnezone (p. 295)

MAIN WAY TO OBTAIN

Obtain a Magnemite, then level it up to Lv. 30 or higher to evolve it into Magneton.

ABILITY

Magnet Pull
Sturdy

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.25
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.25
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tri Attack	Normal	Special	80	100	10	Normal
1	Zap Cannon	Electric	Special	120	50	5	Normal
1	Electric Terrain	Electric	Status	—	—	10	Both Sides
1	Tackle	Normal	Physical	40	100	35	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
5	Thunder Shock	Electric	Special	40	100	30	Normal
7	Thunder Wave	Electric	Status	—	90	20	Normal
11	Magnet Bomb	Steel	Physical	60	—	20	Normal
13	Light Screen	Psychic	Status	—	—	30	Your Side
17	Sonic Boom	Normal	Special	—	90	20	Normal
19	Spark	Electric	Physical	65	100	20	Normal
23	Mirror Shot	Steel	Special	65	85	10	Normal
25	Metal Sound	Steel	Status	—	85	40	Normal
29	Electro Ball	Electric	Special	—	100	10	Normal
33	Flash Cannon	Steel	Special	80	100	10	Normal
39	Screech	Normal	Status	—	85	40	Normal
43	Discharge	Electric	Special	80	100	15	Adjacent
49	Lock-On	Normal	Status	—	—	5	Normal
53	Magnet Rise	Electric	Status	—	—	10	Self
59	Gyro Ball	Steel	Physical	—	100	5	Normal
63	Zap Cannon	Electric	Special	120	50	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Recycle	Normal	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tri Attack	Normal	Special	80	100	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

EXCLUSIVE Z-MOVE

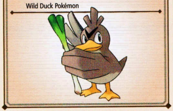
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

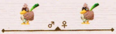
✓ Farfetch'd

Wild Duck Pokémon



National Pokédex	083	NORMAL
Alola Pokédex	—	FLYING

Height: 2'07" | Weight: 33.1 lbs.



♂ ♀

Same form for male/female

X The plant stalk it holds is its weapon. The stalk is used like a sword to cut all sorts of things.

Y It always walks about with a plant stalk clamped in its beak. The stalk is used for building its nest.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Keen Eye
Inner Focus

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Flying
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Brave Bird	Flying	Physical	120	100	15	Normal
1	Poison Jab	Poison	Physical	80	100	20	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Fury Cutter	Bug	Physical	40	95	20	Normal
7	Fury Attack	Normal	Physical	15	85	20	Normal
9	Aerial Ace	Flying	Physical	60	—	20	Normal
13	Knock Off	Dark	Physical	65	100	20	Normal
19	Slash	Normal	Physical	70	100	20	Normal
21	Air Cutter	Flying	Special	60	95	25	Many Others
25	Swords Dance	Normal	Status	—	—	20	Self
31	Agility	Psychic	Status	—	—	30	Self
33	Night Slash	Dark	Physical	70	100	15	Normal
37	Acrobatics	Flying	Physical	55	100	15	Normal
43	Feint	Normal	Physical	30	100	10	Normal
45	False Swipe	Normal	Physical	40	100	40	Normal
49	Air Slash	Flying	Special	75	95	15	Normal
55	Brave Bird	Flying	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Attack	Flying	Physical	140	90	5	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side

EXCLUSIVE Z-MOVE

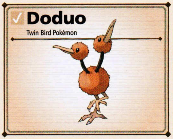
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Steel Wing	Steel	Physical	70	90	25	Normal
Foresight	Normal	Status	—	—	40	Normal
Mirror Move	Flying	Status	—	—	20	Normal
Gust	Flying	Special	40	100	35	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Flail	Normal	Physical	—	100	15	Normal
Feather Dance	Flying	Status	—	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Covet	Normal	Physical	60	100	25	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Leaf Blade	Grass	Physical	90	100	15	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Roost	Flying	Status	—	—	10	Self
Trump Card	Normal	Special	—	—	5	Normal
Simple Beam	Normal	Status	—	100	15	Normal
First Impression	Bug	Physical	90	100	10	Normal
Final Gambit	Fighting	Special	—	100	5	Normal

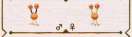
✓ Doduo

Twin Bird Pokémon



National Pokédex	084	NORMAL
Alola Pokédex	—	FLYING

Height: 4'07" | Weight: 86.4 lbs.

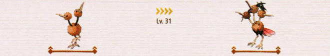


The male has a black neck. The female has a beige neck.

X A two-headed Pokémon that was discovered as a sudden mutation. It runs at a pace of over 60 miles per hour.

Y The brains in its two heads appear to communicate emotions to each other with a telepathic power.

EVOLUTION



Doduo Dodrio

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Run Away
Early Bird

HIDDEN ABILITY

Tangled Feet

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Quick Attack	Normal	Physical	40	100	30	Normal
8	Rage	Normal	Physical	20	100	20	Normal
12	Fury Attack	Normal	Physical	15	85	20	Normal
15	Pursuit	Dark	Physical	40	100	20	Normal
19	Pluck	Flying	Physical	60	100	20	Normal
22	Double Hit	Normal	Physical	35	90	10	Normal
26	Agility	Psychic	Status	—	—	30	Self
29	Uproar	Normal	Special	90	100	10	1 Random
33	Acupressure	Normal	Status	—	—	30	Self/Ally
36	Swords Dance	Normal	Status	—	—	20	Self
40	Jump Kick	Fighting	Physical	100	95	10	Normal
43	Drill Peck	Flying	Physical	80	100	20	Normal
47	Endeavor	Normal	Physical	—	100	5	Normal
50	Thrash	Normal	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

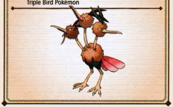
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quick Attack	Normal	Physical	40	100	30	Normal
Supersonic	Normal	Status	—	55	20	Normal
Haze	Ice	Status	—	—	30	Both Sides
Feint Attack	Dark	Physical	60	—	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Mirror Move	Flying	Status	—	—	20	Normal
Brave Bird	Flying	Physical	120	100	15	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Assurance	Dark	Physical	60	100	10	Normal

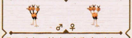
✓ Dodrio

Triple Bird Pokémon



National Pokédex	085	NORMAL
Alola Pokédex	—	FLYING

Height: 5'11" | Weight: 187.8 lbs.

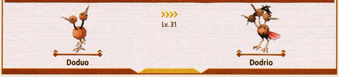


The male has a black neck. The female has a beige neck.

X An enemy that takes its eyes off any of the three heads—even for a second—will get pecked severely.

Y An odd species that is rarely found. The three heads respectively represent joy, sadness, and anger.

EVOLUTION



Doduo Dodrio

MAIN WAY TO OBTAIN

Obtain a Doduo, then level it up to Lv. 31 or higher to evolve it into Dodrio.

ABILITY

Run Away
Early Bird

HIDDEN ABILITY

Tangled Feet

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tri Attack	Normal	Special	80	100	10	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Rage	Normal	Physical	20	100	20	Normal
5	Quick Attack	Normal	Physical	40	100	30	Normal
8	Rage	Normal	Physical	20	100	20	Normal
12	Fury Attack	Normal	Physical	15	85	20	Normal
15	Pursuit	Dark	Physical	40	100	20	Normal
19	Pluck	Flying	Physical	60	100	20	Normal
22	Double Hit	Normal	Physical	35	90	10	Normal
26	Agility	Psychic	Status	—	—	30	Self
29	Uproar	Normal	Special	90	100	10	1 Random
34	Acupressure	Normal	Status	—	—	30	Self/Ally
38	Swords Dance	Normal	Status	—	—	20	Self
43	Jump Kick	Fighting	Physical	100	95	10	Normal
47	Drill Peck	Flying	Physical	80	100	20	Normal
52	Endeavor	Normal	Physical	—	100	5	Normal
56	Thrash	Normal	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tri Attack	Normal	Special	80	100	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Sky Attack	Flying	Physical	140	90	5	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

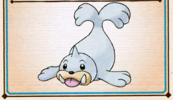
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Seel

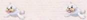
Sea Lion Pokémon



National Pokédex 086
Alola Pokédex 115

WATER

Height: 3'07" | Weight: 198.4 lbs.



♂ ♀

Same form for male/female

It has always been supposed that Seel live only in cold seas. Their having shown up in Alola is a mystery.

Thanks to its thick fat, cold seas don't bother it at all, but it gets tired pretty easily in warm waters.

EVOLUTION

Lv. 34
Seel
Dewgong

MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface in Seaward Cave.

ABILITY

Thick Fat
Hydration

HIDDEN ABILITY

Ice Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
! ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Headbutt	Normal	Physical	70	100	15	Normal
3	Growl	Normal	Status	—	100	40	Many Others
7	Water Sport	Water	Status	—	—	15	Both Sides
11	Icy Wind	Ice	Special	55	95	15	Many Others
13	Encore	Normal	Status	—	100	5	Normal
17	Ice Shard	Ice	Physical	40	100	30	Normal
21	Rest	Psychic	Status	—	—	10	Self
23	Aqua Ring	Water	Status	—	—	20	Self
27	Aurora Beam	Ice	Special	65	100	20	Normal
31	Aqua Jet	Water	Physical	40	100	20	Normal
33	Brine	Water	Special	65	100	10	Normal
37	Take Down	Normal	Physical	90	85	20	Normal
41	Dive	Water	Physical	80	100	10	Normal
43	Aqua Tail	Water	Physical	90	90	10	Normal
47	Ice Beam	Ice	Special	90	100	10	Normal
51	Safeguard	Normal	Status	—	—	25	Your Side
53	Hail	Ice	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

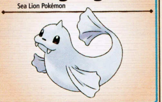
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Lick	Ghost	Physical	30	100	30	Normal
Perish Song	Normal	Status	—	—	5	Adjacent
Disable	Normal	Status	—	100	20	Normal
Horn Drill	Normal	Physical	—	30	5	Normal
Slam	Normal	Physical	80	75	20	Normal
Encore	Normal	Status	—	100	5	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Icicle Spear	Ice	Physical	25	100	30	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Belch	Poison	Special	120	90	10	Normal
Entrainment	Normal	Status	—	100	15	Normal

✓ Dewgong

Sea Lion Pokémon



National Pokédex 087
Alola Pokédex 116

WATER
ICE

Height: 5'07" | Weight: 264.6 lbs.

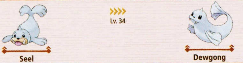
♂ ♀

Same form for male/female

It swims through the ocean at a speed of eight knots, searching for Pokémon that will become its prey. It's especially fond of Wishiwashi.

It sunbathes on the beach after meals. The rise in its body temperature helps its digestion.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Seel, then level it up to Lv. 34 or higher to evolve it into Dewgong.

ABILITY

Thick Fat
Hydration

HIDDEN ABILITY

Ice Body

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×2	GHOST	×1
! ICE	×0.25	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sheer Cold	Ice	Special	—	30	5	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Signal Beam	Bug	Special	75	100	15	Normal
1	Icy Wind	Ice	Special	55	95	15	Many Others
3	Growl	Normal	Status	—	100	40	Many Others
7	Signal Beam	Bug	Special	75	100	15	Normal
11	Icy Wind	Ice	Special	55	95	15	Many Others
13	Encore	Normal	Status	—	100	5	Normal
17	Ice Shard	Ice	Physical	40	100	30	Normal
21	Rest	Psychic	Status	—	—	10	Self
23	Aqua Ring	Water	Status	—	—	20	Self
27	Aurora Beam	Ice	Special	65	100	20	Normal
31	Aqua Jet	Water	Physical	40	100	20	Normal
33	Brine	Water	Special	65	100	10	Normal
39	Take Down	Normal	Physical	90	85	20	Normal
45	Dive	Water	Physical	80	100	10	Normal
49	Aqua Tail	Water	Physical	90	90	10	Normal
55	Ice Beam	Ice	Special	90	100	10	Normal
61	Safeguard	Normal	Status	—	—	25	Your Side
65	Hail	Ice	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sheer Cold	Ice	Special	—	30	5	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Liquidation	Water	Physical	85	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

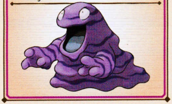
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

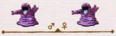
✓ Grimer

Sludge Pokémon



National Pokédex	088	POISON
Alola Pokédex	057	

Height: 2'11" | Weight: 66.1 lbs.

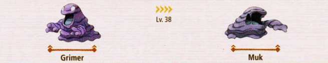


Same form for male/female

It was born from sludge on the ocean floor. In a sterile environment, the germs within its body can't multiply, and it dies.

The wastewater coming from factories is clean these days, so Grimer have nothing to eat. They're said to be on the verge of extinction.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Stench
Sticky Hold

HIDDEN ABILITY

Poison Touch

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
4	Harden	Normal	Status	—	—	30	Self
7	Mud-Slap	Ground	Special	20	100	10	Normal
12	Disable	Normal	Status	—	100	20	Normal
15	Sludge	Poison	Special	65	100	20	Normal
18	Mud Bomb	Ground	Special	65	85	10	Normal
21	Minimize	Normal	Status	—	—	10	Self
26	Fling	Dark	Physical	—	100	10	Normal
29	Sludge Bomb	Poison	Special	90	100	10	Normal
32	Sludge Wave	Poison	Special	95	100	10	Adjacent
37	Screech	Normal	Status	—	85	40	Normal
40	Gunk Shot	Poison	Physical	120	80	5	Normal
43	Acid Armor	Poison	Status	—	—	20	Self
46	Belch	Poison	Special	120	90	10	Normal
48	Memento	Dark	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal

◆ EXCLUSIVE Z-MOVE

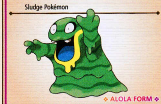
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Haze	Ice	Status	—	—	30	Both Sides
Mean Look	Normal	Status	—	—	5	Normal
Lick	Ghost	Physical	30	100	30	Normal
Imprison	Psychic	Status	—	—	10	Self
Curse	Ghost	Status	—	—	10	Varies
Shadow Punch	Ghost	Physical	60	—	20	Normal
Shadow Sneak	Ghost	Physical	40	100	30	Normal
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Scary Face	Normal	Status	—	100	10	Normal
Acid Spray	Poison	Special	40	100	20	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

✓ Grimer

Sludge Pokémon



◆ ALOLA FORM ◆

National Pokédex	088	POISON
Alola Pokédex	057	DARK

Height: 2'04" | Weight: 92.6 lbs.

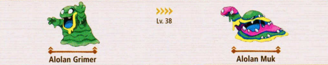
Black Sludge

Same form for male/female

There are a hundred or so of them living in Alola's waste-disposal site. They're all hard workers who eat a lot of trash.

Brought to Alola to solve the garbage problem, Grimer seems to relish any and all kinds of trash.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the grounds of the Trainers' School.

ABILITY

Poison Touch
Gluttony

HIDDEN ABILITY

Power of Alchemy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
4	Harden	Normal	Status	—	—	30	Self
7	Bite	Dark	Physical	60	100	25	Normal
12	Disable	Normal	Status	—	100	20	Normal
15	Acid Spray	Poison	Special	40	100	20	Normal
18	Poison Fang	Poison	Physical	50	100	15	Normal
21	Minimize	Normal	Status	—	—	10	Self
26	Fling	Dark	Physical	—	100	10	Normal
29	Knock Off	Dark	Physical	65	100	20	Normal
32	Crunch	Dark	Physical	80	100	15	Normal
37	Screech	Normal	Status	—	85	40	Normal
40	Gunk Shot	Poison	Physical	120	80	5	Normal
43	Acid Armor	Poison	Status	—	—	20	Self
46	Belch	Poison	Special	120	90	10	Normal
48	Memento	Dark	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

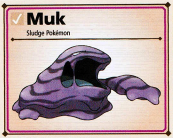
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Clear Smog	Poison	Special	50	—	15	Normal
Mean Look	Normal	Status	—	—	5	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Imprison	Psychic	Status	—	—	10	Self
Curse	Ghost	Status	—	—	10	Varies
Assurance	Dark	Physical	60	100	10	Normal
Shadow Sneak	Ghost	Physical	40	100	30	Normal
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Scary Face	Normal	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

✓ Muk

Sludge Pokémon



National Pokédex	089	POISON
Alola Pokédex	058	

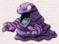
Height: 3'11" | Weight: 66.1 lbs.

Same form for male/female

Their food sources have decreased, and their numbers have declined sharply. Sludge ponds are being built to prevent their extinction.

Because they scatter germs everywhere, they've long been targeted for extermination, leading to a steep decline in their population.

EVOLUTION



Grimer

›››› Lv. 38

Muk

MAIN WAY TO OBTAIN

Obtain a Grimer from outside Alola, then level it up to Lv. 38 or higher to evolve it into Muk.

ABILITY

Stench
Sticky Hold

HIDDEN ABILITY

Poison Touch

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Venom Drench	Poison	Status	—	100	20	Many Others
1	Pound	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Harden	Normal	Status	—	—	30	Self
1	Mud-Slap	Ground	Special	20	100	10	Normal
4	Harden	Normal	Status	—	—	30	Self
7	Mud-Slap	Ground	Special	20	100	10	Normal
12	Disable	Normal	Status	—	100	20	Normal
15	Sludge	Poison	Special	65	100	20	Normal
18	Mud Bomb	Ground	Special	65	85	10	Normal
21	Minimize	Normal	Status	—	—	10	Self
26	Fling	Dark	Physical	—	100	10	Normal
29	Sludge Bomb	Poison	Special	90	100	10	Normal
32	Sludge Wave	Poison	Special	95	100	10	Adjacent
37	Screech	Normal	Status	—	85	40	Normal
40	Gunk Shot	Poison	Physical	120	80	5	Normal
46	Acid Armor	Poison	Status	—	—	20	Self
52	Belch	Poison	Special	120	90	10	Normal
57	Memento	Dark	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Venom Drench	Poison	Status	—	100	20	Many Others

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal

EXCLUSIVE Z-MOVE

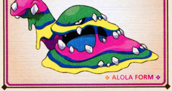
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Muk

Sludge Pokémon



✧ ALOLA FORM ✧

National Pokédex	089	POISON
Alola Pokédex	058	DARK

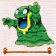
Height: 3'03" | Weight: 114.6 lbs.

Same form for male/female

There are over a hundred kinds of poison inside its body. Chemical reactions between different poisons are the source of its vitality.

What look like fangs and claws are actually crystallized poison that will afflict you at a mere touch, so don't get too close.

EVOLUTION



Alolan Grimer

›››› Lv. 38

Alolan Muk

MAIN WAY TO OBTAIN

Obtain an Alolan Grimer, then level it up to Lv. 38 or higher to evolve it into Alolan Muk.

ABILITY

Poison Touch
Gluttony

HIDDEN ABILITY

Power of Alchemy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Venom Drench	Poison	Status	—	100	20	Many Others
1	Pound	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Harden	Normal	Status	—	—	30	Self
1	Bite	Dark	Physical	60	100	25	Normal
4	Harden	Normal	Status	—	—	30	Self
7	Bite	Dark	Physical	60	100	25	Normal
12	Disable	Normal	Status	—	100	20	Normal
15	Acid Spray	Poison	Special	40	100	20	Normal
18	Poison Fang	Poison	Physical	50	100	15	Normal
21	Minimize	Normal	Status	—	—	10	Self
26	Fling	Dark	Physical	—	100	10	Normal
29	Knock Off	Dark	Physical	65	100	20	Normal
32	Crunch	Dark	Physical	80	100	15	Normal
37	Screech	Normal	Status	—	85	40	Normal
40	Gunk Shot	Poison	Physical	120	80	5	Normal
46	Acid Armor	Poison	Status	—	—	20	Self
52	Belch	Poison	Special	120	90	10	Normal
57	Memento	Dark	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Venom Drench	Poison	Status	—	100	20	Many Others

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

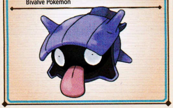
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shellder

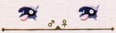
Bivalve Pokémon



National Pokédex	090	WATER
Alola Pokédex	138	

Height: 1'00" | Weight: 8.8 lbs.

Pearl
Big Pearl



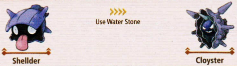
♂ ♀

Same form for male/female

The sand that accumulates inside its shell eventually becomes a pearl. But the pearl gets in the way, so it spits it out and discards it.

Even when its shell is closed, its tongue still hangs out. If you give its tongue a good yank, the shock will cause Shellder to open its shell.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Kala'e Bay, especially at a bubbling rare fishing spot.

ABILITY

Shell Armor
Skill Link

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
4	Withdraw	Water	Status	—	—	40	Self
8	Supersonic	Normal	Status	—	55	20	Normal
13	Icicle Spear	Ice	Physical	25	100	30	Normal
16	Protect	Normal	Status	—	—	10	Self
20	Leer	Normal	Status	—	100	30	Many Others
25	Clamp	Water	Physical	35	85	15	Normal
28	Ice Shard	Ice	Physical	40	100	30	Normal
32	Razor Shell	Water	Physical	75	95	10	Normal
37	Aurora Beam	Ice	Special	65	100	20	Normal
40	Whirlpool	Water	Special	35	85	15	Normal
44	Brine	Water	Special	65	100	10	Normal
49	Iron Defense	Steel	Status	—	—	15	Self
52	Ice Beam	Ice	Special	90	100	10	Normal
56	Shell Smash	Normal	Status	—	—	15	Self
61	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

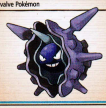
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Liquidation	Water	Physical	85	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bubble Beam	Water	Special	65	100	20	Normal
Take Down	Normal	Physical	90	85	20	Normal
Barrier	Psychic	Status	—	—	20	Self
Rapid Spin	Normal	Physical	20	100	40	Normal
Screech	Normal	Status	—	85	40	Normal
Icicle Spear	Ice	Physical	25	100	30	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Rock Blast	Rock	Physical	25	90	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Aqua Ring	Water	Status	—	—	20	Self
Avalanche	Ice	Physical	60	100	10	Normal
Twineedle	Bug	Physical	25	100	20	Normal

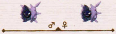
✓ Cloyster

Bivalve Pokémon



National Pokédex	091	WATER
Alola Pokédex	139	ICE

Height: 4'11" | Weight: 292.1 lbs.



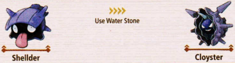
♂ ♀

Same form for male/female

If areas of Cloyster's very hard shell get damaged, those areas swell, gradually growing into large sharp spikes.

Slowpoke tails are its favorite food. It has even been known to come up on land to look for Slowpoke from time to time.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Shellder, then use a Water Stone on it to evolve it into Cloyster.

ABILITY

Shell Armor
Skill Link

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.25	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Shell Smash	Normal	Status	—	—	15	Self
1	Toxic Spikes	Poison	Status	—	—	20	Other Side
1	Withdraw	Water	Status	—	—	40	Self
1	Supersonic	Normal	Status	—	55	20	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Aurora Beam	Ice	Special	65	100	20	Normal
13	Spike Cannon	Normal	Physical	20	100	15	Normal
28	Spikes	Ground	Status	—	—	20	Other Side
50	Icicle Crash	Ice	Physical	85	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

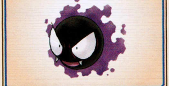
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Liquidation	Water	Physical	85	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Gastly

Gas Pokémon



National Pokédex	092	GHOST
Alola Pokédex	073	POISON

Height: 4'03" | Weight: 0.2 lbs.

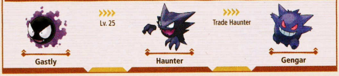
♂ ♀

Same form for male/female

It's said that gas emanating from a graveyard was possessed by the grievances of the deceased and thus became a Pokémon.

Poisonous gas comprises 95% of its body. It's said that the remaining 5% is made up of the souls of those who died from the gas.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Hau'oli Cemetery off Route 2.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
! GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Lick	Ghost	Physical	30	100	30	Normal
5	Spite	Ghost	Status	—	100	10	Normal
8	Mean Look	Normal	Status	—	—	5	Normal
12	Curse	Ghost	Status	—	—	10	Varies
15	Night Shade	Ghost	Special	—	100	15	Normal
19	Confuse Ray	Ghost	Status	—	100	10	Normal
22	Sucker Punch	Dark	Physical	70	100	5	Normal
26	Payback	Dark	Physical	50	100	10	Normal
29	Shadow Ball	Ghost	Special	80	100	15	Normal
33	Dream Eater	Psychic	Special	100	100	15	Normal
36	Dark Pulse	Dark	Special	80	100	15	Normal
40	Destiny Bond	Ghost	Status	—	—	5	Self
43	Hex	Ghost	Special	65	100	10	Normal
47	Nightmare	Ghost	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

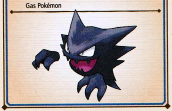
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Psywave	Psychic	Special	—	100	15	Normal
Perish Song	Normal	Status	—	—	5	Adjacent
Haze	Ice	Status	—	—	30	Both Sides
Astonish	Ghost	Physical	30	100	15	Normal
Grudge	Ghost	Status	—	—	5	Self
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Disable	Normal	Status	—	100	20	Normal
Scary Face	Normal	Status	—	100	10	Normal
Clear Smog	Poison	Special	50	—	15	Normal
Smog	Poison	Special	30	70	20	Normal
Reflect Type	Normal	Status	—	—	15	Normal

✓ Haunter

Gas Pokémon



National Pokédex	093	GHOST
Alola Pokédex	074	POISON

Height: 5'03" | Weight: 0.2 lbs.

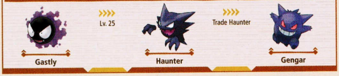
♂ ♀

Same form for male/female

On moonless nights, Haunter searches for someone to curse, so it's best not to go out walking around.

It's dangerous to go outside alone on nights when you're feeling sad. Haunter will catch you, and you won't be able to go back home.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the abandoned Thrifty Megamart on Route 14. Or obtain a Gastly, then level it up to Lv. 25 or higher to evolve it into Haunter.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
! GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shadow Punch	Ghost	Physical	60	—	20	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Lick	Ghost	Physical	30	100	30	Normal
1	Spite	Ghost	Status	—	100	10	Normal
5	Spite	Ghost	Status	—	100	10	Normal
8	Mean Look	Normal	Status	—	—	5	Normal
12	Curse	Ghost	Status	—	—	10	Varies
15	Night Shade	Ghost	Special	—	100	15	Normal
19	Confuse Ray	Ghost	Status	—	100	10	Normal
22	Sucker Punch	Dark	Physical	70	100	5	Normal
28	Payback	Dark	Physical	50	100	10	Normal
33	Shadow Ball	Ghost	Special	80	100	15	Normal
39	Dream Eater	Psychic	Special	100	100	15	Normal
44	Dark Pulse	Dark	Special	80	100	15	Normal
50	Destiny Bond	Ghost	Status	—	—	5	Self
55	Hex	Ghost	Special	65	100	10	Normal
61	Nightmare	Ghost	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shadow Punch	Ghost	Physical	60	—	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

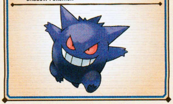
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

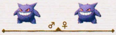
✓ Gengar

Shadow Pokémon



National Pokédex	094	GHOST
Alola Pokédex	075	POISON

Height: 4'11" | Weight: 89.3 lbs.



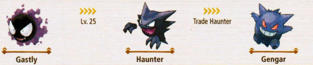
♂ ♀

Same form for male/female

You can hear tales told all over the world about how Gengar will pay a visit to children who are naughty.

Even your home isn't safe. Gengar will lurk in whatever dark corner of a room it can find and wait for its chance to catch its prey.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Haunter in the abandoned Thrifty Megamart on Route 14. Or receive a Haunter in a trade and it will immediately evolve in Gengar.

ABILITY

Cursed Body

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shadow Punch	Ghost	Physical	60	—	20	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Lick	Ghost	Physical	30	100	30	Normal
1	Spite	Ghost	Status	—	100	10	Normal
5	Spite	Ghost	Status	—	100	10	Normal
8	Mean Look	Normal	Status	—	—	5	Normal
12	Curse	Ghost	Status	—	—	10	Varies
15	Night Shade	Ghost	Special	—	100	15	Normal
19	Confuse Ray	Ghost	Status	—	100	10	Normal
22	Sucker Punch	Dark	Physical	70	100	5	Normal
28	Payback	Dark	Physical	50	100	10	Normal
33	Shadow Ball	Ghost	Special	80	100	15	Normal
39	Dream Eater	Psychic	Special	100	100	15	Normal
44	Dark Pulse	Dark	Special	80	100	15	Normal
50	Destiny Bond	Ghost	Status	—	—	5	Self
55	Hex	Ghost	Special	65	100	10	Normal
61	Nightmare	Ghost	Status	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shadow Punch	Ghost	Physical	60	—	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

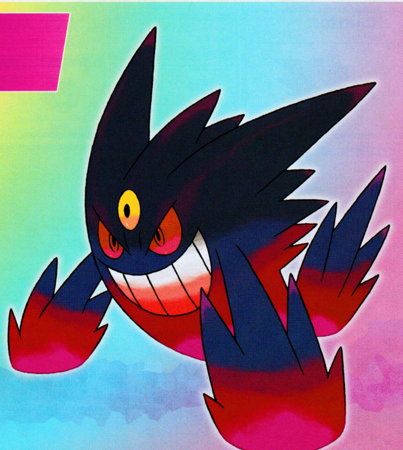
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Gengar

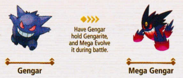
Shadow Pokémon

GHOST POISON

Height: 4'07"
Weight: 89.3 lbs.



MEGA EVOLUTION


Have Gengar hold Gengarite, and Mega Evolve it during battle.
Gengar
Mega Gengar

Same form for male/female

ABILITY

Shadow Tag

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

Damage taken in normal battles

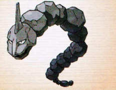
NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
GROUND	×2	FAIRY	×0.5

Required Mega Stone

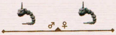
Gengarite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Onix

Rock Snake Pokémon



National Pokédex 095 ROCK GROUND
Alola Pokédex —
Height: 28'10" | Weight: 463.0 lbs.

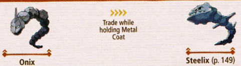


Same form for male/female

Burrows at high speed in search of food. The tunnels it leaves are used as homes by Diglett.

It usually lives underground. It searches for food while boring its way through the ground at 50 miles per hour.

EVOLUTION


Trade while holding Metal Coat
Onix
Steelix (p. 149)

MAIN WAY TO OBTAIN

Find it in Ten Carat Hill by using Island Scan on Melemele Island on a Tuesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Rock Head
Sturdy

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Bind	Normal	Physical	15	85	20	Normal
4	Curse	Ghost	Status	—	—	10	Varies
7	Rock Throw	Rock	Physical	50	90	15	Normal
10	Rock Tomb	Rock	Physical	60	95	15	Normal
13	Rage	Normal	Physical	20	100	20	Normal
16	Stealth Rock	Rock	Status	—	—	20	Other Side
19	Rock Polish	Rock	Status	—	—	20	Self
20	Gyro Ball	Steel	Physical	—	100	5	Normal
22	Smack Down	Rock	Physical	50	100	15	Normal
25	Dragon Breath	Dragon	Special	60	100	20	Normal
28	Slam	Normal	Physical	80	75	20	Normal
31	Screech	Normal	Status	—	85	40	Normal
34	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Sand Tomb	Ground	Physical	35	85	15	Normal
40	Iron Tail	Steel	Physical	100	75	15	Normal
43	Dig	Ground	Physical	80	100	10	Normal
46	Stone Edge	Rock	Physical	100	80	5	Normal
49	Double-Edge	Normal	Physical	120	100	15	Normal
52	Sandstorm	Rock	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

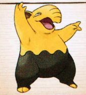
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Rock Blast	Rock	Physical	25	90	10	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Heavy Slam	Steel	Physical	—	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Rototiller	Ground	Status	—	—	10	Adjacent
Wide Guard	Rock	Status	—	—	10	Your Side

✓ Drowzee

Hypnosis Pokémon



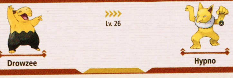
National Pokédex 096 PSYCHIC
Alola Pokédex 066
Height: 3'03" | Weight: 71.4 lbs.

Same form for male/female

It can be spotted near recreational facilities, intending to eat the pleasant dreams of children who enjoyed themselves there that day.

It puts its prey to sleep and devours their dreams. It seems that bad dreams taste sour, so Drowzee doesn't particularly like eating them.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the middle and southern portions of Route 2.

ABILITY

Insomnia
Forewarn

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
5	Disable	Normal	Status	—	100	20	Normal
9	Confusion	Psychic	Special	50	100	25	Normal
13	Headbutt	Normal	Physical	70	100	15	Normal
17	Poison Gas	Poison	Status	—	90	40	Many Others
21	Meditate	Psychic	Status	—	—	40	Self
25	Psybeam	Psychic	Special	65	100	20	Normal
29	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
33	Psych Up	Normal	Status	—	—	10	Normal
37	Synchronoise	Psychic	Special	120	100	10	Adjacent
41	Zen Headbutt	Psychic	Physical	80	90	15	Normal
45	Swagger	Normal	Status	—	85	15	Normal
49	Psychic	Psychic	Special	90	100	10	Normal
53	Nasty Plot	Dark	Status	—	—	20	Self
57	Psyshock	Psychic	Special	80	100	10	Normal
61	Future Sight	Psychic	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

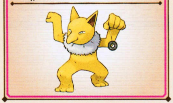
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

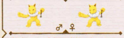
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Barrier	Psychic	Status	—	—	20	Self
Assist	Normal	Status	—	—	20	Self
Role Play	Psychic	Status	—	—	10	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Flatter	Dark	Status	—	100	15	Normal
Psycho Cut	Psychic	Physical	70	100	20	Normal
Guard Swap	Psychic	Status	—	—	10	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Power Split	Psychic	Status	—	—	10	Normal
Psychic Terrain	Psychic	Status	—	—	10	Both Sides

✓ Hypno

Hypnosis Pokémon



National Pokédex 097 PSYCHIC
Alola Pokédex 067
Height: 5'03" | Weight: 166.7 lbs.



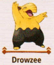
♂ ♀

The fur around the male's neck is shorter. The fur around the female's neck is longer.

In Alola, Komala is Hypno's main target. It rarely harms people.

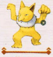
There are some Hypno that assist doctors with patients who can't sleep at night in hospitals.

EVOLUTION



Drowzee

Lv. 26



Hypno

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Poni Plains. Or obtain a Drowzee, then level it up to Lv. 26 or higher to evolve it into Hypno.

ABILITY

Insomnia
Forewarn

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Future Sight	Psychic	Special	120	100	10	Normal
1	Nasty Plot	Dark	Status	—	—	20	Self
1	Nightmare	Ghost	Status	—	100	15	Normal
1	Switcheroo	Dark	Status	—	100	10	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Disable	Normal	Status	—	100	20	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
5	Disable	Normal	Status	—	100	20	Normal
9	Confusion	Psychic	Special	50	100	25	Normal
13	Headbutt	Normal	Physical	70	100	15	Normal
17	Poison Gas	Poison	Status	—	90	40	Many Others
21	Meditate	Psychic	Status	—	—	40	Self
25	Psybeam	Psychic	Special	65	100	20	Normal
29	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
33	Psych Up	Normal	Status	—	—	10	Normal
37	Synchronoise	Psychic	Special	120	100	10	Adjacent
41	Zen Headbutt	Psychic	Physical	80	90	15	Normal
45	Swagger	Normal	Status	—	85	15	Normal
49	Psychic	Psychic	Special	90	100	10	Normal
53	Nasty Plot	Dark	Status	—	—	20	Self
57	Psyshock	Psychic	Special	80	100	10	Normal
61	Future Sight	Psychic	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

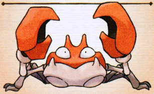
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Krabby

River Crab Pokémon



National Pokédex 098 WATER
Alola Pokédex —
Height: 1'04" | Weight: 14.3 lbs.

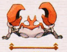
♂ ♀

Same form for male/female

If it senses danger approaching, it cloaks itself with bubbles from its mouth so it will look bigger.

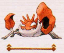
It can be found near the sea. The large pincers grow back if they are torn out of their sockets.

EVOLUTION



Krabby

Lv. 28



Kingler

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Hyper Cutter
Shell Armor

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Bubble	Water	Special	40	100	30	Many Others
5	Vice Grip	Normal	Physical	55	100	30	Normal
9	Leer	Normal	Status	—	100	30	Many Others
11	Harden	Normal	Status	—	—	30	Self
15	Bubble Beam	Water	Special	65	100	20	Normal
19	Mud Shot	Ground	Special	55	95	15	Normal
21	Metal Claw	Steel	Physical	50	95	35	Normal
25	Stomp	Normal	Physical	65	100	20	Normal
29	Protect	Normal	Status	—	—	10	Self
31	Guillotine	Normal	Physical	—	30	5	Normal
35	Slam	Normal	Physical	80	75	20	Normal
39	Brine	Water	Special	65	100	10	Normal
41	Crabhammer	Water	Physical	100	90	10	Normal
45	Flail	Normal	Physical	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

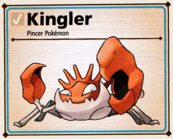
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Liquidation	Water	Physical	85	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Haze	Ice	Status	—	—	30	Both Sides
Amnesia	Psychic	Status	—	—	20	Self
Flail	Normal	Physical	—	100	15	Normal
Slam	Normal	Physical	80	75	20	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Agility	Psychic	Status	—	—	30	Self
Endure	Normal	Status	—	—	10	Self
Chip Away	Normal	Physical	70	100	20	Normal
Bide	Normal	Physical	—	—	10	Self
Ally Switch	Psychic	Status	—	—	15	Self

✓ Kingler

Pincer Pokémon



National Pokédex	099	WATER
Alola Pokédex	—	

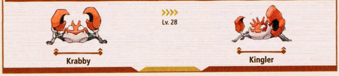
Height: 4'03" | Weight: 132.3 lbs.

Same form for male/female

X Its large and hard pincer has 10,000-horsepower strength. However, being so big, it is unwieldy to move.

Y Its pincers grow peculiarly large. If it lifts the pincers too fast, it loses its balance and staggers.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Krabby, then level it up to Lv. 28 or higher to evolve it into Kingler.

ABILITY

Hyper Cutter
Shell Armor

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Bubble	Water	Special	40	100	30	Many Others
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Vice Grip	Normal	Physical	55	100	30	Normal
9	Leer	Normal	Status	—	100	30	Many Others
11	Harden	Normal	Status	—	—	30	Self
15	Bubble Beam	Water	Special	65	100	20	Normal
19	Mud Shot	Ground	Special	55	95	15	Normal
21	Metal Claw	Steel	Physical	50	95	35	Normal
25	Stomp	Normal	Physical	65	100	20	Normal
32	Protect	Normal	Status	—	—	10	Self
37	Guillotine	Normal	Physical	—	30	5	Normal
44	Slam	Normal	Physical	80	75	20	Normal
51	Brine	Water	Special	65	100	10	Normal
56	Crabhammer	Water	Physical	100	90	10	Normal
63	Flail	Normal	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Liquidation	Water	Physical	85	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

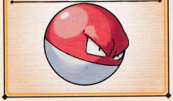
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Voltorb

Ball Pokémon



National Pokédex	100	ELECTRIC
Alola Pokédex	—	

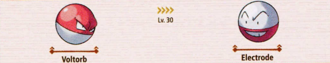
Height: 1'08" | Weight: 22.9 lbs.

Gender unknown

X It was discovered when Poké Balls were introduced. It is said that there is some connection.

Y Usually found in power plants. Easily mistaken for a Poké Ball, it has zapped many people.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Soundproof
Static

HIDDEN ABILITY

Aftermath

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Charge	Electric	Status	—	—	20	Self
1	Tackle	Normal	Physical	40	100	35	Normal
4	Sonic Boom	Normal	Special	—	90	20	Normal
6	Eerie Impulse	Electric	Status	—	100	15	Normal
9	Spark	Electric	Physical	65	100	20	Normal
11	Rollout	Rock	Physical	30	90	20	Normal
13	Screech	Normal	Status	—	85	40	Normal
16	Charge Beam	Electric	Special	50	90	10	Normal
20	Swift	Normal	Special	60	—	20	Many Others
22	Electro Ball	Electric	Special	—	100	10	Normal
26	Self-Destruct	Normal	Physical	200	100	5	Adjacent
29	Light Screen	Psychic	Status	—	—	30	Your Side
34	Magnet Rise	Electric	Status	—	—	10	Self
37	Discharge	Electric	Special	80	100	15	Adjacent
41	Explosion	Normal	Physical	250	100	5	Adjacent
46	Gyro Ball	Steel	Physical	—	100	5	Normal
48	Mirror Coat	Psychic	Special	—	100	20	Varies

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

EXCLUSIVE Z-MOVE

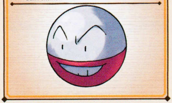
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Electrode

Ball Pokémon



National Pokédex	101	ELECTRIC
Alola Pokédex	—	

Height: 3'11" | Weight: 146.8 lbs.

Gender unknown

It explodes in response to even minor stimuli. It is feared, with the nickname of "The Bomb Ball."

It stores an overflowing amount of electric energy inside its body. Even a small shock makes it explode.

EVOLUTION

Lv. 30
Voltorb
Electrode

MAIN WAY TO OBTAIN

Catch it when you encounter an Electrode disguised as a Poké Ball when Team RR takes over Aether Paradise. Or obtain a Voltorb, then level it up to Lv. 30 or higher to evolve it into Electrode.

ABILITY

Soundproof
Static

HIDDEN ABILITY

Aftermath

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Magnetic Flux	Electric	Status	—	—	20	Your Party
1	Charge	Electric	Status	—	—	20	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Sonic Boom	Normal	Special	—	90	20	Normal
1	Eerie Impulse	Electric	Status	—	100	15	Normal
4	Sonic Boom	Normal	Special	—	90	20	Normal
6	Eerie Impulse	Electric	Status	—	100	15	Normal
9	Spark	Electric	Physical	65	100	20	Normal
11	Rollout	Rock	Physical	30	90	20	Normal
13	Screech	Normal	Status	—	85	40	Normal
16	Charge Beam	Electric	Special	50	90	10	Normal
20	Swift	Normal	Special	60	—	20	Many Others
22	Electro Ball	Electric	Special	—	100	10	Normal
26	Self-Destruct	Normal	Physical	200	100	5	Adjacent
29	Light Screen	Psychic	Status	—	—	30	Your Side
36	Magnet Rise	Electric	Status	—	—	10	Self
41	Discharge	Electric	Special	80	100	15	Adjacent
47	Explosion	Normal	Physical	250	100	5	Adjacent
54	Gyro Ball	Steel	Physical	—	100	5	Normal
58	Mirror Coat	Psychic	Special	—	100	20	Varies

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

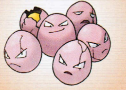
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Exeggcute

Egg Pokémon



National Pokédex	102	GRASS
Alola Pokédex	355	PSYCHIC

Height: 1'04" | Weight: 5.5 lbs.

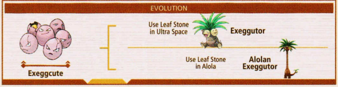
Psychic Seed

Same form for male/female

Six of them form a single Pokémon. Should one of the six be lost, the next morning there will once more be six.

Although they are the same size as other Exeggcute, the ones produced in Alola are quite heavy. Their shells are packed full.

EVOLUTION


Use Leaf Stone in Ultra Space
Exeggutor
Use Leaf Stone in Alola
Alolan Exeggutor
Exeggcute

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Exeggutor Island.

ABILITY

Chlorophyll

HIDDEN ABILITY

Harvest

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×0.5
WATER	×0.5	BUG	×4
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Barrage	Normal	Physical	15	85	20	Normal
1	Uproar	Normal	Special	90	100	10	1 Random
1	Hypnosis	Psychic	Status	—	60	20	Normal
7	Reflect	Psychic	Status	—	—	20	Your Side
11	Leech Seed	Grass	Status	—	90	10	Normal
17	Bullet Seed	Grass	Physical	25	100	30	Normal
19	Stun Spore	Grass	Status	—	75	30	Normal
21	Poison Powder	Poison	Status	—	75	35	Normal
23	Sleep Powder	Grass	Status	—	75	15	Normal
27	Confusion	Psychic	Special	50	100	25	Normal
33	Worry Seed	Grass	Status	—	100	10	Normal
37	Natural Gift	Normal	Physical	—	100	15	Normal
43	Solar Beam	Grass	Special	120	100	10	Normal
47	Extrasensory	Psychic	Special	80	100	20	Normal
50	Bestow	Normal	Status	—	—	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

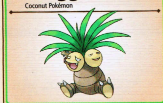
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Synthesis	Grass	Status	—	—	5	Self
Moonlight	Fairy	Status	—	—	5	Self
Ancient Power	Rock	Special	60	100	5	Normal
Ingrain	Grass	Status	—	—	20	Self
Curse	Ghost	Status	—	—	10	Varies
Nature Power	Normal	Status	—	—	20	Normal
Lucky Chant	Normal	Status	—	—	30	Your Side
Leaf Storm	Grass	Special	130	90	5	Normal
Power Swap	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

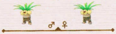
✓ Exeggutor

Coconut Pokémon



National Pokédex	103	GRASS
Alola Pokédex	356	PSYCHIC

Height: 6'07" | Weight: 264.6 lbs.

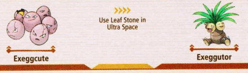


Same form for male/female

It engages its enemies using psychic powers. Each of its three heads fires off psychokinetic energy, tripling its power.

Each of its three heads has its own thoughts. When they want to go in different directions, Exeggutor becomes unable to move.

EVOLUTION


Use Leaf Stone in Ultra Space
Exeggcute
Exeggutor

MAIN WAY TO OBTAIN

Obtain an Exeggcute, then use a Leaf Stone on it while in Ultra Space to evolve it into Exeggutor.

ABILITY

Chlorophyll

HIDDEN ABILITY

Harvest

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×0.5
WATER	×0.5	BUG	×4
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Stomp	Normal	Physical	65	100	20	Normal
1	Seed Bomb	Grass	Physical	80	100	15	Normal
1	Barrage	Normal	Physical	15	85	20	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
17	Psyshock	Psychic	Special	80	100	10	Normal
27	Egg Bomb	Normal	Physical	100	75	10	Normal
37	Wood Hammer	Grass	Physical	120	100	15	Normal
47	Leaf Storm	Grass	Special	130	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomp	Normal	Physical	65	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

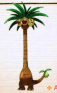
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Exeggutor

Coconut Pokémon



◆ ALOLA FORM ◆

National Pokédex	103	GRASS
Alola Pokédex	356	DRAGON

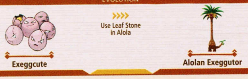
Height: 35'09" | Weight: 916.2 lbs.

Same form for male/female

Exeggutor is the pride of the Alolan people. Its image is carved into historical buildings and murals.

It swings its long neck like a whip and smacks its opponents. This makes Exeggutor itself dizzy, too.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Exeggutor Island. Or obtain an Exeggcute, then use a Leaf Stone on it while in Alola to evolve it into Alolan Exeggutor.

ABILITY

Frisk

HIDDEN ABILITY

Harvest

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.25	BUG	×2
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.25	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Hammer	Dragon	Physical	90	100	15	Normal
1	Seed Bomb	Grass	Physical	80	100	15	Normal
1	Barrage	Normal	Physical	15	85	20	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
17	Psyshock	Psychic	Special	80	100	10	Normal
27	Egg Bomb	Normal	Physical	100	75	10	Normal
37	Wood Hammer	Grass	Physical	120	100	15	Normal
47	Leaf Storm	Grass	Special	130	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Hammer	Dragon	Physical	90	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

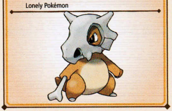
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cubone

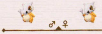
Lonely Pokémon



National Pokédex 104
Alola Pokédex 197
GROUND

Height: 1'04" | Weight: 14.3 lbs.

Thick Club

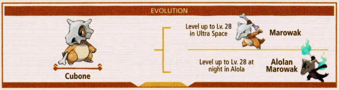


♂ ♀
Same form for male/female

At night, it weeps loudly for its dead mother, but those cries only attract its natural enemy—Mandibuzz.

It wears its mother's skull on its head, so no one knows what its bare face looks like. However, it's clear that it's always crying.

EVOLUTION



Cubone
Level up to Lv. 28 in Ultra Space — Marowak
Level up to Lv. 28 at night in Alola — Alolan Marowak

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Wela Volcano Park.

ABILITY

Rock Head
Lightning Rod

HIDDEN ABILITY

Battle Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
! ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
3	Tail Whip	Normal	Status	—	100	30	Many Others
7	Bone Club	Ground	Physical	65	85	20	Normal
11	Headbutt	Normal	Physical	70	100	15	Normal
13	Leer	Normal	Status	—	100	30	Many Others
17	Focus Energy	Normal	Status	—	—	30	Self
21	Bonemerang	Ground	Physical	50	90	10	Normal
23	Rage	Normal	Physical	20	100	20	Normal
27	False Swipe	Normal	Physical	40	100	40	Normal
31	Thrash	Normal	Physical	120	100	10	1 Random
33	Fling	Dark	Physical	—	100	10	Normal
37	Stomping Tantrum	Ground	Physical	75	100	10	Normal
41	Endeavor	Normal	Physical	—	100	5	Normal
43	Double-Edge	Normal	Physical	120	100	15	Normal
47	Retaliate	Normal	Physical	70	100	5	Normal
51	Bone Rush	Ground	Physical	25	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

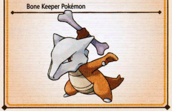
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ancient Power	Rock	Special	60	100	5	Normal
Belly Drum	Normal	Status	—	—	10	Self
Screech	Normal	Status	—	85	40	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Perish Song	Normal	Status	—	—	5	Adjacent
Double Kick	Fighting	Physical	30	100	30	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Detect	Fighting	Status	—	—	5	Self
Endure	Normal	Status	—	—	10	Self
Chip Away	Normal	Physical	70	100	20	Normal
Curse	Ghost	Status	—	—	10	Varies

✓ Marowak

Bone Keeper Pokémon



National Pokédex 105
Alola Pokédex 198
GROUND

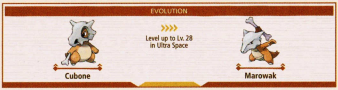
Height: 3'03" | Weight: 99.2 lbs.

♂ ♀
Same form for male/female

It throws bones at Mandibuzz to knock it down. It's thought that Marowak is trying to avenge its parent.

They thump their bones rhythmically to communicate among themselves. There are nearly 50 different rhythmic patterns.

EVOLUTION



Cubone
Level up to Lv. 28 in Ultra Space
Marowak

MAIN WAY TO OBTAIN

Obtain a Cubone, then level it up to Lv. 28 or higher in Ultra Space to evolve it into Marowak.

ABILITY

Rock Head
Lightning Rod

HIDDEN ABILITY

Battle Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
! ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Bone Club	Ground	Physical	65	85	20	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
3	Tail Whip	Normal	Status	—	100	30	Many Others
7	Bone Club	Ground	Physical	65	85	20	Normal
11	Headbutt	Normal	Physical	70	100	15	Normal
13	Leer	Normal	Status	—	100	30	Many Others
17	Focus Energy	Normal	Status	—	—	30	Self
21	Bonemerang	Ground	Physical	50	90	10	Normal
23	Rage	Normal	Physical	20	100	20	Normal
27	False Swipe	Normal	Physical	40	100	40	Normal
33	Thrash	Normal	Physical	120	100	10	1 Random
37	Fling	Dark	Physical	—	100	10	Normal
43	Stomping Tantrum	Ground	Physical	75	100	10	Normal
49	Endeavor	Normal	Physical	—	100	5	Normal
53	Double-Edge	Normal	Physical	120	100	15	Normal
59	Retaliate	Normal	Physical	70	100	5	Normal
65	Bone Rush	Ground	Physical	25	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

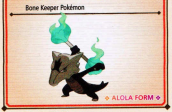
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

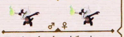
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Marowak

Bone Keeper Pokémon



National Pokédex 105 FIRE GHOST
Alola Pokédex 198
Height: 3'03" | Weight: 75.0 lbs.



Same form for male/female

The rich greenery of the Alola region is hard on Marowak. It controls fire to stay alive.

When it beats opponents with its bone, the cursed flames spread to them. No amount of water will stop those flames from burning.

EVOLUTION

Cubone

Level up to Lv. 28 at night in Alola

Alolan Marowak

MAIN WAY TO OBTAIN

Obtain a Cubone, then level it up to Lv. 28 or higher at night in Alola to evolve it into Alolan Marowak. A special totem-sized form of Marowak can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Sun*.

ABILITY

Cursed Body
Lightning Rod

HIDDEN ABILITY

Rock Head

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Bone Club	Ground	Physical	65	85	20	Normal
1	Flame Wheel	Fire	Physical	60	100	25	Normal
3	Tail Whip	Normal	Status	—	100	30	Many Others
7	Bone Club	Ground	Physical	65	85	20	Normal
11	Flame Wheel	Fire	Physical	60	100	25	Normal
13	Leer	Normal	Status	—	100	30	Many Others
17	Hex	Ghost	Special	65	100	10	Normal
21	Bonemerang	Ground	Physical	50	90	10	Normal
23	Will-O-Wisp	Fire	Status	—	85	15	Normal
27	Shadow Bone	Ghost	Physical	85	100	10	Normal
33	Thrash	Normal	Physical	120	100	10	1 Random
37	Fling	Dark	Physical	—	100	10	Normal
43	Stomping Tantrum	Ground	Physical	75	100	10	Normal
49	Endeavor	Normal	Physical	—	100	5	Normal
53	Flare Blitz	Fire	Physical	120	100	15	Normal
59	Retaliate	Normal	Physical	70	100	5	Normal
65	Bone Rush	Ground	Physical	25	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

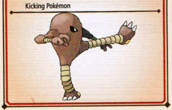
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Hitmonlee

Kicking Pokémon



National Pokédex 106 FIGHTING
Alola Pokédex —
Height: 4'11" | Weight: 109.8 lbs.

Male only

The legs freely contract and stretch. The stretchy legs allow it to hit a distant foe with a rising kick.

If it starts kicking repeatedly, both legs will stretch even longer to strike a fleeing foe.

EVOLUTION

Tyrogue (p. 165)

Level up to Lv. 20 with Attack greater than Defense

Hitmonlee

MAIN WAY TO OBTAIN

Obtain a Tyrogue, then level it up to Lv. 20 or higher with its Attack stat higher than its Defense stat.

ABILITY

Limber
Reckless

HIDDEN ABILITY

Unburden

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Reversal	Fighting	Physical	—	100	15	Normal
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Mega Kick	Normal	Physical	120	75	5	Normal
1	Revenge	Fighting	Physical	60	100	10	Normal
1	Meditate	Psychic	Status	—	—	40	Self
1	Rolling Kick	Fighting	Physical	60	85	15	Normal
1	Jump Kick	Fighting	Physical	100	95	10	Normal
5	Meditate	Psychic	Status	—	—	40	Self
9	Rolling Kick	Fighting	Physical	60	85	15	Normal
13	Jump Kick	Fighting	Physical	100	95	10	Normal
17	Brick Break	Fighting	Physical	75	100	15	Normal
21	Focus Energy	Normal	Status	—	—	30	Self
25	Feint	Normal	Physical	30	100	10	Normal
29	High Jump Kick	Fighting	Physical	130	90	10	Normal
33	Mind Reader	Normal	Status	—	—	5	Normal
37	Foresight	Normal	Status	—	—	40	Normal
41	Wide Guard	Rock	Status	—	—	10	Your Side
45	Blaze Kick	Fire	Physical	85	90	10	Normal
49	Endure	Normal	Status	—	—	10	Self
53	Mega Kick	Normal	Physical	120	75	5	Normal
57	Close Combat	Fighting	Physical	120	100	5	Normal
61	Reversal	Fighting	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double Kick	Fighting	Physical	30	100	30	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

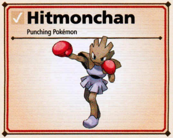
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Hitmonchan

Punching Pokémon



National Pokédex	107	FIGHTING
Alola Pokédex	—	

Height: 4'07" | Weight: 110.7 lbs.

♂ ♀

Male only

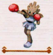
The arm-twisting punches it throws pulverize even concrete. It rests after three minutes of fighting.

The spirit of a pro boxer has infused this Pokémon. It throws punches that are faster than a bullet train.

EVOLUTION

Tyrogue (p.165)

Level up to Lv. 20 with Defense greater than Attack



Hitmonchan

MAIN WAY TO OBTAIN

Obtain a Tyrogue, then level it up to Lv. 20 or higher with its Defense stat higher than its Attack stat.

ABILITY

Keen Eye
Iron Fist

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Comet Punch	Normal	Physical	18	85	15	Normal
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Counter	Fighting	Physical	—	100	20	Varies
1	Focus Punch	Fighting	Physical	150	100	20	Normal
1	Revenge	Fighting	Physical	60	100	10	Normal
1	Agility	Psychic	Status	—	—	30	Self
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Mach Punch	Fighting	Physical	40	100	30	Normal
6	Agility	Psychic	Status	—	—	30	Self
11	Pursuit	Dark	Physical	40	100	20	Normal
16	Mach Punch	Fighting	Physical	40	100	30	Normal
16	Bullet Punch	Steel	Physical	40	100	30	Normal
21	Feint	Normal	Physical	30	100	10	Normal
26	Vacuum Wave	Fighting	Special	40	100	30	Normal
31	Quick Guard	Fighting	Status	—	—	15	Your Side
36	Thunder Punch	Electric	Physical	75	100	15	Normal
36	Ice Punch	Ice	Physical	75	100	15	Normal
36	Fire Punch	Fire	Physical	75	100	15	Normal
41	Sky Uppercut	Fighting	Physical	85	90	15	Normal
46	Mega Punch	Normal	Physical	80	85	20	Normal
50	Detect	Fighting	Status	—	—	5	Self
56	Focus Punch	Fighting	Physical	150	100	20	Normal
61	Counter	Fighting	Physical	—	100	20	Varies
66	Close Combat	Fighting	Physical	120	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Comet Punch	Normal	Physical	18	85	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

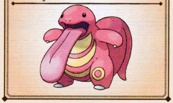
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Lickitung

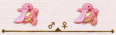
Licking Pokémon



National Pokédex	108	NORMAL
Alola Pokédex	375	

Height: 3'11" | Weight: 144.4 lbs.

Lagging Tail



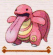
♂ ♀

Same form for male/female

It checks out whatever's around it by licking everything. If you don't clean off a spot where it's licked you, you'll break out in a rash!

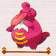
It licks filth clean with its tongue. Whatever it licks always stinks afterward, so whether it's really clean is...questionable.

EVOLUTION



Lickitung

Level up when it knows Rollout*



Lickilicky (p. 295)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Poni Gauntlet.

ABILITY

Own Tempo
Oblivious

HIDDEN ABILITY

Cloud Nine

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Lick	Ghost	Physical	30	100	30	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
9	Defense Curl	Normal	Status	—	—	40	Self
13	Knock Off	Dark	Physical	65	100	20	Normal
17	Wrap	Normal	Physical	15	90	20	Normal
21	Stomp	Normal	Physical	65	100	20	Normal
25	Disable	Normal	Status	—	100	20	Normal
29	Slam	Normal	Physical	80	75	20	Normal
33	Rollout	Rock	Physical	30	90	20	Normal
37	Chip Away	Normal	Physical	70	100	20	Normal
41	Me First	Normal	Status	—	—	20	Varies
45	Refresh	Normal	Status	—	—	20	Self
49	Screech	Normal	Status	—	85	40	Normal
53	Power Whip	Grass	Physical	120	85	10	Normal
57	Wring Out	Normal	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

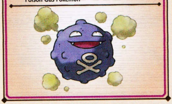
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Belly Drum	Normal	Status	—	—	10	Self
Magnitude	Ground	Physical	—	100	30	Adjacent
Body Slam	Normal	Physical	85	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Smelling Salts	Normal	Physical	70	100	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Snore	Normal	Special	50	100	15	Normal
Amnesia	Psychic	Status	—	—	20	Self
Hammer Arm	Fighting	Physical	100	90	10	Normal
Muddy Water	Water	Special	90	85	10	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Belch	Poison	Special	120	90	10	Normal
Thrash	Normal	Physical	120	100	10	1 Random

*If you wish to teach Lickitung the move Rollout, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

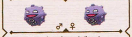
✓ Koffing

Poison Gas Pokémon



National Pokédex	109	POISON
Alola Pokédex	—	

Height: 2'00" | Weight: 2.2 lbs.



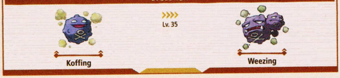
♂ ♀

Same form for male/female

X Its thin, balloon-like body is inflated by horribly toxic gases. It reeks when it is nearby.

Y Lighter-than-air gases in its body keep it aloft. The gases not only smell, they are also explosive.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
! GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
4	Smog	Poison	Special	30	70	20	Normal
7	Smokescreen	Normal	Status	—	100	20	Normal
12	Assurance	Dark	Physical	60	100	10	Normal
15	Clear Smog	Poison	Special	50	—	15	Normal
18	Sludge	Poison	Special	65	100	20	Normal
23	Self-Destruct	Normal	Physical	200	100	5	Adjacent
26	Haze	Ice	Status	—	—	30	Both Sides
29	Gyro Ball	Steel	Physical	—	100	5	Normal
34	Sludge Bomb	Poison	Special	90	100	10	Normal
37	Explosion	Normal	Physical	250	100	5	Adjacent
40	Destiny Bond	Ghost	Status	—	—	5	Self
42	Belch	Poison	Special	120	90	10	Normal
45	Memento	Dark	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

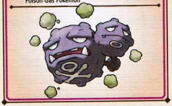
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Screech	Normal	Status	—	85	40	Normal
Psywave	Psychic	Special	—	100	15	Normal
Psybeam	Psychic	Special	65	100	20	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Grudge	Ghost	Status	—	—	5	Self
Spite	Ghost	Status	—	100	10	Normal
Curse	Ghost	Status	—	—	10	Varies
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Toxic Spikes	Poison	Status	—	—	20	Other Side
Venom Drench	Poison	Status	—	100	20	Many Others

✓ Weezing

Poison Gas Pokémon



National Pokédex	110	POISON
Alola Pokédex	—	

Height: 3'11" | Weight: 20.9 lbs.

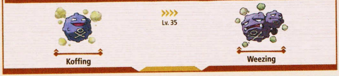
♂ ♀

Same form for male/female

X If one of the twin Koffing inflates, the other one deflates. It constantly mixes its poisonous gases.

Y Very rarely, a sudden mutation can result in two small Koffing twins becoming conjoined as a Weezing.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Koffing, then level it up to Lv. 35 or higher to evolve it into Weezing.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
! GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double Hit	Normal	Physical	35	90	10	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Smog	Poison	Special	30	70	20	Normal
1	Smokescreen	Normal	Status	—	100	20	Normal
4	Smog	Poison	Special	30	70	20	Normal
7	Smokescreen	Normal	Status	—	100	20	Normal
12	Assurance	Dark	Physical	60	100	10	Normal
15	Clear Smog	Poison	Special	50	—	15	Normal
18	Sludge	Poison	Special	65	100	20	Normal
23	Self-Destruct	Normal	Physical	200	100	5	Adjacent
26	Haze	Ice	Status	—	—	30	Both Sides
29	Gyro Ball	Steel	Physical	—	100	5	Normal
34	Sludge Bomb	Poison	Special	90	100	10	Normal
40	Explosion	Normal	Physical	250	100	5	Adjacent
46	Destiny Bond	Ghost	Status	—	—	5	Self
51	Belch	Poison	Special	120	90	10	Normal
57	Memento	Dark	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double Hit	Normal	Physical	35	90	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

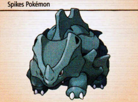
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Rhyhorn

Spikes Pokémon

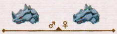


National Pokédex 111 | GROUND
Alola Pokédex — | ROCK

Height: 3'03" | Weight: 253.5 lbs.

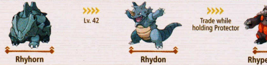
X Strong, but not too bright, this Pokémon can shatter even a skyscraper with its charging Tackles.

Y It is inept at turning because of its four short legs. It can only charge and run in one direction.



The male has a longer horn on its face. The female has a shorter horn on its face.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Blush Mountain by using Island Scan on Ula'ula Island on a Sunday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon.*

ABILITY

Lightning Rod
Rock Head

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
! ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Horn Attack	Normal	Physical	65	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Fury Attack	Normal	Physical	15	85	20	Normal
9	Scary Face	Normal	Status	—	100	10	Normal
13	Smack Down	Rock	Physical	50	100	15	Normal
17	Stomp	Normal	Physical	65	100	20	Normal
21	Bulldoze	Ground	Physical	60	100	20	Adjacent
25	Chip Away	Normal	Physical	70	100	20	Normal
29	Rock Blast	Rock	Physical	25	90	10	Normal
33	Drill Run	Ground	Physical	80	95	10	Normal
37	Take Down	Normal	Physical	90	85	20	Normal
41	Stone Edge	Rock	Physical	100	80	5	Normal
45	Earthquake	Ground	Physical	100	100	10	Adjacent
49	Megahorn	Bug	Physical	120	85	10	Normal
53	Horn Drill	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Run	Ground	Physical	80	95	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

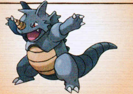
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal
Reversal	Fighting	Physical	—	100	15	Normal
Counter	Fighting	Physical	—	100	20	Varies
Magnitude	Ground	Physical	—	100	30	Adjacent
Curse	Ghost	Status	—	—	10	Varies
Crush Claw	Normal	Physical	75	95	10	Normal
Dragon Rush	Dragon	Physical	100	75	10	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Rototiller	Ground	Status	—	—	10	Adjacent
Metal Burst	Steel	Physical	—	100	10	Varies
Guard Split	Psychic	Status	—	—	10	Normal

✓ Rhydon

Drill Pokémon

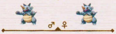


National Pokédex 112 | GROUND
Alola Pokédex — | ROCK

Height: 6'03" | Weight: 264.6 lbs.

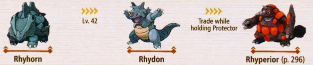
X Protected by an armor-like hide, it is capable of living in molten lava of 3,600 degrees Fahrenheit.

Y It begins walking on its hind legs after evolution. It can punch holes through boulders with its horn.



The male has a longer horn on its face. The female has a shorter horn on its face.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Rhyhorn, then level it up to Lv. 42 or higher to evolve it into Rhydon.

ABILITY

Lightning Rod
Rock Head

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
! ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Horn Drill	Normal	Physical	—	30	5	Normal
1	Horn Attack	Normal	Physical	65	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
5	Fury Attack	Normal	Physical	15	85	20	Normal
9	Scary Face	Normal	Status	—	100	10	Normal
13	Smack Down	Rock	Physical	50	100	15	Normal
17	Stomp	Normal	Physical	65	100	20	Normal
21	Bulldoze	Ground	Physical	60	100	20	Adjacent
25	Chip Away	Normal	Physical	70	100	20	Normal
29	Rock Blast	Rock	Physical	25	90	10	Normal
33	Drill Run	Ground	Physical	80	95	10	Normal
37	Take Down	Normal	Physical	90	85	20	Normal
41	Stone Edge	Rock	Physical	100	80	5	Normal
48	Earthquake	Ground	Physical	100	100	10	Adjacent
55	Megahorn	Bug	Physical	120	85	10	Normal
62	Horn Drill	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hammer Arm	Fighting	Physical	100	90	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Run	Ground	Physical	80	95	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

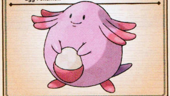
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Chansey

Egg Pokémon



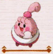
National Pokédex 113 NORMAL
Alola Pokédex 040
Height: 3'07" | Weight: 76.3 lbs.
Lucky Punch

♂ ♀
Female only

It seems that other Pokémon's efforts to take its delicious, nutritious egg away from it caused Chansey to get faster at fleeing.

Because the eggs on their bellies have been overharvested by people in the past, the Chansey population remains very small.

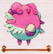
EVOLUTION


Happiny (p. 282)

Level up during the day while holding Oval Stone

Chansey

Level up with high friendship


Blissey (p. 168)

MAIN WAY TO OBTAIN

Catch it where it appears from a shaking bush in Poni Plains. Or level up a Happiny during the day while it holds an Oval Stone to evolve it into Chansey.

ABILITY

Natural Cure
Serene Grace

HIDDEN ABILITY

Healer

SPECIES STRENGTHS

HP	◆◆◆◆◆◆◆◆◆◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double-Edge	Normal	Physical	120	100	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Tail Whip	Normal	Status	—	100	30	Many Others
9	Refresh	Normal	Status	—	—	20	Self
12	Double Slap	Normal	Physical	15	85	10	Normal
16	Soft-Boiled	Normal	Status	—	—	10	Self
20	Bestow	Normal	Status	—	—	15	Normal
23	Minimize	Normal	Status	—	—	10	Self
27	Take Down	Normal	Physical	90	85	20	Normal
31	Sing	Normal	Status	—	55	15	Normal
35	Fling	Dark	Physical	—	100	10	Normal
39	Heal Pulse	Psychic	Status	—	—	10	Normal
44	Egg Bomb	Normal	Physical	100	75	10	Normal
50	Light Screen	Psychic	Status	—	—	30	Your Side
57	Healing Wish	Psychic	Status	—	—	10	Self
65	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

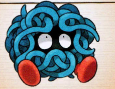
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal

EGG MOVES

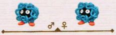
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Present	Normal	Physical	—	90	15	Normal
Metronome	Normal	Status	—	—	10	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Aromatherapy	Grass	Status	—	—	5	Your Party
Counter	Fighting	Physical	—	100	20	Varies
Helping Hand	Normal	Status	—	—	20	1 Ally
Gravity	Psychic	Status	—	—	5	Both Sides
Mud Bomb	Ground	Special	65	85	10	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Seismic Toss	Fighting	Physical	—	100	20	Normal

✓ Tangela

Vine Pokémon



National Pokédex 114 GRASS
Alola Pokédex —
Height: 3'03" | Weight: 77.2 lbs.



♂ ♀
Same form for male/female

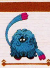
Many writhing vines cover it, so its true identity remains unknown. The blue vines grow its whole life long.

It tangles any moving thing with its vines. Their subtle shaking is ticklish if you get ensnared.

EVOLUTION

Tangela

Level up when it knows Ancient Power*


Tangrowth (p. 296)

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Chlorophyll
Leaf Guard

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ingrain	Grass	Status	—	—	20	Self
1	Constrict	Normal	Physical	10	100	35	Normal
4	Sleep Powder	Grass	Status	—	75	15	Normal
7	Vine Whip	Grass	Physical	45	100	25	Normal
10	Absorb	Grass	Special	20	100	25	Normal
14	Poison Powder	Poison	Status	—	75	35	Normal
17	Bind	Normal	Physical	15	85	20	Normal
20	Growth	Normal	Status	—	—	20	Self
23	Mega Drain	Grass	Special	40	100	15	Normal
27	Knock Off	Dark	Physical	65	100	20	Normal
30	Stun Spore	Grass	Status	—	75	30	Normal
33	Natural Gift	Normal	Physical	—	100	15	Normal
36	Giga Drain	Grass	Special	75	100	10	Normal
38	Ancient Power	Rock	Special	60	100	5	Normal
41	Slam	Normal	Physical	80	75	20	Normal
44	Tickle	Normal	Status	—	100	20	Normal
46	Wring Out	Normal	Special	—	100	5	Normal
48	Grassy Terrain	Grass	Status	—	—	10	Both Sides
50	Power Whip	Grass	Physical	120	85	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Confusion	Psychic	Special	50	100	25	Normal
Mega Drain	Grass	Special	40	100	15	Normal
Amnesia	Psychic	Status	—	—	20	Self
Leech Seed	Grass	Status	—	90	10	Normal
Nature Power	Normal	Status	—	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Leaf Storm	Grass	Special	130	90	5	Normal
Power Swap	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Rage Powder	Bug	Status	—	—	20	Self
Natural Gift	Normal	Physical	—	100	15	Normal
Wake-Up Slap	Fighting	Physical	70	100	10	Normal

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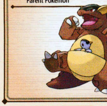
*If you wish to teach Tangela the move Ancient Power, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Kangaskhan

Parent Pokémon



National Pokédex	115
Alola Pokédex	199

NORMAL

Height: 7'03" | Weight: 176.4 lbs.

♂ ♀

Female only

Kangaskhan protects its child by keeping it in its pouch. It has zero forgiveness for those who harm its child and will beat them down.

You shouldn't get close to the child when it's playing outside its mother's pouch. Its mother is always nearby watching over it.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Wela Volcano Park.

ABILITY

Early Bird
Scrappy

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Comet Punch	Normal	Physical	18	85	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
7	Fake Out	Normal	Physical	40	100	10	Normal
10	Tail Whip	Normal	Status	—	100	30	Many Others
13	Bite	Dark	Physical	60	100	25	Normal
19	Double Hit	Normal	Physical	35	90	10	Normal
22	Rage	Normal	Physical	20	100	20	Normal
25	Mega Punch	Normal	Physical	80	85	20	Normal
31	Chip Away	Normal	Physical	70	100	20	Normal
34	Dizzy Punch	Normal	Physical	70	100	10	Normal
37	Crunch	Dark	Physical	80	100	15	Normal
43	Endure	Normal	Status	—	—	10	Self
46	Outrage	Dragon	Physical	120	100	10	1 Random
49	Sucker Punch	Dark	Physical	70	100	5	Normal
50	Reversal	Fighting	Physical	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

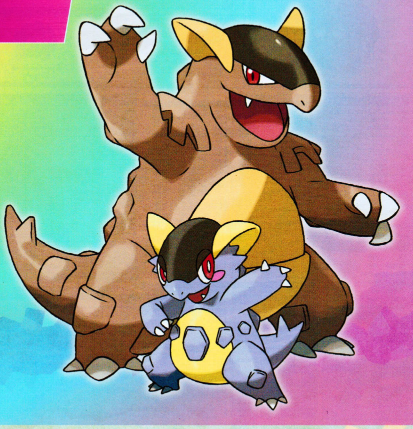
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomp	Normal	Physical	65	100	20	Normal
Foresight	Normal	Status	—	—	40	Normal
Focus Energy	Normal	Status	—	—	30	Self
Disable	Normal	Status	—	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Crush Claw	Normal	Physical	75	95	10	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Hammer Arm	Fighting	Physical	100	90	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Trump Card	Normal	Special	—	—	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Circle Throw	Fighting	Physical	60	90	10	Normal

Mega Kangaskhan

Parent Pokémon

NORMAL

Height: 7'03"
Weight: **220.5 lbs.**



MEGA EVOLUTION

Kangaskhan

Have Kangaskhan hold Kangaskhanite, and Mega Evolve it during battle.

Mega Kangaskhan

Female only

ABILITY

Parental Bond

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

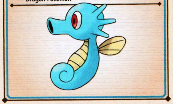
NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

Required Mega Stone

Kangaskhanite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Horsea

Dragon Pokémon



National Pokédex 116 WATER

Alola Pokédex —

Height: 1'04" | Weight: 17.6 lbs.

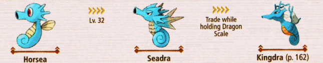
Dragon Scale

Same form for male/female

X Known to shoot down flying bugs with precision blasts of ink from the surface of the water.

Y It makes its nest in the shade of corals. If it senses danger, it spits murky ink and flees.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Kala'e Bay by using Island Scan on Melemele Island on a Wednesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Swift Swim
Sniper

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆◆

Water 1
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
5	Smokescreen	Normal	Status	—	100	20	Normal
9	Leer	Normal	Status	—	100	30	Many Others
13	Water Gun	Water	Special	40	100	25	Normal
17	Twister	Dragon	Special	40	100	20	Many Others
21	Bubble Beam	Water	Special	65	100	20	Normal
26	Focus Energy	Normal	Status	—	—	30	Self
31	Brine	Water	Special	65	100	10	Normal
36	Agility	Psychic	Status	—	—	30	Self
41	Dragon Pulse	Dragon	Special	85	100	10	Normal
46	Dragon Dance	Dragon	Status	—	—	20	Self
52	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

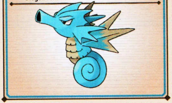
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Aurora Beam	Ice	Special	65	100	20	Normal
Octazooka	Water	Special	65	85	10	Normal
Disable	Normal	Status	—	100	20	Normal
Splash	Normal	Status	—	—	40	Self
Dragon Rage	Dragon	Special	—	100	10	Normal
Dragon Breath	Dragon	Special	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Muddy Water	Water	Special	90	85	10	Many Others
Water Pulse	Water	Special	60	100	20	Normal
Clear Smog	Poison	Special	50	—	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

✓ Seadra

Dragon Pokémon



National Pokédex 117 WATER

Alola Pokédex —

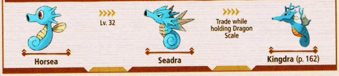
Height: 3'11" | Weight: 55.1 lbs.

Same form for male/female

X Its body bristles with sharp spikes. Carelessly trying to touch it could cause fainting from the spikes.

Y It is capable of swimming backwards by rapidly flapping its winglike pectoral fins and stout tail.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Horsea, then level it up to Lv. 32 or higher to evolve it into Seadra.

ABILITY

Poison Point
Sniper

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 1
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Smokescreen	Normal	Status	—	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
5	Smokescreen	Normal	Status	—	100	20	Normal
9	Leer	Normal	Status	—	100	30	Many Others
13	Water Gun	Water	Special	40	100	25	Normal
17	Twister	Dragon	Special	40	100	20	Many Others
21	Bubble Beam	Water	Special	65	100	20	Normal
26	Focus Energy	Normal	Status	—	—	30	Self
31	Brine	Water	Special	65	100	10	Normal
38	Agility	Psychic	Status	—	—	30	Self
45	Dragon Pulse	Dragon	Special	85	100	10	Normal
52	Dragon Dance	Dragon	Status	—	—	20	Self
60	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Laser Focus	Normal	Status	—	—	30	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

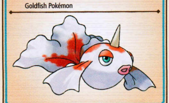
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Goldeen

Goldfish Pokémon

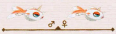


National Pokédex	118
Alola Pokédex	186

WATER

Height: 2'00" | Weight: 33.1 lbs.

Mystic Water



The male has a longer horn. The female has a shorter horn.

Although known for their splendid tail fins, Goldeen apparently compete among themselves to see whose horn is thickest and sharpest.

The way it swims along fluttering its dress-like fins has earned it the name "princess of the water."

EVOLUTION

Lv. 33
Goldeen
Seaking

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in the first part of Brooklet Hill, accessible from Route 5.

ABILITY

Swift Swim
Water Veil

HIDDEN ABILITY

Lightning Rod

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
! ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
5	Supersonic	Normal	Status	—	55	20	Normal
8	Horn Attack	Normal	Physical	65	100	25	Normal
13	Flail	Normal	Physical	—	100	15	Normal
16	Water Pulse	Water	Special	60	100	20	Normal
21	Aqua Ring	Water	Status	—	—	20	Self
24	Fury Attack	Normal	Physical	15	85	20	Normal
29	Agility	Psychic	Status	—	—	30	Self
32	Waterfall	Water	Physical	80	100	15	Normal
37	Horn Drill	Normal	Physical	—	30	5	Normal
40	Soak	Water	Status	—	100	20	Normal
45	Megahorn	Bug	Physical	120	85	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

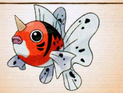
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Psybeam	Psychic	Special	65	100	20	Normal
Haze	Ice	Status	—	—	30	Both Sides
Hydro Pump	Water	Special	110	80	5	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Mud Sport	Ground	Status	—	—	15	Both Sides
Mud-Slap	Ground	Special	20	100	10	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal

✓ Seaking

Goldfish Pokémon

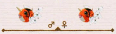


National Pokédex	119
Alola Pokédex	187

WATER

Height: 4'03" | Weight: 86.0 lbs.

Mystic Water

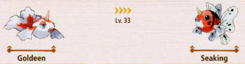


The male has a longer horn. The female has a shorter horn.

Its horn spins like a drill to steadily hollow out rocks—even harder ones. The coloration of the male is more vivid.

To attract females, males dance on the river's floor. The females gather around the male that dances most gracefully.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Goldeen in Brooklet Hill. Or obtain a Goldeen, then level it up to Lv. 33 or higher to evolve it into Seaking.

ABILITY

Swift Swim
Water Veil

HIDDEN ABILITY

Lightning Rod

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
! ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Megahorn	Bug	Physical	120	85	10	Normal
1	Poison Jab	Poison	Physical	80	100	20	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Supersonic	Normal	Status	—	55	20	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
8	Horn Attack	Normal	Physical	65	100	25	Normal
13	Flail	Normal	Physical	—	100	15	Normal
16	Water Pulse	Water	Special	60	100	20	Normal
21	Aqua Ring	Water	Status	—	—	20	Self
24	Fury Attack	Normal	Physical	15	85	20	Normal
29	Agility	Psychic	Status	—	—	30	Self
32	Waterfall	Water	Physical	80	100	15	Normal
40	Horn Drill	Normal	Physical	—	30	5	Normal
46	Soak	Water	Status	—	100	20	Normal
54	Megahorn	Bug	Physical	120	85	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

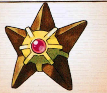
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Staryu

Star Shape Pokémon



National Pokédex 120 WATER
Alola Pokédex 223

Height: 2'07" | Weight: 76.1 lbs.

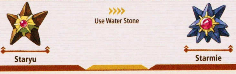
Stardust Star Piece

Gender unknown

In many places, there are folktales of stardust falling into the ocean and becoming Staryu.

No number of injuries can bother Staryu. Its amazing regenerative powers return it to its previous state in half a day!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in a sand cloud on Hano Beach.

ABILITY

Illuminate
Natural Cure

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
4	Water Gun	Water	Special	40	100	25	Normal
7	Rapid Spin	Normal	Physical	20	100	40	Normal
10	Recover	Normal	Status	—	—	10	Self
13	Psywave	Psychic	Special	—	100	15	Normal
16	Swift	Normal	Special	60	—	20	Many Others
18	Bubble Beam	Water	Special	65	100	20	Normal
22	Camouflage	Normal	Status	—	—	20	Self
24	Gyro Ball	Steel	Physical	—	100	5	Normal
28	Brine	Water	Special	65	100	10	Normal
31	Minimize	Normal	Status	—	—	10	Self
35	Reflect Type	Normal	Status	—	—	15	Normal
37	Power Gem	Rock	Special	80	100	20	Normal
40	Confuse Ray	Ghost	Status	—	100	10	Normal
42	Psychic	Psychic	Special	90	100	10	Normal
46	Light Screen	Psychic	Status	—	—	30	Your Side
49	Cosmic Power	Psychic	Status	—	—	20	Self
53	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Recycle	Normal	Status	—	—	10	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

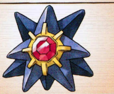
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Starmie

Mysterious Pokémon



National Pokédex 121 WATER
Alola Pokédex 224 PSYCHIC

Height: 3'07" | Weight: 176.4 lbs.

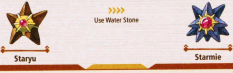
Stardust Star Piece

Gender unknown

Its sparkling core is called "the gem of the sea." This core can be made into high-priced accessories that are traded in secret.

It rotates its geometrically shaped body to swim through the water. It always seems to be sending out mysterious radio waves.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Staryu on Hano Beach. Or obtain a Staryu, then use a Water Stone on it to evolve it into Starmie.

ABILITY

Illuminate
Natural Cure

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Spotlight	Normal	Status	—	—	15	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Rapid Spin	Normal	Physical	20	100	40	Normal
1	Recover	Normal	Status	—	—	10	Self
1	Swift	Normal	Special	60	—	20	Many Others
40	Confuse Ray	Ghost	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

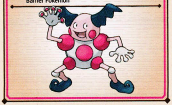
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

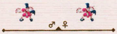
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Mr. Mime

Barrier Pokémon



National Pokédex 122 PSYCHIC
Alola Pokédex 060 FAIRY
Height: 4'03" | Weight: 120.1 lbs.

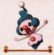


♂ ♀
Same form for male/female

Its pantomime skills are wonderful. You may become enraptured while watching it, but next thing you know, Mr. Mime has made a real wall.

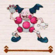
It creates invisible walls with its pantomiming. If you don't act impressed, it will attack you with a double slap!

EVOLUTION



Mime Jr. (p. 282)

Level up when it knows Mimic*



Mr. Mime

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Mime Jr. in Hau'oli City. Or obtain a Mime Jr., then level it up when it knows the move Mimic to evolve it into Mr. Mime.

ABILITY

Soundproof
Filter

HIDDEN ABILITY

Technician

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×1
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Misty Terrain	Fairy	Status	—	—	10	Both Sides
1	Magical Leaf	Grass	Special	60	—	20	Normal
1	Quick Guard	Fighting	Status	—	—	15	Your Side
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Power Swap	Psychic	Status	—	—	10	Normal
1	Guard Swap	Psychic	Status	—	—	10	Normal
1	Barrier	Psychic	Status	—	—	20	Self
1	Pound	Normal	Physical	40	100	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
4	Copycat	Normal	Status	—	—	20	Self
8	Meditate	Psychic	Status	—	—	40	Self
11	Double Slap	Normal	Physical	15	85	10	Normal
15	Mimic	Normal	Status	—	—	10	Normal
15	Psywave	Psychic	Special	—	100	15	Normal
18	Encore	Normal	Status	—	100	5	Normal
22	Light Screen	Psychic	Status	—	—	30	Your Side
22	Reflect	Psychic	Status	—	—	20	Your Side
25	Psybeam	Psychic	Special	65	100	20	Normal
29	Substitute	Normal	Status	—	—	10	Self
32	Recycle	Normal	Status	—	—	10	Self
36	Trick	Psychic	Status	—	100	10	Normal
39	Psychic	Psychic	Special	90	100	10	Normal
43	Role Play	Psychic	Status	—	—	10	Normal
46	Baton Pass	Normal	Status	—	—	40	Self
50	Safeguard	Normal	Status	—	—	25	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self

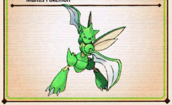
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Future Sight	Psychic	Special	120	100	10	Normal
Hypnosis	Psychic	Status	—	60	20	Normal
Mimic	Normal	Status	—	—	10	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Wake-Up Slap	Fighting	Physical	70	100	10	Normal
Teeter Dance	Normal	Status	—	100	20	Adjacent
Nasty Plot	Dark	Status	—	—	20	Self
Power Split	Psychic	Status	—	—	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Psychic Terrain	Psychic	Status	—	—	10	Both Sides

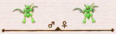
*If you wish to teach Mime Jr. the move Mimic, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Scyther

Mantis Pokémon



National Pokédex 123 BUG
Alola Pokédex 365 FLYING
Height: 4'11" | Weight: 123.5 lbs.

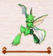


♂ ♀
The male has a shorter abdomen. The female has a longer abdomen.

Its two sharp scythes are more than just weapons. It uses them with dexterity to dress its prey before eating.

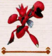
Some call it a ninja. Its movements— imperceptibly quick—are sufficient to cleave the air in two. It's very popular in Alola.

EVOLUTION



Scyther

Trade while holding Metal Coat



Scizor (p. 151)

MAIN WAY TO OBTAIN

Catch it when it appears from a shaking bush in Poni Plains.

ABILITY

Swarm
Technician

HIDDEN ABILITY

Steadfast

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Vacuum Wave	Fighting	Special	40	100	30	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Focus Energy	Normal	Status	—	—	30	Self
9	Pursuit	Dark	Physical	40	100	20	Normal
13	False Swipe	Normal	Physical	40	100	40	Normal
17	Agility	Psychic	Status	—	—	30	Self
21	Wing Attack	Flying	Physical	60	100	35	Normal
25	Fury Cutter	Bug	Physical	40	95	20	Normal
29	Slash	Normal	Physical	70	100	20	Normal
33	Razor Wind	Normal	Special	80	100	10	Many Others
37	Double Team	Normal	Status	—	—	15	Self
41	X-Scissor	Bug	Physical	80	100	15	Normal
45	Night Slash	Dark	Physical	70	100	15	Normal
49	Double Hit	Normal	Physical	35	90	10	Normal
50	Air Slash	Flying	Special	75	95	15	Normal
57	Swords Dance	Normal	Status	—	—	20	Self
61	Feint	Normal	Physical	30	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

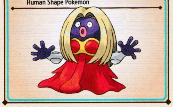
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Baton Pass	Normal	Status	—	—	40	Self
Razor Wind	Normal	Special	80	100	10	Many Others
Reversal	Fighting	Physical	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Silver Wind	Bug	Special	60	100	5	Normal
Bug Buzz	Bug	Special	90	100	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Defog	Flying	Status	—	—	15	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side

✓ Jynx

Human Shape Pokémon



National Pokédex	124	ICE
Alola Pokédex	110	PSYCHIC

Height: 4'07" | Weight: 89.5 lbs.

Female only

It sways its hips to a rhythm all its own. The precise movements of Jynx living in Alola are truly wonderful.

Its strange cries sound like human language. There are some musicians who compose songs for Jynx to sing.

EVOLUTION

Smoochum (p. 166) → Jynx

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Smoochum in Seaward Cave. Or obtain a Smoochum, then level it up to Lv. 30 or higher to evolve it into Jynx.

ABILITY

Oblivious
Forewarn

HIDDEN ABILITY

Dry Skin

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×2	PSYCHIC	×0.5
! WATER	×1	BUG	×2
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×2
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Draining Kiss	Fairy	Special	50	100	10	Normal
1	Perish Song	Normal	Status	—	—	5	Adjacent
1	Pound	Normal	Physical	40	100	35	Normal
1	Lick	Ghost	Physical	30	100	30	Normal
1	Lovely Kiss	Normal	Status	—	75	10	Normal
1	Powder Snow	Ice	Special	40	100	25	Many Others
5	Lick	Ghost	Physical	30	100	30	Normal
8	Lovely Kiss	Normal	Status	—	75	10	Normal
11	Powder Snow	Ice	Special	40	100	25	Many Others
15	Double Slap	Normal	Physical	15	85	10	Normal
18	Ice Punch	Ice	Physical	75	100	15	Normal
21	Heart Stamp	Psychic	Physical	60	100	25	Normal
25	Mean Look	Normal	Status	—	—	5	Normal
28	Fake Tears	Dark	Status	—	100	20	Normal
33	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
39	Avalanche	Ice	Physical	60	100	10	Normal
44	Body Slam	Normal	Physical	85	100	15	Normal
49	Wring Out	Normal	Special	—	100	5	Normal
55	Perish Song	Normal	Status	—	—	5	Adjacent
60	Blizzard	Ice	Special	110	70	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

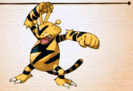
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Electabuzz

Electric Pokémon



National Pokédex	125	ELECTRIC
Alola Pokédex	296	

Height: 3'07" | Weight: 66.1 lbs.

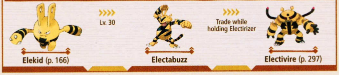
Electirizer

Same form for male/female

Electricity permeates its body. It swings its arms round and round to charge up electricity before unleashing a punch.

While it's often blamed for power outages, the truth is the cause of outages is more often an error on the part of the electric company.

EVOLUTION



Elekid (p. 166) → Electabuzz → Electivire (p. 297)

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Elekid on Mount Hokulani. Or obtain an Elekid, then level it up to Lv. 30 or higher to evolve it into Electabuzz.

ABILITY

Static

HIDDEN ABILITY

Vital Spirit

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Thunder Shock	Electric	Special	40	100	30	Normal
5	Thunder Shock	Electric	Special	40	100	30	Normal
8	Low Kick	Fighting	Physical	—	100	20	Normal
12	Swift	Normal	Special	60	—	20	Many Others
15	Shock Wave	Electric	Special	60	—	20	Normal
19	Thunder Wave	Electric	Status	—	90	20	Normal
22	Electro Ball	Electric	Special	—	100	10	Normal
26	Light Screen	Psychic	Status	—	—	30	Your Side
29	Thunder Punch	Electric	Physical	75	100	15	Normal
36	Discharge	Electric	Special	80	100	15	Adjacent
42	Screech	Normal	Status	—	85	40	Normal
49	Thunderbolt	Electric	Special	90	100	15	Normal
55	Thunder	Electric	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

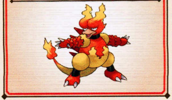
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Magmar

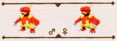
Spitfire Pokémon



National Pokédex 126 FIRE
Alola Pokédex 201

Height: 4'03" | Weight: 98.1 lbs.

Magmarizer

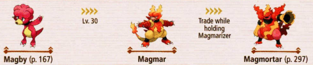


♂ ♀
Same form for male/female

Its entire body is burning. When it breathes, the temperature rises. When it sneezes, flames shoot out!

The hotter the place, the better they feel. Magmar in Alola are said to be hardier than those in other areas.

EVOLUTION



Magby (p. 167) · Magmar · Magmortar (p. 297)

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Magby in Wela Volcano Park. Or obtain a Magby, then level it up to Lv. 30 or higher to evolve it into Magmar.

ABILITY

Flame Body

HIDDEN ABILITY

Vital Spirit

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Smog	Poison	Special	30	70	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
5	Ember	Fire	Special	40	100	25	Normal
8	Smokescreen	Normal	Status	—	100	20	Normal
12	Feint Attack	Dark	Physical	60	—	20	Normal
15	Fire Spin	Fire	Special	35	85	15	Normal
19	Clear Smog	Poison	Special	50	—	15	Normal
22	Flame Burst	Fire	Special	70	100	15	Normal
26	Confuse Ray	Ghost	Status	—	100	10	Normal
29	Fire Punch	Fire	Physical	75	100	15	Normal
36	Lava Plume	Fire	Special	80	100	15	Adjacent
42	Sunny Day	Fire	Status	—	—	5	Both Sides
49	Flamethrower	Fire	Special	90	100	15	Normal
55	Fire Blast	Fire	Special	110	85	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others

◆ EXCLUSIVE Z-MOVE

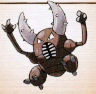
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

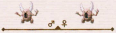
✓ Pinsir

Stag Beetle Pokémon



National Pokédex 127 BUG
Alola Pokédex 211

Height: 4'11" | Weight: 121.3 lbs.



♂ ♀
Same form for male/female

It gets into territorial disputes with Vikavolt. For some reason, it apparently gets along well with Heracross in Alola.

Although it's tough, it can't handle cold well. When night falls, it buries itself in leafage and sleeps.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Exeggutor Island.

ABILITY

Hyper Cutter
Mold Breaker

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
4	Bind	Normal	Physical	15	85	20	Normal
8	Seismic Toss	Fighting	Physical	—	100	20	Normal
11	Harden	Normal	Status	—	—	30	Self
15	Revenge	Fighting	Physical	60	100	10	Normal
18	Vital Throw	Fighting	Physical	70	—	10	Normal
22	Double Hit	Normal	Physical	35	90	10	Normal
26	Brick Break	Fighting	Physical	75	100	15	Normal
29	X-Scissor	Bug	Physical	80	100	15	Normal
33	Submission	Fighting	Physical	80	80	20	Normal
36	Storm Throw	Fighting	Physical	60	100	10	Normal
40	Swords Dance	Normal	Status	—	—	20	Self
43	Thrash	Normal	Physical	120	100	10	1 Random
47	Superpower	Fighting	Physical	120	100	5	Normal
50	Guillotine	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Throat Chop	Dark	Physical	80	100	15	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

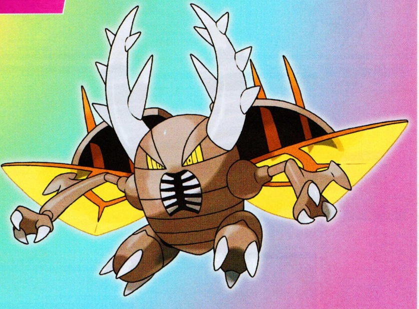
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fury Attack	Normal	Physical	15	85	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Close Combat	Fighting	Physical	120	100	5	Normal
Feint	Normal	Physical	30	100	10	Normal
Me First	Normal	Status	—	—	20	Varies
Bug Bite	Bug	Physical	60	100	20	Normal
Superpower	Fighting	Physical	120	100	5	Normal

Mega Pinsir

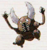
Stag Beetle Pokémon

BUG FLYING

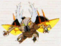
Height: 5'07"
Weight: 130.1 lbs.



MEGA EVOLUTION



Have Pinsir hold Pinsirite, and Mega Evolve it during battle.



Pinsir

Mega Pinsir

Same form for male/female

ABILITY

Aerilate

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

Required Mega Stone

Pinsirite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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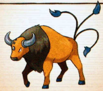
✓ Tauros

Wild Bull Pokémon



National Pokédex	128
Alola Pokédex	170

NORMAL

Height: 4'07" | Weight: 194.9 lbs.

♂ ♀

Male only

They live in groups. The one with the longest, thickest, and most-scarred horns is the boss of the herd.

The climate seems to be related to the reason Tauros in Alola are a little calmer than those in other regions.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Receive it in a trade in Poni Gauntlet. Or catch it when it appears in the tall grass in Paniola Ranch or Poni Plains.

ABILITY

Intimidate
Anger Point

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Tail Whip	Normal	Status	—	100	30	Many Others
5	Rage	Normal	Physical	20	100	20	Normal
8	Horn Attack	Normal	Physical	65	100	25	Normal
11	Scary Face	Normal	Status	—	100	10	Normal
15	Pursuit	Dark	Physical	40	100	20	Normal
19	Rest	Psychic	Status	—	—	10	Self
24	Payback	Dark	Physical	50	100	10	Normal
29	Work Up	Normal	Status	—	—	30	Self
35	Take Down	Normal	Physical	90	85	20	Normal
41	Zen Headbutt	Psychic	Physical	80	90	15	Normal
48	Swagger	Normal	Status	—	85	15	Normal
55	Thrash	Normal	Physical	120	100	10	1 Random
63	Double-Edge	Normal	Physical	120	100	15	Normal
71	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

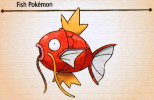
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

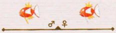
✓ Magikarp

Fish Pokémon



National Pokédex	129	WATER
Alola Pokédex	111	

Height: 2'11" | Weight: 22.0 lbs.

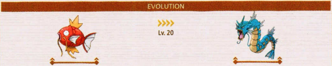


The male has yellow whiskers. The female has white whiskers.

In the distant past, they were fairly strong, but they have become gradually weaker over time.

Thanks to their strong hold on life, dirty water doesn't bother them at all. They live in waters all over the world!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Seaward Cave.

ABILITY

Swift Swim

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆
ATTACK	◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆◆

Water 2
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
15	Tackle	Normal	Physical	40	100	35	Normal
30	Flail	Normal	Physical	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal

◆ EXCLUSIVE Z-MOVE

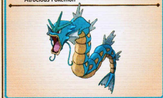
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

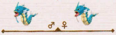
✓ Gyarados

Atrocious Pokémon



National Pokédex	130	WATER
Alola Pokédex	112	FLYING

Height: 21'04" | Weight: 518.1 lbs.

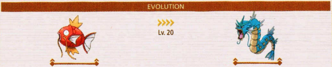


The male has blue whiskers. The female has white whiskers.

It fires hyper beams in all directions, burning the surrounding area to ash. There are some regions where it's called "the deity of destruction."

The energy from evolution stimulated its brain cells strongly, causing it to become very ferocious.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Magikarp in Seaward Cave. Or obtain a Magikarp, then level it up to Lv. 20 or higher to evolve it into Gyarados.

ABILITY

Intimidate

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 2
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×4	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bite	Dark	Physical	60	100	25	Normal
1	Thrash	Normal	Physical	120	100	10	1 Random
21	Leer	Normal	Status	—	100	30	Many Others
24	Twister	Dragon	Special	40	100	20	Many Others
27	Ice Fang	Ice	Physical	65	95	15	Normal
30	Aqua Tail	Water	Physical	90	90	10	Normal
33	Scary Face	Normal	Status	—	100	10	Normal
36	Dragon Rage	Dragon	Special	—	100	10	Normal
39	Crunch	Dark	Physical	80	100	15	Normal
42	Hydro Pump	Water	Special	110	80	5	Normal
45	Dragon Dance	Dragon	Status	—	—	20	Self
48	Hurricane	Flying	Special	110	70	10	Normal
51	Rain Dance	Water	Status	—	—	5	Both Sides
54	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bite	Dark	Physical	60	100	25	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

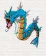
Mega Gyarados

Atrocious Pokémon

WATER DARK

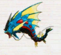
Height: 21'04"
Weight: 672.4 lbs.

MEGA EVOLUTION



Gyarados

Have Gyarados hold Gyaradosite, and Mega Evolve it during battle.



Mega Gyarados

Same form for male/female

ABILITY

Mold Breaker

SPECIES STRENGTHS

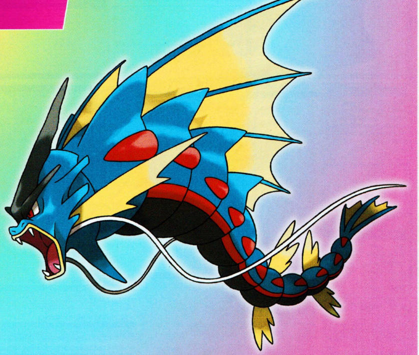
HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

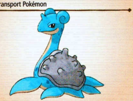
Required Mega Stone

Gyaradosite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



✓ Lapras

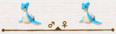
Transport Pokémon



National Pokédex	131	WATER
Alola Pokédex	353	ICE

Height: 8'02" | Weight: 485.0 lbs.

Mystic Water



Same form for male/female

It likes swimming around with people on its back. In the Alola region, it's an important means of transportation over water.

They've been so cherished that there's now an overabundance. The fish Pokémon population has declined in waters with too many Lapras.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface at Poni Breaker Coast.

ABILITY

Water Absorb
Shell Armor

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.25	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sing	Normal	Status	—	55	15	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
4	Mist	Ice	Status	—	—	30	Your Side
7	Confuse Ray	Ghost	Status	—	100	10	Normal
10	Ice Shard	Ice	Physical	40	100	30	Normal
14	Water Pulse	Water	Special	60	100	20	Normal
18	Body Slam	Normal	Physical	85	100	15	Normal
22	Rain Dance	Water	Status	—	—	5	Both Sides
27	Perish Song	Normal	Status	—	—	5	Adjacent
32	Ice Beam	Ice	Special	90	100	10	Normal
37	Brine	Water	Special	65	100	10	Normal
43	Safeguard	Normal	Status	—	—	25	Your Side
47	Hydro Pump	Water	Special	110	80	5	Normal
50	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

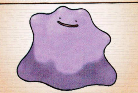
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foresight	Normal	Status	—	—	40	Normal
Tickle	Normal	Status	—	100	20	Normal
Refresh	Normal	Status	—	—	20	Self
Dragon Dance	Dragon	Status	—	—	20	Self
Curse	Ghost	Status	—	—	10	Varies
Sleep Talk	Normal	Status	—	—	10	Self
Horn Drill	Normal	Physical	—	30	5	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Whirlpool	Water	Special	35	85	15	Normal
Fissure	Ground	Physical	—	30	5	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Avalanche	Ice	Physical	60	100	10	Normal
Future Sight	Psychic	Special	120	100	10	Normal
Freeze-Dry	Ice	Special	70	100	20	Normal

✓ Ditto

Transform Pokémon



National Pokédex	132	NORMAL	
Alola Pokédex	271		

Height: 1'00" | Weight: 8.8 lbs.

Quick Powder   Metal Powder

Gender unknown

While it can transform into anything, each Ditto apparently has its own strengths and weaknesses when it comes to transformations.

It transforms into whatever it sees. If the thing it's transforming into isn't right in front of it, Ditto relies on its memory—so sometimes it fails.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Mount Hokulani. Or catch several excellent specimens by solving the mystery of the Ditto Five in Konikoni City.

ABILITY

Limber

HIDDEN ABILITY

Imposter

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Ditto

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Transform	Normal	Status	—	—	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

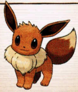
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Eevee

Evolution Pokémon



National Pokédex	133	NORMAL	
Alola Pokédex	153		

Height: 1'00" | Weight: 14.3 lbs.

♂ ♀

Same form for male/female

The question of why only Eevee has such unstable genes has still not been solved.

Its genes are easily influenced by its surroundings. Even its face starts to look like that of its Trainer.

EVOLUTION

See next page

MAIN WAY TO OBTAIN

Hatch one from the Pokémon Egg you receive at Paniola Ranch. Or catch one when it appears in the tall grass on Route 4.

ABILITY

Run Away
Adaptability

HIDDEN ABILITY

Anticipation

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Covet	Normal	Physical	60	100	25	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Growl	Normal	Status	—	100	40	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Bite	Dark	Physical	60	100	25	Normal
17	Swift	Normal	Special	60	—	20	Many Others
20	Refresh	Normal	Status	—	—	20	Self
25	Take Down	Normal	Physical	90	85	20	Normal
29	Charm	Fairy	Status	—	100	20	Normal
33	Baton Pass	Normal	Status	—	—	40	Self
37	Double-Edge	Normal	Physical	120	100	15	Normal
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Trump Card	Normal	Special	—	—	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Extreme Evoboost	Last Resort	Normal	Status	—	—	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

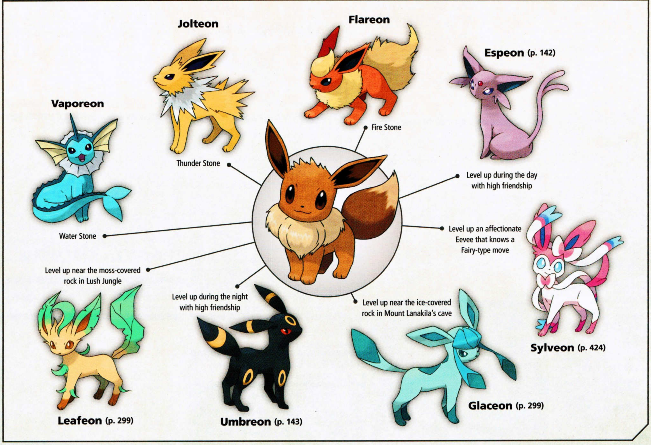
MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

EGG MOVES

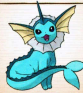
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Charm	Fairy	Status	—	100	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Curse	Ghost	Status	—	—	10	Varies
Tickle	Normal	Status	—	100	20	Normal
Wish	Normal	Status	—	—	10	Self
Yawn	Normal	Status	—	—	10	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Covet	Normal	Physical	60	100	25	Normal
Detect	Fighting	Status	—	—	5	Self
Natural Gift	Normal	Physical	—	100	15	Normal
Stored Power	Psychic	Special	20	100	10	Normal
Synchronoise	Psychic	Special	120	100	10	Adjacent
Captivate	Normal	Status	—	100	20	Many Others

Eevee's Evolutions


Jolteon
Flareon
Espeon (p. 142)
Vaporeon
Fire Stone
Thunder Stone
Level up during the day with high friendship
Water Stone
Level up an affectionate Eevee that knows a Fairy-type move
Level up near the moss-covered rock in Lush Jungle
Level up during the night with high friendship
Level up near the ice-covered rock in Mount Lanakila's cave
Sylveon (p. 424)
Glaceon (p. 299)
Leafeon (p. 299)
Umbreon (p. 143)

✓ Vaporeon

Bubble Jet Pokémon



National Pokédex	134	WATER
Alola Pokédex	154	

Height: 3'03" | Weight: 63.9 lbs.

Same form for male/female

Clean, clear waters are its usual habitat. When it's about to be attacked by an invading enemy, it dives into the water to hide.

It detects nearby moisture with its fin. When its fin begins trembling rapidly, that means rain will fall in a few hours.

EVOLUTION

Eevee

Use Water Stone

Vaporeon

MAIN WAY TO OBTAIN

Obtain an Eevee, then use a Water Stone on it to evolve it into Vaporeon.

ABILITY

Water Absorb

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Water Pulse	Water	Special	60	100	20	Normal
20	Aurora Beam	Ice	Special	65	100	20	Normal
25	Aqua Ring	Water	Status	—	—	20	Self
29	Acid Armor	Poison	Status	—	—	20	Self
33	Haze	Ice	Status	—	—	30	Both Sides
37	Muddy Water	Water	Special	90	85	10	Many Others
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Gun	Water	Special	40	100	25	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heal Bell	Normal	Status	—	—	5	Your Party
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

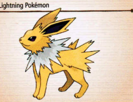
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Jolteon

Lightning Pokémon



National Pokédex	135	ELECTRIC
Alola Pokédex	155	

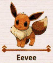
Height: 2'07" | Weight: 54.0 lbs.

Same form for male/female

Its lungs contain an organ that creates electricity. The crackling sound of electricity can be heard when it exhales.

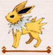
Its fur stands on end, becoming like needles it fires at enemies. Once they're weakened, it finishes them off with a 10,000 volt shock.

EVOLUTION



Eevee

Use Thunder Stone



Jolteon

MAIN WAY TO OBTAIN

Obtain an Eevee, then use a Thunder Stone on it to evolve it into Jolteon.

ABILITY

Volt Absorb

HIDDEN ABILITY

Quick Feet

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Double Kick	Fighting	Physical	30	100	30	Normal
20	Thunder Fang	Electric	Physical	65	95	15	Normal
25	Pin Missile	Bug	Physical	25	95	20	Normal
29	Agility	Psychic	Status	—	—	30	Self
33	Thunder Wave	Electric	Status	—	90	20	Normal
37	Discharge	Electric	Special	80	100	15	Adjacent
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Thunder	Electric	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Shock	Electric	Special	40	100	30	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

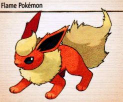
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

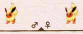
✓ Flareon

Flame Pokémon



National Pokédex	136	FIRE
Alola Pokédex	156	

Height: 2'11" | Weight: 55.1 lbs.

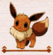


Same form for male/female

If it inhales deeply, that's a sign it's about to attack. Prepare to be hit by flames of over 3,000 degrees Fahrenheit!

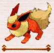
The flame chamber inside its body ignites when Flareon gets agitated, reaching temperatures of up to 1,650 degrees Fahrenheit.

EVOLUTION



Eevee

Use Fire Stone



Flareon

MAIN WAY TO OBTAIN

Obtain an Eevee, then use a Fire Stone on it to evolve it into Flareon.

ABILITY

Flash Fire

HIDDEN ABILITY

Guts

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Bite	Dark	Physical	60	100	25	Normal
20	Fire Fang	Fire	Physical	65	95	15	Normal
25	Fire Spin	Fire	Special	35	85	15	Normal
29	Scary Face	Normal	Status	—	100	10	Normal
33	Smog	Poison	Special	30	70	20	Normal
37	Lava Plume	Fire	Special	80	100	15	Adjacent
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Flare Blitz	Fire	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ember	Fire	Special	40	100	25	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Heal Bell	Normal	Status	—	—	5	Your Party
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

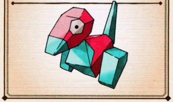
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Porygon

Virtual Pokémon



National Pokédex	137	NORMAL
Alola Pokédex	281	

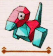
Height: 2'07" | Weight: 80.5 lbs.

Gender unknown

This Pokémon was created using the cutting-edge science of 20 years ago, so many parts of it have since become obsolete.

It was built 20 years ago by scientists who dreamed of exploring space. Their dreams have yet to come true.

EVOLUTION

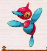


Porygon

Trade while holding Up-Grade

Porygon2 (p. 163)

Trade while holding Dubious Disc



Porygon-Z (p. 301)

MAIN WAY TO OBTAIN

Receive it from an Aether Employee in the Aether House after clearing the Team Rainbow Rocket event.

ABILITY

Trace
Download

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Conversion 2	Normal	Status	—	—	30	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Conversion	Normal	Status	—	—	30	Self
1	Sharpen	Normal	Status	—	—	30	Self
7	Psybeam	Psychic	Special	65	100	20	Normal
12	Agility	Psychic	Status	—	—	30	Self
18	Recover	Normal	Status	—	—	10	Self
23	Magnet Rise	Electric	Status	—	—	10	Self
29	Signal Beam	Bug	Special	75	100	15	Normal
34	Recycle	Normal	Status	—	—	10	Self
40	Discharge	Electric	Special	80	100	15	Adjacent
45	Lock-On	Normal	Status	—	—	5	Normal
50	Tri Attack	Normal	Special	80	100	10	Normal
56	Magic Coat	Psychic	Status	—	—	15	Self
62	Zap Cannon	Electric	Special	120	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

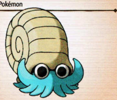
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

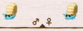
✓ Omanyte

Spiral Pokémon



National Pokédex	138	ROCK
Alola Pokédex	227	WATER

Height: 1'04" | Weight: 16.5 lbs.



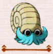
♂ ♀

Same form for male/female

Omanyte lived in the seas of antiquity. Its fossils have been found bearing bite marks from Archeops, so apparently Archeops preyed on it.

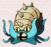
It was restored from an ancient fossil. Those Helix Fossils are excavated from areas that were once oceans long, long ago.

EVOLUTION



Omanyte

Lv. 40



Omastar

MAIN WAY TO OBTAIN

Obtain a Helix Fossil, then have it restored to Omanyte at the Fossil Restoration Center on Route 8.

ABILITY

Swift Swim
Shell Armor

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Constrict	Normal	Physical	10	100	35	Normal
1	Withdraw	Water	Status	—	—	40	Self
7	Bite	Dark	Physical	60	100	25	Normal
10	Water Gun	Water	Special	40	100	25	Normal
16	Rollout	Rock	Physical	30	90	20	Normal
19	Leer	Normal	Status	—	100	30	Many Others
25	Mud Shot	Ground	Special	55	95	15	Normal
28	Brine	Water	Special	65	100	10	Normal
34	Protect	Normal	Status	—	—	10	Self
37	Ancient Power	Rock	Special	60	100	5	Normal
43	Tickle	Normal	Status	—	100	20	Normal
46	Rock Blast	Rock	Physical	25	90	10	Normal
50	Shell Smash	Normal	Status	—	—	15	Self
55	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

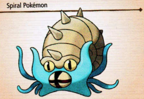
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bubble Beam	Water	Special	65	100	20	Normal
Aurora Beam	Ice	Special	65	100	20	Normal
Slam	Normal	Physical	80	75	20	Normal
Supersonic	Normal	Status	—	55	20	Normal
Haze	Ice	Status	—	—	30	Both Sides
Spikes	Ground	Status	—	—	20	Other Side
Knock Off	Dark	Physical	65	100	20	Normal
Wring Out	Normal	Special	—	100	5	Normal
Toxic Spikes	Poison	Status	—	—	20	Other Side
Muddy Water	Water	Special	90	85	10	Many Others
Bide	Normal	Physical	—	—	10	Self
Water Pulse	Water	Special	60	100	20	Normal
Whirlpool	Water	Special	35	85	15	Normal
Reflect Type	Normal	Status	—	—	15	Normal

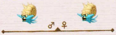
✓ Omastar

Spiral Pokémon



National Pokédex	139	ROCK
Alola Pokédex	228	WATER

Height: 3'03" | Weight: 77.2 lbs.

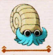


Same form for male/female

Its heavy shell is thought to be the reason this ancient Pokémon died out. It's apparently a distant ancestor of Octillery.

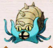
It wraps its prey in its tentacles to immobilize them and then finishes them off with its sharp fangs.

EVOLUTION



Omanyte

Lv. 40



Omastar

MAIN WAY TO OBTAIN

Obtain Omanyte, then level it up to Lv. 40 or higher to evolve it into Omastar.

ABILITY

Swift Swim
Shell Armor

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Spike Cannon	Normal	Physical	20	100	15	Normal
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
1	Withdraw	Water	Status	—	—	40	Self
1	Bite	Dark	Physical	60	100	25	Normal
7	Bite	Dark	Physical	60	100	25	Normal
10	Water Gun	Water	Special	40	100	25	Normal
16	Rollout	Rock	Physical	30	90	20	Normal
19	Leer	Normal	Status	—	100	30	Many Others
25	Mud Shot	Ground	Special	55	95	15	Normal
28	Brine	Water	Special	65	100	10	Normal
34	Protect	Normal	Status	—	—	10	Self
37	Ancient Power	Rock	Special	60	100	5	Normal
48	Tickle	Normal	Status	—	100	20	Normal
56	Rock Blast	Rock	Physical	25	90	10	Normal
67	Shell Smash	Normal	Status	—	—	15	Self
75	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spike Cannon	Normal	Physical	20	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

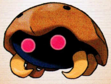
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

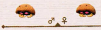
✓ Kabuto

Shellfish Pokémon



National Pokédex	140	ROCK
Alola Pokédex	229	WATER

Height: 1'08" | Weight: 25.4 lbs.



Same form for male/female

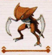
This Pokémon thrived 300 million years ago. It's said that living specimens can still be seen in a certain region—a rare sight.

This Pokémon became extinct everywhere, except in a few areas. It protects itself with its hard shell.

EVOLUTION

Kabuto

Lv. 40



Kabutops

MAIN WAY TO OBTAIN

Obtain a Dome Fossil, then have it restored to Kabuto at the Fossil Restoration Center on Route 8.

ABILITY

Swift Swim
Battle Armor

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
6	Absorb	Grass	Special	20	100	25	Normal
11	Leer	Normal	Status	—	100	30	Many Others
16	Mud Shot	Ground	Special	55	95	15	Normal
21	Sand Attack	Ground	Status	—	100	15	Normal
26	Endure	Normal	Status	—	—	10	Self
31	Aqua Jet	Water	Physical	40	100	20	Normal
36	Mega Drain	Grass	Special	40	100	15	Normal
41	Metal Sound	Steel	Status	—	85	40	Normal
46	Ancient Power	Rock	Special	60	100	5	Normal
50	Wring Out	Normal	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

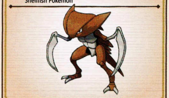
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bubble Beam	Water	Special	65	100	20	Normal
Aurora Beam	Ice	Special	65	100	20	Normal
Rapid Spin	Normal	Physical	20	100	40	Normal
Flail	Normal	Physical	—	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Screech	Normal	Status	—	85	40	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Foresight	Normal	Status	—	—	40	Normal
Take Down	Normal	Physical	90	85	20	Normal

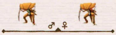
✓ Kabutops

Shellfish Pokémon



National Pokédex	141	ROCK
Alola Pokédex	230	WATER

Height: 4'03" | Weight: 89.3 lbs.



♂ ♀

Same form for male/female

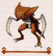
Its body had begun to change so it could function on land. But it didn't adapt in time and went extinct.

It swims at speeds of roughly 29 knots, quickly closing in on its prey and slashing into them with its scythes to finish them off.

EVOLUTION

Kabuto

»»» Lv. 40



Kabutops

MAIN WAY TO OBTAIN

Obtain Kabuto, then level it up to Lv. 40 or higher to evolve it into Kabutops.

ABILITY

Swift Swim
Battle Armor

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Slash	Normal	Physical	70	100	20	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Feint	Normal	Physical	30	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
6	Absorb	Grass	Special	20	100	25	Normal
11	Leer	Normal	Status	—	100	30	Many Others
16	Mud Shot	Ground	Special	55	95	15	Normal
21	Sand Attack	Ground	Status	—	100	15	Normal
26	Endure	Normal	Status	—	—	10	Self
31	Aqua Jet	Water	Physical	40	100	20	Normal
36	Mega Drain	Grass	Special	40	100	15	Normal
45	Metal Sound	Steel	Status	—	85	40	Normal
54	Ancient Power	Rock	Special	60	100	5	Normal
63	Wring Out	Normal	Special	—	100	5	Normal
72	Night Slash	Dark	Physical	70	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Slash	Normal	Physical	70	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

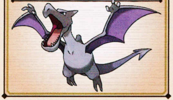
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

KABUTOPS

141

✓ Aerodactyl

Fossil Pokémon



National Pokédex	142	ROCK
Alola Pokédex	382	FLYING

Height: 5'11" | Weight: 130.1 lbs.

♂ ♀

Same form for male/female

Restored from DNA found in amber, this Pokémon exhibited ferocity that was greater than expected. Some casualties resulted.

It flew through the open skies over the ancient continent as if they were its own. When it touched ground, its walk was weak and slow.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Receive it from a woman in Seafolk Village.

ABILITY

Rock Head
Pressure

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Iron Head	Steel	Physical	80	100	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Wing Attack	Flying	Physical	60	100	35	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
9	Roar	Normal	Status	—	—	20	Normal
17	Agility	Psychic	Status	—	—	30	Self
25	Ancient Power	Rock	Special	60	100	5	Normal
33	Crunch	Dark	Physical	80	100	15	Normal
41	Take Down	Normal	Physical	90	85	20	Normal
49	Sky Drop	Flying	Physical	60	100	10	Normal
57	Iron Head	Steel	Physical	80	100	15	Normal
65	Hyper Beam	Normal	Special	150	90	5	Normal
73	Rock Slide	Rock	Physical	75	90	10	Many Others
81	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Whirlwind	Normal	Status	—	—	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Foresight	Normal	Status	—	—	40	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Dragon Breath	Dragon	Special	60	100	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Assurance	Dark	Physical	60	100	10	Normal
Roost	Flying	Status	—	—	10	Self
Tailwind	Flying	Status	—	—	15	Your Side
Wide Guard	Rock	Status	—	—	10	Your Side

AERODACTYL

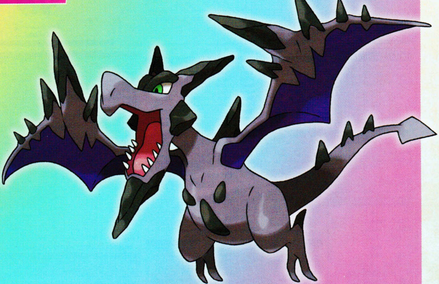
142

Mega Aerodactyl

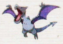
Fossil Pokémon

ROCK FLYING

Height: 6'11"
Weight: 174.2 lbs.

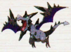


MEGA EVOLUTION



Aerodactyl

Have Aerodactyl hold Aerodactylite, and Mega Evolve it during battle.



Mega Aerodactyl

Same form for male/female

ABILITY

Tough Claws

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×0	FAIRY	×1

Required Mega Stone

Aerodactylite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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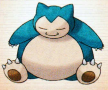
✓ Snorlax

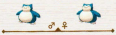
Sleeping Pokémon



National Pokédex	143	NORMAL
Alola Pokédex	043	

Height: 6'11" | Weight: 1014.1 lbs.

Leftovers

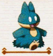


Same form for male/female

It doesn't do anything other than eat and sleep. When prompted to make a serious effort, though, it apparently displays awesome power.

It has no interest in anything other than eating. Even if you climb up on its stomach while it's napping, it doesn't seem to mind at all!

EVOLUTION



Munchlax (p. 286)

Level up with high friendship

Snorlax

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Munchlax on Route 1. Or obtain a Munchlax, then level it up with high friendship to evolve it into Snorlax.

ABILITY

Immunity
Thick Fat

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
! ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
4	Defense Curl	Normal	Status	—	—	40	Self
9	Amnesia	Psychic	Status	—	—	20	Self
12	Lick	Ghost	Physical	30	100	30	Normal
17	Chip Away	Normal	Physical	70	100	20	Normal
20	Yawn	Normal	Status	—	—	10	Normal
25	Body Slam	Normal	Physical	85	100	15	Normal
28	Rest	Psychic	Status	—	—	10	Self
28	Snore	Normal	Special	50	100	15	Normal
33	Sleep Talk	Normal	Status	—	—	10	Self
35	Giga Impact	Normal	Physical	150	90	5	Normal
36	Rollout	Rock	Physical	30	90	20	Normal
41	Block	Normal	Status	—	—	5	Normal
44	Belly Drum	Normal	Status	—	—	10	Self
49	Crunch	Dark	Physical	80	100	15	Normal
50	Heavy Slam	Steel	Physical	—	100	10	Normal
57	High Horsepower	Ground	Physical	95	95	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

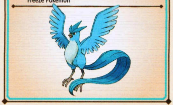
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Pulverizing Pancake	Giga Impact	Normal	Physical	210	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Lick	Ghost	Physical	30	100	30	Normal
Charm	Fairy	Status	—	100	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Fissure	Ground	Physical	—	30	5	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Natural Gift	Normal	Physical	—	100	15	Normal
After You	Normal	Status	—	—	15	Normal
Belch	Poison	Special	120	90	10	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

✓ Articuno

Freeze Pokémon



National Pokédex	144	ICE
Alola Pokédex	—	FLYING

Height: 5'07" | **Weight: 122.1 lbs.**

Gender unknown

X A legendary bird Pokémon. It can create blizzards by freezing moisture in the air.

Y A legendary bird Pokémon that is said to appear to doomed people who are lost in icy mountains.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride.

ABILITY

Pressure

HIDDEN ABILITY

Snow Cloak

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×2
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Powder Snow	Ice	Special	40	100	25	Many Others
8	Mist	Ice	Status	—	—	30	Your Side
15	Ice Shard	Ice	Physical	40	100	30	Normal
22	Mind Reader	Normal	Status	—	—	5	Normal
29	Ancient Power	Rock	Special	60	100	5	Normal
36	Agility	Psychic	Status	—	—	30	Self
43	Freeze-Dry	Ice	Special	70	100	20	Normal
50	Reflect	Psychic	Status	—	—	20	Your Side
57	Hail	Ice	Status	—	—	10	Both Sides
64	Tailwind	Flying	Status	—	—	15	Your Side
71	Ice Beam	Ice	Special	90	100	10	Normal
78	Blizzard	Ice	Special	110	70	5	Many Others
85	Roost	Flying	Status	—	—	10	Self
92	Hurricane	Flying	Special	110	70	10	Normal
99	Sheer Cold	Ice	Special	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM76	Fly	Flying	Physical	90	95	15	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

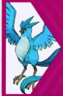
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

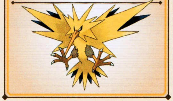
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



✓ Zapdos

Electric Pokémon



National Pokédex	145	ELECTRIC
Alola Pokédex	—	FLYING

Height: 5'03" | **Weight: 116.0 lbs.**

Gender unknown

X A legendary bird Pokémon that is said to appear from clouds while dropping enormous lightning bolts.

Y A legendary Pokémon that is said to live in thunderclouds. It freely controls lightning bolts.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride.

ABILITY

Pressure

HIDDEN ABILITY

Static

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
8	Thunder Wave	Electric	Status	—	90	20	Normal
15	Detect	Fighting	Status	—	—	5	Self
22	Pluck	Flying	Physical	60	100	20	Normal
29	Ancient Power	Rock	Special	60	100	5	Normal
36	Charge	Electric	Status	—	—	20	Self
43	Agility	Psychic	Status	—	—	30	Self
50	Discharge	Electric	Special	80	100	15	Adjacent
57	Rain Dance	Water	Status	—	—	5	Both Sides
64	Light Screen	Psychic	Status	—	—	30	Your Side
71	Drill Peck	Flying	Physical	80	100	20	Normal
78	Thunder	Electric	Special	110	70	10	Normal
85	Roost	Flying	Status	—	—	10	Self
92	Magnetic Flux	Electric	Status	—	—	20	Your Party
99	Zap Cannon	Electric	Special	120	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

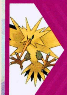
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

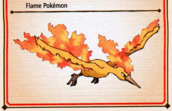
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



✓ Moltres

Flame Pokémon



National Pokédex	146	FIRE
Alola Pokédex	—	FLYING

Height: 6'07" | Weight: 132.3 lbs.

Gender unknown

It is said to be the legendary bird Pokémon of fire. Every flap of its wings creates a dazzling flare of flames.

One of the legendary bird Pokémon. It is said that its appearance indicates the coming of spring.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride.

ABILITY

Pressure

HIDDEN ABILITY

Flame Body

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wing Attack	Flying	Physical	60	100	35	Normal
1	Ember	Fire	Special	40	100	25	Normal
8	Fire Spin	Fire	Special	35	85	15	Normal
15	Agility	Psychic	Status	—	—	30	Self
22	Endure	Normal	Status	—	—	10	Self
29	Ancient Power	Rock	Special	60	100	5	Normal
36	Flamethrower	Fire	Special	90	100	15	Normal
43	Safeguard	Normal	Status	—	—	25	Your Side
50	Air Slash	Flying	Special	75	95	15	Normal
57	Sunny Day	Fire	Status	—	—	5	Both Sides
64	Heat Wave	Fire	Special	95	90	10	Many Others
71	Solar Beam	Grass	Special	120	100	10	Normal
78	Sky Attack	Flying	Physical	140	90	5	Normal
85	Roost	Flying	Status	—	—	10	Self
92	Hurricane	Flying	Special	110	70	10	Normal
99	Burn Up	Fire	Special	130	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

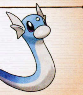
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dratini

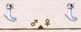
Dragon Pokémon



National Pokédex	147	DRAGON
Alola Pokédex	379	

Height: 5'11" | Weight: 7.3 lbs.

Dragon Scale



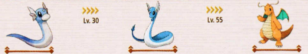
♂ ♀

Same form for male/female

It's still weak, so it lurks on the floor of bodies of water, eating whatever food sinks down and living a quiet life.

It sheds its skin—almost on a daily basis—and grows larger. Its skin is soft just after it's been shed.

EVOLUTION



Dratini

Lv. 30

Dragonair

Lv. 55

Dragonite

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Poni Gauntlet, especially a rare fishing spot.

ABILITY

Shed Skin

HIDDEN ABILITY

Marvel Scale

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 1

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wrap	Normal	Physical	15	90	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Thunder Wave	Electric	Status	—	90	20	Normal
11	Twister	Dragon	Special	40	100	20	Many Others
15	Dragon Rage	Dragon	Special	—	100	10	Normal
21	Slam	Normal	Physical	80	75	20	Normal
25	Agility	Psychic	Status	—	—	30	Self
31	Dragon Tail	Dragon	Physical	60	90	10	Normal
35	Aqua Tail	Water	Physical	90	90	10	Normal
41	Dragon Rush	Dragon	Physical	100	75	10	Normal
45	Safeguard	Normal	Status	—	—	25	Your Side
51	Dragon Dance	Dragon	Status	—	—	20	Self
55	Outrage	Dragon	Physical	120	100	10	1 Random
61	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Outrage	Dragon	Physical	120	100	10	1 Random

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

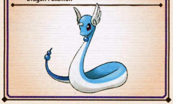
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mist	Ice	Status	—	—	30	Your Side
Haze	Ice	Status	—	—	30	Both Sides
Supersonic	Normal	Status	—	55	20	Normal
Dragon Breath	Dragon	Special	60	100	20	Normal
Dragon Dance	Dragon	Status	—	—	20	Self
Dragon Rush	Dragon	Physical	100	75	10	Normal
Extreme Speed	Normal	Physical	80	100	5	Normal
Water Pulse	Water	Special	60	100	20	Normal
Aqua Jet	Water	Physical	40	100	20	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

✓ Dragonair

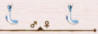
Dragon Pokémon



National Pokédex	148	DRAGON
Alola Pokédex	380	

Height: 13'01" | Weight: 36.4 lbs.

Dragon Scale



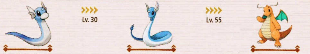
♂ ♀

Same form for male/female

Lakes where Dragonair live are filled with offerings from people, because they believe this Pokémon is able to control the weather.

Some say that if you see it at the start of the year, flying through the sky and twisting its body, you'll be healthy all year long.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Dratini in Poni Gauntlet. Or obtain a Dratini, then level it up to Lv. 30 or higher to evolve it into Dragonair.

ABILITY

Shed Skin

HIDDEN ABILITY

Marvel Scale

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wrap	Normal	Physical	15	90	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Twister	Dragon	Special	40	100	20	Many Others
5	Thunder Wave	Electric	Status	—	90	20	Normal
11	Twister	Dragon	Special	40	100	20	Many Others
15	Dragon Rage	Dragon	Special	—	100	10	Normal
21	Slam	Normal	Physical	80	75	20	Normal
25	Agility	Psychic	Status	—	—	30	Self
33	Dragon Tail	Dragon	Physical	60	90	10	Normal
39	Aqua Tail	Water	Physical	90	90	10	Normal
47	Dragon Rush	Dragon	Physical	100	75	10	Normal
53	Safeguard	Normal	Status	—	—	25	Your Side
61	Dragon Dance	Dragon	Status	—	—	20	Self
67	Outrage	Dragon	Physical	120	100	10	1 Random
75	Hyper Beam	Normal	Special	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

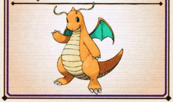
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dragonite

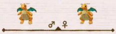
Dragon Pokémon



National Pokédex	149	DRAGON
Alola Pokédex	381	FLYING

Height: 7'03" | Weight: 463.0 lbs.

Dragon Scale



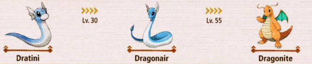
♂ ♀

Same form for male/female

It flies over raging seas as if they were nothing. Observing this, a ship's captain dubbed this Pokémon "the sea incarnate."

You'll often hear tales of this kindhearted Pokémon rescuing people or Pokémon that are drowning.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Dratini in Poni Gauntlet. Or obtain a Dragonair, then level it up to Lv. 55 or higher to evolve it into Dragonite.

ABILITY

Inner Focus

HIDDEN ABILITY

Multiscale

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 1

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wing Attack	Flying	Physical	60	100	35	Normal
1	Hurricane	Flying	Special	110	70	10	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Roost	Flying	Status	—	—	10	Self
1	Wrap	Normal	Physical	15	90	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Twister	Dragon	Special	40	100	20	Many Others
5	Thunder Wave	Electric	Status	—	90	20	Normal
11	Twister	Dragon	Special	40	100	20	Many Others
15	Dragon Rage	Dragon	Special	—	100	10	Normal
21	Slam	Normal	Physical	80	75	20	Normal
25	Agility	Psychic	Status	—	—	30	Self
33	Dragon Tail	Dragon	Physical	60	90	10	Normal
39	Aqua Tail	Water	Physical	90	90	10	Normal
47	Dragon Rush	Dragon	Physical	100	75	10	Normal
53	Safeguard	Normal	Status	—	—	25	Your Side
61	Dragon Dance	Dragon	Status	—	—	20	Self
67	Outrage	Dragon	Physical	120	100	10	1 Random
75	Hyper Beam	Normal	Special	150	90	5	Normal
81	Hurricane	Flying	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wing Attack	Flying	Physical	60	100	35	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

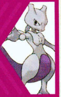
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

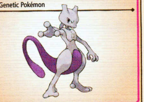
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



✓ Mewtwo

Genetic Pokémon



National Pokédex	150	PSYCHIC
Alola Pokédex	—	

Height: 6'07" | Weight: 269.0 lbs.

Gender unknown

X It was created by a scientist after years of horrific gene-splicing and DNA-engineering experiments.

Y A Pokémon created by recombining Mew's genes. It's said to have the most savage heart among Pokémon.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride.

ABILITY

Pressure

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Laser Focus	Normal	Status	—	—	30	Self
1	Psywave	Psychic	Special	—	100	15	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
1	Disable	Normal	Status	—	100	20	Normal
1	Safeguard	Normal	Status	—	—	25	Your Side
8	Swift	Normal	Special	60	—	20	Many Others
15	Future Sight	Psychic	Special	120	100	10	Normal
22	Psych Up	Normal	Status	—	—	10	Normal
29	Miracle Eye	Psychic	Status	—	—	40	Normal
36	Psycho Cut	Psychic	Physical	70	100	20	Normal
43	Power Swap	Psychic	Status	—	—	10	Normal
43	Guard Swap	Psychic	Status	—	—	10	Normal
50	Recover	Normal	Status	—	—	10	Self
57	Psychic	Psychic	Special	90	100	10	Normal
64	Barrier	Psychic	Status	—	—	20	Self
70	Aura Sphere	Fighting	Special	80	—	20	Normal
79	Amnesia	Psychic	Status	—	—	20	Self
86	Mist	Ice	Status	—	—	30	Your Side
93	Me First	Normal	Status	—	—	20	Varies
100	Psystrike	Psychic	Special	100	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
English Max	Fighting	Physical	100	100	10	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
English Max	Fighting	Physical	100	100	10	Many Others

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam English Max	Bug Fighting	Special Physical	75 100	100	15 10	Normal Many Others
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
10,000,000 Volt Thunderbolt	Parabolic Charge	Fighting	Physical	100	10	Many Others

Mega Mewtwo X

Genetic Pokémon

PSYCHIC FIGHTING

Height: 7'07"
Weight: 280.0 lbs.

MEGA EVOLUTION

Have Mewtwo hold Mewtwonite X, and Mega Evolve it during battle.

Mewtwo

Mega Mewtwo X

Gender unknown

ABILITY

Steadfast

SPECIES STRENGTHS

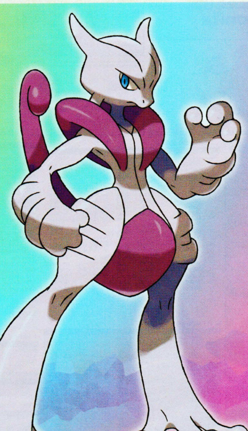
HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

Required Mega Stone

Mewtwonite X
Get it in exchange for 64 BP at the Battle Tree on Poni Island

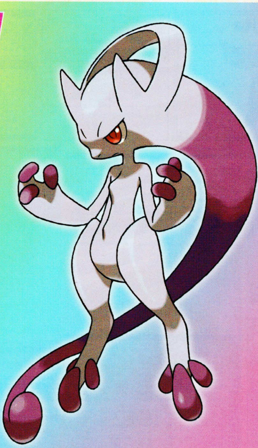


Mega Mewtwo Y

Genetic Pokémon

PSYCHIC

Height: 4'11"
Weight: 72.8 lbs.



MEGA EVOLUTION

Mewtwo

Have Mewtwo hold Mewtwonite Y, and Mega Evolve it during battle.

Mega Mewtwo Y

Gender unknown

ABILITY

Insomnia

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆◆

Damage taken in normal battles

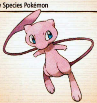
NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

Required Mega Stone

Mewtwonite Y
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Mew

New Species Pokémon



National Pokédex 151
Alola Pokédex —
PSYCHIC

Height: 1'04" | Weight: 8.8 lbs.

Gender unknown

X Because it can use all kinds of moves, many scientists believe Mew to be the ancestor of Pokémon.

Y Its DNA is said to contain the genetic codes of all Pokémon, so it can use all kinds of techniques.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Synchronize

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Reflect Type	Normal	Status	—	—	15	Normal
1	Transform	Normal	Status	—	—	10	Normal
10	Mega Punch	Normal	Physical	80	85	20	Normal
20	Metronome	Normal	Status	—	—	10	Self
30	Psychic	Psychic	Special	90	100	10	Normal
40	Barrier	Psychic	Status	—	—	20	Self
50	Ancient Power	Rock	Special	60	100	5	Normal
60	Amnesia	Psychic	Status	—	—	20	Self
70	Me First	Normal	Status	—	—	20	Varies
80	Baton Pass	Normal	Status	—	—	40	Self
90	Nasty Plot	Dark	Status	—	—	20	Self
100	Aura Sphere	Fighting	Special	80	—	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mew can learn all the moves taught with TMs.

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mew can learn all the moves taught in exchange for BP.

◆ EXCLUSIVE Z-MOVE

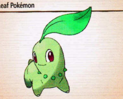
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Genesis Supernova	Psychic	Psychic	Special	185	—	Normal

CHIKORITA

152

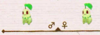
✓ Chikorita

Leaf Pokémon



National Pokédex 152 GRASS
Alola Pokédex —

Height: 2'11" | Weight: 14.1 lbs.

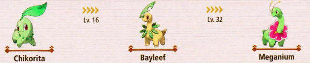


Same form for male/female

X: A sweet aroma gently wafts from the leaf on its head. It is docile and loves to soak up sun rays.

Y: It uses the leaf on its head to determine the temperature and humidity. It loves to sunbathe.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 2 by using Island Scan on Melemele Island on a Friday in *Pokémon Sun* or *Pokémon Moon.*

ABILITY

Overgrow

HIDDEN ABILITY

Leaf Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
6	Razor Leaf	Grass	Physical	55	95	25	Many Others
9	Poison Powder	Poison	Status	—	75	35	Normal
12	Synthesis	Grass	Status	—	—	5	Self
17	Reflect	Psychic	Status	—	—	20	Your Side
20	Magical Leaf	Grass	Special	60	—	20	Normal
23	Natural Gift	Normal	Physical	—	100	15	Normal
28	Sweet Scent	Normal	Status	—	100	20	Many Others
31	Light Screen	Psychic	Status	—	—	30	Your Side
34	Body Slam	Normal	Physical	85	100	15	Normal
39	Safeguard	Normal	Status	—	—	25	Your Side
42	Aromatherapy	Grass	Status	—	—	5	Your Party
45	Solar Beam	Grass	Special	120	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

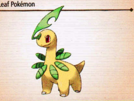
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Vine Whip	Grass	Physical	45	100	25	Normal
Leech Seed	Grass	Status	—	90	10	Normal
Counter	Fighting	Physical	—	100	20	Varies
Ancient Power	Rock	Special	60	100	5	Normal
Flail	Normal	Physical	—	100	15	Normal
Nature Power	Normal	Status	—	—	20	Normal
Ingrain	Grass	Status	—	—	20	Self
Grass Whistle	Grass	Status	—	55	15	Normal
Leaf Storm	Grass	Special	130	90	5	Normal
Aromatherapy	Grass	Status	—	—	5	Your Party
Wring Out	Normal	Special	—	100	5	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Refresh	Normal	Status	—	—	20	Self
Heal Pulse	Psychic	Status	—	—	10	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

BAYLEEF

153

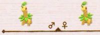
✓ Bayleef

Leaf Pokémon



National Pokédex 153 GRASS
Alola Pokédex —

Height: 3'11" | Weight: 34.8 lbs.

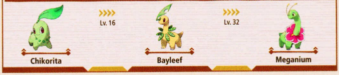


Same form for male/female

X: A spicy aroma emanates from around its neck. The aroma acts as a stimulant to restore health.

Y: The buds that ring its neck give off a spicy aroma that perks people up.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Chikorita, then level it up to Lv. 16 or higher to evolve it into Bayleef.

ABILITY

Overgrow

HIDDEN ABILITY

Leaf Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
1	Poison Powder	Poison	Status	—	75	35	Normal
6	Razor Leaf	Grass	Physical	55	95	25	Many Others
9	Poison Powder	Poison	Status	—	75	35	Normal
12	Synthesis	Grass	Status	—	—	5	Self
18	Reflect	Psychic	Status	—	—	20	Your Side
22	Magical Leaf	Grass	Special	60	—	20	Normal
26	Natural Gift	Normal	Physical	—	100	15	Normal
32	Sweet Scent	Normal	Status	—	100	20	Many Others
36	Light Screen	Psychic	Status	—	—	30	Your Side
40	Body Slam	Normal	Physical	85	100	15	Normal
46	Safeguard	Normal	Status	—	—	25	Your Side
50	Aromatherapy	Grass	Status	—	—	5	Your Party
54	Solar Beam	Grass	Special	120	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

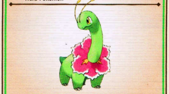
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Meganium

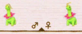
Herb Pokémon



National Pokédex	154
Alola Pokédex	—

GRASS

Height: 5'11" | Weight: 221.6 lbs.

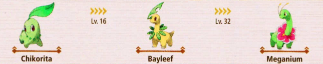


The male has longer feelers. The female has shorter feelers.

X The aroma that rises from its petals contains a substance that calms aggressive feelings.

Y Meganium's breath has the power to revive dead grass and plants. It can make them healthy again.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Bayleef, then level it up to Lv. 32 or higher to evolve it into Meganium.

ABILITY

Overgrow

HIDDEN ABILITY

Leaf Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Petal Dance	Grass	Special	120	100	10	1 Random
1	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
1	Poison Powder	Poison	Status	—	75	35	Normal
6	Razor Leaf	Grass	Physical	55	95	25	Many Others
9	Poison Powder	Poison	Status	—	75	35	Normal
12	Synthesis	Grass	Status	—	—	5	Self
18	Reflect	Psychic	Status	—	—	20	Your Side
22	Magical Leaf	Grass	Special	60	—	20	Normal
26	Natural Gift	Normal	Physical	—	100	15	Normal
34	Sweet Scent	Normal	Status	—	100	20	Many Others
40	Light Screen	Psychic	Status	—	—	30	Your Side
46	Body Slam	Normal	Physical	85	100	15	Normal
54	Safeguard	Normal	Status	—	—	25	Your Side
60	Aromatherapy	Grass	Status	—	—	5	Your Party
66	Solar Beam	Grass	Special	120	100	10	Normal
70	Petal Blizzard	Grass	Physical	90	100	15	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Petal Dance	Grass	Special	120	100	10	1 Random

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Frenzy Plant	Grass	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

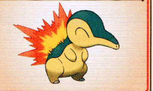
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cyndaquil

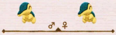
Fire Mouse Pokémon



National Pokédex	155
Alola Pokédex	—

FIRE

Height: 1'08" | Weight: 17.4 lbs.

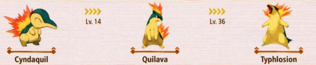


Same form for male/female

X It is timid and always curls itself up in a ball. If attacked, it flares up its back for protection.

Y It has a timid nature. If it is startled, the flames on its back burn more vigorously.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 3 by using Island Scan on Melemele Island on a Sunday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Blaze

HIDDEN ABILITY

Flash Fire

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
6	Smokescreen	Normal	Status	—	100	20	Normal
10	Ember	Fire	Special	40	100	25	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
19	Flame Wheel	Fire	Physical	60	100	25	Normal
22	Defense Curl	Normal	Status	—	—	40	Self
28	Flame Charge	Fire	Physical	50	100	20	Normal
31	Swift	Normal	Special	60	—	20	Many Others
37	Lava Plume	Fire	Special	80	100	15	Adjacent
40	Flamethrower	Fire	Special	90	100	15	Normal
46	Inferno	Fire	Special	100	50	5	Normal
49	Rollout	Rock	Physical	30	90	20	Normal
55	Double-Edge	Normal	Physical	120	100	15	Normal
58	Burn Up	Fire	Special	130	100	5	Normal
64	Eruption	Fire	Special	150	100	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

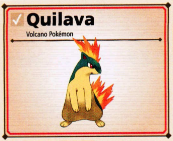
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fury Swipes	Normal	Physical	18	80	15	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Reversal	Fighting	Physical	—	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Foresight	Normal	Status	—	—	40	Normal
Covet	Normal	Physical	60	100	25	Normal
Howl	Normal	Status	—	—	40	Self
Crush Claw	Normal	Physical	75	95	10	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Double Kick	Fighting	Physical	30	100	30	Normal
Flare Blitz	Fire	Physical	120	100	15	Normal
Extrasensory	Psychic	Special	80	100	20	Normal
Nature Power	Normal	Status	—	—	20	Normal
Flame Burst	Fire	Special	70	100	15	Normal

✓ Quilava

Volcano Pokémon



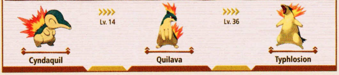
National Pokédex 156 FIRE
Alola Pokédex —
Height: 2'11" | Weight: 41.9 lbs.

Same form for male/female

X Before battle, it turns its back on its opponent to demonstrate how ferociously its fire blazes.

Y *Be careful if it turns its back during battle. It means that it will attack with the fire on its back.*

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Cyndaquil, then level it up to Lv. 14 or higher to evolve it into Quilava.

ABILITY

Blaze

HIDDEN ABILITY

Flash Fire

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Smokescreen	Normal	Status	—	100	20	Normal
6	Smokescreen	Normal	Status	—	100	20	Normal
10	Ember	Fire	Special	40	100	25	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
20	Flame Wheel	Fire	Physical	60	100	25	Normal
24	Defense Curl	Normal	Status	—	—	40	Self
31	Swift	Normal	Special	60	—	20	Many Others
35	Flame Charge	Fire	Physical	50	100	20	Normal
42	Lava Plume	Fire	Special	80	100	15	Adjacent
46	Flamethrower	Fire	Special	90	100	15	Normal
53	Inferno	Fire	Special	100	50	5	Normal
57	Rollout	Rock	Physical	30	90	20	Normal
64	Double-Edge	Normal	Physical	120	100	15	Normal
68	Burn Up	Fire	Special	130	100	5	Normal
75	Eruption	Fire	Special	150	100	5	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

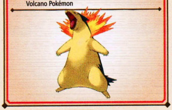
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

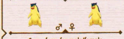
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal

✓ Typhlosion

Volcano Pokémon



National Pokédex 157 FIRE
Alola Pokédex —
Height: 5'07" | Weight: 175.3 lbs.

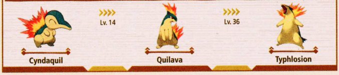


Same form for male/female

X If its rage peaks, it becomes so hot that anything that touches it will instantly go up in flames.

Y It has a secret, devastating move. It rubs its blazing fur together to cause huge explosions.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Quilava, then level it up to Lv. 36 or higher to evolve it into Typhlosion.

ABILITY

Blaze

HIDDEN ABILITY

Flash Fire

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Eruption	Fire	Special	150	100	5	Many Others
1	Double-Edge	Normal	Physical	120	100	15	Normal
1	Gyro Ball	Steel	Physical	—	100	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Smokescreen	Normal	Status	—	100	20	Normal
1	Ember	Fire	Special	40	100	25	Normal
6	Smokescreen	Normal	Status	—	100	20	Normal
10	Ember	Fire	Special	40	100	25	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
20	Flame Wheel	Fire	Physical	60	100	25	Normal
24	Defense Curl	Normal	Status	—	—	40	Self
31	Swift	Normal	Special	60	—	20	Many Others
35	Flame Charge	Fire	Physical	50	100	20	Normal
43	Lava Plume	Fire	Special	80	100	15	Adjacent
48	Flamethrower	Fire	Special	90	100	15	Normal
56	Inferno	Fire	Special	100	50	5	Normal
61	Rollout	Rock	Physical	30	90	20	Normal
69	Double-Edge	Normal	Physical	120	100	15	Normal
74	Burn Up	Fire	Special	130	100	5	Normal
82	Eruption	Fire	Special	150	100	5	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

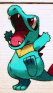
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal
Blast Burn	Fire	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

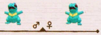
✓ Totodile

Big Jaw Pokémon



National Pokédex	158	WATER
Alola Pokédex	—	

Height: 2'00" | Weight: 20.9 lbs.

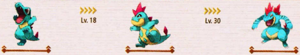


Same form for male/female

It is small but rough and tough. It won't hesitate to take a bite out of anything that moves.

Its powerful, well-developed jaws are capable of crushing anything. Even its Trainer must be careful.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Seaward Cave by using Island Scan on Melemele Island on a Monday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Torrent

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
6	Water Gun	Water	Special	40	100	25	Normal
8	Rage	Normal	Physical	20	100	20	Normal
13	Bite	Dark	Physical	60	100	25	Normal
15	Scary Face	Normal	Status	—	100	10	Normal
20	Ice Fang	Ice	Physical	65	95	15	Normal
22	Flail	Normal	Physical	—	100	15	Normal
27	Crunch	Dark	Physical	80	100	15	Normal
29	Chip Away	Normal	Physical	70	100	20	Normal
34	Slash	Normal	Physical	70	100	20	Normal
36	Screech	Normal	Status	—	85	40	Normal
41	Thrash	Normal	Physical	120	100	10	1 Random
43	Aqua Tail	Water	Physical	90	90	10	Normal
48	Superpower	Fighting	Physical	120	100	5	Normal
50	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

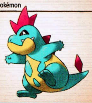
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Hydro Pump	Water	Special	110	80	5	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Water Sport	Water	Status	—	—	15	Both Sides
Ice Punch	Ice	Physical	75	100	15	Normal
Metal Claw	Steel	Physical	50	95	35	Normal
Dragon Dance	Dragon	Status	—	—	20	Self
Aqua Jet	Water	Physical	40	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Water Pulse	Water	Special	60	100	20	Normal
Flatter	Dark	Status	—	100	15	Normal

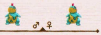
✓ Croconaw

Big Jaw Pokémon



National Pokédex	159	WATER
Alola Pokédex	—	

Height: 3'07" | Weight: 55.1 lbs.

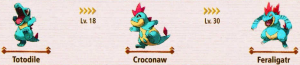


Same form for male/female

If it loses a fang, a new one grows back in its place. There are always 48 fangs lining its mouth.

Once it bites down, it won't let go until it loses its fangs. New fangs quickly grow into place.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Totodile, then level it up to Lv. 18 or higher to evolve it into Croconaw.

ABILITY

Torrent

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
6	Water Gun	Water	Special	40	100	25	Normal
8	Rage	Normal	Physical	20	100	20	Normal
13	Bite	Dark	Physical	60	100	25	Normal
15	Scary Face	Normal	Status	—	100	10	Normal
21	Ice Fang	Ice	Physical	65	95	15	Normal
24	Flail	Normal	Physical	—	100	15	Normal
30	Crunch	Dark	Physical	80	100	15	Normal
33	Chip Away	Normal	Physical	70	100	20	Normal
39	Slash	Normal	Physical	70	100	20	Normal
42	Screech	Normal	Status	—	85	40	Normal
48	Thrash	Normal	Physical	120	100	10	1 Random
51	Aqua Tail	Water	Physical	90	90	10	Normal
57	Superpower	Fighting	Physical	120	100	5	Normal
60	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

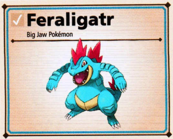
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Feraligatr

Big Jaw Pokémon



National Pokédex	160	WATER
Alola Pokédex	—	

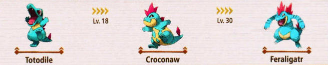
Height: 7'07" | Weight: 195.8 lbs.

Same form for male/female

X It usually moves slowly, but it goes at blinding speed when it attacks and bites prey.

Y When it bites with its massive and powerful jaws, it shakes its head and savagely tears its victim up.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Croconaw, then level it up to Lv. 30 or higher to evolve it into Feraligatr.

ABILITY

Torrent

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Agility	Psychic	Status	—	—	30	Self
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Rage	Normal	Physical	20	100	20	Normal
6	Water Gun	Water	Special	40	100	25	Normal
8	Rage	Normal	Physical	20	100	20	Normal
13	Bite	Dark	Physical	60	100	25	Normal
15	Scary Face	Normal	Status	—	100	10	Normal
21	Ice Fang	Ice	Physical	65	95	15	Normal
24	Flail	Normal	Physical	—	100	15	Normal
32	Crunch	Dark	Physical	80	100	15	Normal
37	Chip Away	Normal	Physical	70	100	20	Normal
45	Slash	Normal	Physical	70	100	20	Normal
50	Screech	Normal	Status	—	85	40	Normal
58	Thrash	Normal	Physical	120	100	10	1 Random
63	Aqua Tail	Water	Physical	90	90	10	Normal
71	Superpower	Fighting	Physical	120	100	5	Normal
76	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

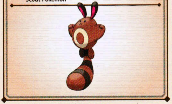
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

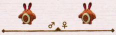
✓ Sentret

Scout Pokémon



National Pokédex	161	NORMAL
Alola Pokédex	—	

Height: 2'07" | Weight: 13.2 lbs.



Same form for male/female

X When acting as a lookout, it warns others of danger by screeching and hitting the ground with its tail.

Y It stands on its tail so it can see a long way. If it spots an enemy, it cries loudly to warn its kind.

EVOLUTION

Lv. 15
Sentret
Furret

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Run Away
Keen Eye

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Foresight	Normal	Status	—	—	40	Normal
4	Defense Curl	Normal	Status	—	—	40	Self
7	Quick Attack	Normal	Physical	40	100	30	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Helping Hand	Normal	Status	—	—	20	1 Ally
19	Follow Me	Normal	Status	—	—	20	Self
25	Slam	Normal	Physical	80	75	20	Normal
28	Rest	Psychic	Status	—	—	10	Self
31	Sucker Punch	Dark	Physical	70	100	5	Normal
36	Amnesia	Psychic	Status	—	—	20	Self
39	Baton Pass	Normal	Status	—	—	40	Self
42	Me First	Normal	Status	—	—	20	Varies
47	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

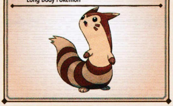
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double-Edge	Normal	Physical	120	100	15	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Slash	Normal	Physical	70	100	20	Normal
Focus Energy	Normal	Status	—	—	30	Self
Reversal	Fighting	Physical	—	100	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Assist	Normal	Status	—	—	20	Self
Last Resort	Normal	Physical	140	100	5	Normal
Charm	Fairy	Status	—	100	20	Normal
Covet	Normal	Physical	60	100	25	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Captivate	Normal	Status	—	100	20	Many Others
Baby-Doll Eyes	Fairy	Status	—	100	30	Normal

✓ Furret

Long Body Pokémon



National Pokédex	162	NORMAL
Alola Pokédex	—	

Height: 5'11" | Weight: 71.6 lbs.

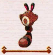
♂ ♀

Same form for male/female

The mother puts its offspring to sleep by curling up around them. It corners foes with speed.

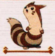
It makes a nest to suit its long and skinny body. The nest is impossible for other Pokémon to enter.

EVOLUTION



Sentret

»»
Lv. 15



Furret

MAIN WAY TO OBTAIN

Obtain a Sentret, then level it up to Lv. 15 or higher to evolve it into Furret.

ABILITY

Run Away
Keen Eye

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Agility	Psychic	Status	—	—	30	Self
1	Coil	Poison	Status	—	—	20	Self
1	Scratch	Normal	Physical	40	100	35	Normal
1	Foresight	Normal	Status	—	—	40	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Defense Curl	Normal	Status	—	—	40	Self
7	Quick Attack	Normal	Physical	40	100	30	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Helping Hand	Normal	Status	—	—	20	1 Ally
21	Follow Me	Normal	Status	—	—	20	Self
28	Slam	Normal	Physical	80	75	20	Normal
32	Rest	Psychic	Status	—	—	10	Self
36	Sucker Punch	Dark	Physical	70	100	5	Normal
42	Amnesia	Psychic	Status	—	—	20	Self
46	Baton Pass	Normal	Status	—	—	40	Self
50	Me First	Normal	Status	—	—	20	Varies
56	Hyper Voice	Normal	Special	90	100	10	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Agility	Psychic	Status	—	—	30	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

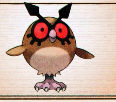
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Hoothoot

Owl Pokémon



National Pokédex	163	NORMAL
Alola Pokédex	212	FLYING

Height: 2'04" | Weight: 46.7 lbs.

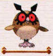
♂ ♀

Same form for male/female

Every day, it tilts its head in the same rhythm. A long time ago, people raised these Pokémon to serve as clocks.

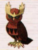
It cries out at the same time every day. A long time ago, people cherished it and considered it a divine messenger sent to tell the time.

EVOLUTION



Hoothoot

»»
Lv. 20



Noctowl

MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass in Lush Jungle.

ABILITY

Insomnia
Keen Eye

HIDDEN ABILITY

Tinted Lens

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Foresight	Normal	Status	—	—	40	Normal
4	Hypnosis	Psychic	Status	—	60	20	Normal
7	Peck	Flying	Physical	35	100	35	Normal
10	Confusion	Psychic	Special	50	100	25	Normal
13	Echoed Voice	Normal	Special	40	100	15	Normal
16	Zen Headbutt	Psychic	Physical	80	90	15	Normal
19	Psycho Shift	Psychic	Status	—	100	10	Normal
22	Extrasensory	Psychic	Special	80	100	20	Normal
25	Take Down	Normal	Physical	90	85	20	Normal
28	Reflect	Psychic	Status	—	—	20	Your Side
31	Air Slash	Flying	Special	75	95	15	Normal
34	Uproar	Normal	Special	90	100	10	1 Random
37	Roost	Flying	Status	—	—	10	Self
40	Moonblast	Fairy	Special	95	100	15	Normal
43	Synchronoise	Psychic	Special	120	100	10	Adjacent
46	Dream Eater	Psychic	Special	100	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Recycle	Normal	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

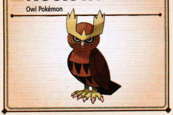
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

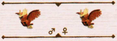
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mirror Move	Flying	Status	—	—	20	Normal
Supersonic	Normal	Status	—	55	20	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Wing Attack	Flying	Physical	60	100	35	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Sky Attack	Flying	Physical	140	90	5	Normal
Feather Dance	Flying	Status	—	100	15	Normal
Agility	Psychic	Status	—	—	30	Self
Night Shade	Ghost	Special	—	100	15	Normal
Defog	Flying	Status	—	—	15	Normal
Mean Look	Normal	Status	—	—	5	Normal
Hurricane	Flying	Special	110	70	10	Normal

✓ Noctowl

Owl Pokémon



National Pokédex 164 NORMAL
Alola Pokédex 213 FLYING
Height: 5'03" | Weight: 89.9 lbs.

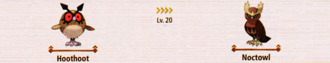


♂ ♀
Same form for male/female

With eyes that can see in pitch-darkness, it never lets its prey escape. Some even call it "the emperor of dark nights."

When it turns its head entirely upside down, you know it's troubled by something. If you don't leave it be, it will peck you.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Hoothoot at night in Lush Jungle. Or obtain a Hoothoot, then level it up to Lv. 20 or higher to evolve it into Noctowl.

ABILITY

Insomnia
Keen Eye

HIDDEN ABILITY

Tinted Lens

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dream Eater	Psychic	Special	100	100	15	Normal
1	Sky Attack	Flying	Physical	140	90	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Foresight	Normal	Status	—	—	40	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
4	Hypnosis	Psychic	Status	—	60	20	Normal
7	Peck	Flying	Physical	35	100	35	Normal
10	Confusion	Psychic	Special	50	100	25	Normal
13	Echoed Voice	Normal	Special	40	100	15	Normal
16	Zen Headbutt	Psychic	Physical	80	90	15	Normal
19	Psycho Shift	Psychic	Status	—	100	10	Normal
23	Extrasensory	Psychic	Special	80	100	20	Normal
27	Take Down	Normal	Physical	90	85	20	Normal
31	Reflect	Psychic	Status	—	—	20	Your Side
35	Air Slash	Flying	Special	75	95	15	Normal
39	Uproar	Normal	Special	90	100	10	1 Random
43	Roost	Flying	Status	—	—	10	Self
47	Moonblast	Fairy	Special	95	100	15	Normal
51	Synchronoise	Psychic	Special	120	100	10	Adjacent
55	Dream Eater	Psychic	Special	100	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Recycle	Normal	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

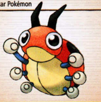
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

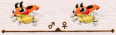
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Ledyba

Five Star Pokémon



National Pokédex 165 BUG
Alola Pokédex 020 FLYING
Height: 3'03" | Weight: 23.8 lbs.

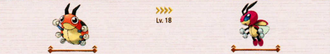


♂ ♀
The male has longer antennae. The female has shorter antennae.

This Pokémon is very sensitive to cold. In the warmth of Alola, it appears quite lively.

These very cowardly Pokémon join together and use Reflect to protect their nest.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass on the north and east sides of Route 1.

ABILITY

Swarm
Early Bird

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
8	Swift	Normal	Special	60	—	20	Many Others
12	Light Screen	Psychic	Status	—	—	30	Your Side
12	Reflect	Psychic	Status	—	—	20	Your Side
12	Safeguard	Normal	Status	—	—	25	Your Side
15	Mach Punch	Fighting	Physical	40	100	30	Normal
19	Silver Wind	Bug	Special	60	100	5	Normal
22	Comet Punch	Normal	Physical	18	85	15	Normal
26	Baton Pass	Normal	Status	—	—	40	Self
29	Agility	Psychic	Status	—	—	30	Self
33	Bug Buzz	Bug	Special	90	100	10	Normal
36	Air Slash	Flying	Special	75	95	15	Normal
40	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal

EXCLUSIVE Z-MOVE

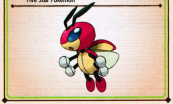
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Psybeam	Psychic	Special	65	100	20	Normal
Bide	Normal	Physical	—	—	10	Self
Silver Wind	Bug	Special	60	100	5	Normal
Bug Buzz	Bug	Special	90	100	10	Normal
Screech	Normal	Status	—	85	40	Normal
Encore	Normal	Status	—	100	5	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Bug Bite	Bug	Physical	60	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Dizzy Punch	Normal	Physical	70	100	10	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Endure	Normal	Status	—	—	10	Self
Counter	Fighting	Physical	—	100	20	Varies

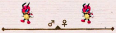
✓ Ledian

Five Star Pokémon



National Pokédex	166	BUG
Alola Pokédex	021	FLYING

Height: 4'07" | Weight: 78.5 lbs.

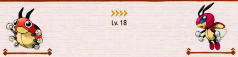


The male has longer antennae. The female has shorter antennae.

It's said that the patterns on its back are related to the stars in the night sky, but the details of that relationship remain unclear.

It flies through the night sky, sprinkling sparkly dust. According to some, if that dust sticks to you, good things will happen to you.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass in Malie Garden.

ABILITY

Swarm
Early Bird

HIDDEN ABILITY

Iron Fist

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Swift	Normal	Special	60	—	20	Many Others
5	Supersonic	Normal	Status	—	55	20	Normal
8	Swift	Normal	Special	60	—	20	Many Others
12	Light Screen	Psychic	Status	—	—	30	Your Side
12	Reflect	Psychic	Status	—	—	20	Your Side
12	Safeguard	Normal	Status	—	—	25	Your Side
15	Mach Punch	Fighting	Physical	40	100	30	Normal
20	Silver Wind	Bug	Special	60	100	5	Normal
24	Comet Punch	Normal	Physical	18	85	15	Normal
29	Baton Pass	Normal	Status	—	—	40	Self
33	Agility	Psychic	Status	—	—	30	Self
38	Bug Buzz	Bug	Special	90	100	10	Normal
42	Air Slash	Flying	Special	75	95	15	Normal
47	Double-Edge	Normal	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

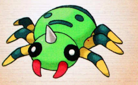
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Spinarak

String Spit Pokémon



National Pokédex	167	BUG
Alola Pokédex	022	POISON

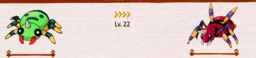
Height: 1'08" | Weight: 18.7 lbs.

Same form for male/female

With threads from its mouth, it fashions sturdy webs that won't break even if you set a rock on them.

Although the poison from its fangs isn't that strong, it's potent enough to weaken prey that gets caught in its web.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass on the north and east sides of Route 1.

ABILITY

Swarm
Insomnia

HIDDEN ABILITY

Sniper

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
1	Constrict	Normal	Physical	10	100	35	Normal
5	Absorb	Grass	Special	20	100	25	Normal
8	Infestation	Bug	Special	20	100	20	Normal
12	Scary Face	Normal	Status	—	100	10	Normal
15	Night Shade	Ghost	Special	—	100	15	Normal
19	Shadow Sneak	Ghost	Physical	40	100	30	Normal
22	Fury Swipes	Normal	Physical	18	80	15	Normal
26	Sucker Punch	Dark	Physical	70	100	5	Normal
29	Spider Web	Bug	Status	—	—	10	Normal
33	Agility	Psychic	Status	—	—	30	Self
36	Pin Missile	Bug	Physical	25	95	20	Normal
40	Psychic	Psychic	Special	90	100	10	Normal
43	Poison Jab	Poison	Physical	80	100	20	Normal
47	Cross Poison	Poison	Physical	70	100	20	Normal
50	Sticky Web	Bug	Status	—	—	20	Other Side
54	Toxic Thread	Poison	Status	—	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

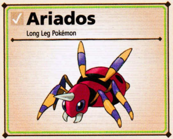
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Psybeam	Psychic	Special	65	100	20	Normal
Disable	Normal	Status	—	100	20	Normal
Sonic Boom	Normal	Special	—	90	20	Normal
Baton Pass	Normal	Status	—	—	40	Self
Pursuit	Dark	Physical	40	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Toxic Spikes	Poison	Status	—	—	20	Other Side
Twineedle	Bug	Physical	25	100	20	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Rage Powder	Bug	Status	—	—	20	Self
Night Slash	Dark	Physical	70	100	15	Normal
Megahorn	Bug	Physical	120	85	10	Normal
Lunge	Bug	Physical	80	100	15	Normal

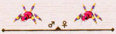
✓ Ariados

Long Leg Pokémon



National Pokédex	168	BUG	
Alola Pokédex	023	POISON	

Height: 3'07" | Weight: 73.9 lbs.

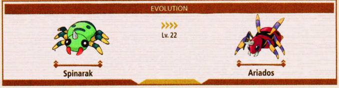


Same form for male/female

☀ Every night, it wanders around in search of prey, whose movements it restrains by spewing threads before it bites into them with its fangs.

☾ It spews threads from its mouth to catch its prey. When night falls, it leaves its web to go hunt aggressively.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass in Malie Garden.

ABILITY

Swarm
Insomnia

HIDDEN ABILITY

Sniper

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Swords Dance	Normal	Status	—	—	20	Self
1	Focus Energy	Normal	Status	—	—	30	Self
1	Venom Drench	Poison	Status	—	100	20	Many Others
1	Fell Stinger	Bug	Physical	50	100	25	Normal
1	Bug Bite	Bug	Physical	60	100	20	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
1	Constrict	Normal	Physical	10	100	35	Normal
1	Absorb	Grass	Special	20	100	25	Normal
5	Absorb	Grass	Special	20	100	25	Normal
8	Infestation	Bug	Special	20	100	20	Normal
12	Scary Face	Normal	Status	—	100	10	Normal
15	Night Shade	Ghost	Special	—	100	15	Normal
19	Shadow Sneak	Ghost	Physical	40	100	30	Normal
23	Fury Swipes	Normal	Physical	18	80	15	Normal
28	Sucker Punch	Dark	Physical	70	100	5	Normal
32	Spider Web	Bug	Status	—	—	10	Normal
37	Agility	Psychic	Status	—	—	30	Self
41	Pin Missile	Bug	Physical	25	95	20	Normal
46	Psychic	Psychic	Special	90	100	10	Normal
50	Poison Jab	Poison	Physical	80	100	20	Normal
55	Cross Poison	Poison	Physical	70	100	20	Normal
58	Sticky Web	Bug	Status	—	—	20	Other Side
63	Toxic Thread	Poison	Status	—	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swords Dance	Normal	Status	—	—	20	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

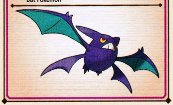
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Crobat

Bat Pokémon



National Pokédex	169	POISON	
Alola Pokédex	082	FLYING	

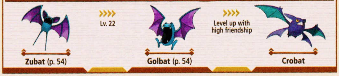
Height: 5'11" | Weight: 165.3 lbs.

Same form for male/female

☀ Its fangs are so sharp, if it bites you in the dark and sucks your blood, you won't notice any pain or realize you've been bitten.

☾ It feeds on the blood of living people and Pokémon. If it can't drink any blood for even a short while, it becomes weak and unable to fly.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Golbat in the cave in Lush Jungle. Or obtain a Golbat, then level it up with high friendship to evolve it into Crobat.

ABILITY

Inner Focus

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.25	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Cross Poison	Poison	Physical	70	100	20	Normal
1	Screech	Normal	Status	—	85	40	Normal
1	Absorb	Grass	Special	20	100	25	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
7	Astonish	Ghost	Physical	30	100	15	Normal
11	Bite	Dark	Physical	60	100	25	Normal
13	Wing Attack	Flying	Physical	60	100	35	Normal
17	Confuse Ray	Ghost	Status	—	100	10	Normal
19	Air Cutter	Flying	Special	60	95	25	Many Others
24	Swift	Normal	Special	60	—	20	Many Others
27	Poison Fang	Poison	Physical	50	100	15	Normal
32	Mean Look	Normal	Status	—	—	5	Normal
35	Leech Life	Bug	Physical	80	100	10	Normal
40	Haze	Ice	Status	—	—	30	Both Sides
43	Venoshock	Poison	Special	65	100	10	Normal
48	Air Slash	Flying	Special	75	95	15	Normal
51	Quick Guard	Fighting	Status	—	—	15	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Cross Poison	Poison	Physical	70	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

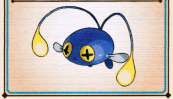
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Chinchou

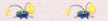
Angler Pokémon



National Pokédex	170	WATER
Alola Pokédex	257	ELECTRIC

Height: 1'08" | Weight: 26.5 lbs.

Deep Sea Scale

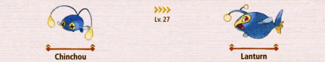


Same form for male/female

Its two antennae glow softly to lure in prey, making it a useful Pokémon for night fishing.

Chinchou blink their shining antennae at one another to claim their respective turf.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in the Akala Outskirts.

ABILITY

Volt Absorb
Illuminate

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.25
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
1	Supersonic	Normal	Status	—	55	20	Normal
6	Thunder Wave	Electric	Status	—	90	20	Normal
9	Electro Ball	Electric	Special	—	100	10	Normal
12	Water Gun	Water	Special	40	100	25	Normal
17	Confuse Ray	Ghost	Status	—	100	10	Normal
20	Bubble Beam	Water	Special	65	100	20	Normal
23	Spark	Electric	Physical	65	100	20	Normal
28	Signal Beam	Bug	Special	75	100	15	Normal
31	Flail	Normal	Physical	—	100	15	Normal
34	Discharge	Electric	Special	80	100	15	Adjacent
39	Take Down	Normal	Physical	90	85	20	Normal
42	Aqua Ring	Water	Status	—	—	20	Self
45	Hydro Pump	Water	Special	110	80	5	Normal
47	Ion Deluge	Electric	Status	—	—	25	Both Sides
50	Charge	Electric	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

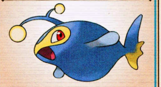
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Screech	Normal	Status	—	85	40	Normal
Amnesia	Psychic	Status	—	—	20	Self
Psybeam	Psychic	Special	65	100	20	Normal
Whirlpool	Water	Special	35	85	15	Normal
Agility	Psychic	Status	—	—	30	Self
Mist	Ice	Status	—	—	30	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Brine	Water	Special	65	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Soak	Water	Status	—	100	20	Normal

✓ Lanturn

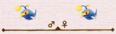
Light Pokémon



National Pokédex	171	WATER
Alola Pokédex	258	ELECTRIC

Height: 3'11" | Weight: 49.6 lbs.

Deep Sea Scale

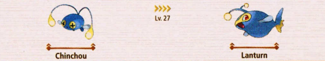


Same form for male/female

When the bacteria living inside its antennae absorb Lanturn's bodily fluids, a strong luminescent effect is produced.

It lives far down in the depths of the ocean. It blinds its prey with light, using the moment they're dazzled to swallow them whole.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Chinchou in Akala Outskirts. Or obtain a Chinchou, then level it up to Lv. 27 or higher to evolve it into Lanturn.

ABILITY

Volt Absorb
Illuminate

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.25
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Stockpile	Normal	Status	—	—	20	Self
1	Swallow	Normal	Status	—	—	10	Self
1	Spit Up	Normal	Special	—	100	10	Normal
1	Eerie Impulse	Electric	Status	—	100	15	Normal
1	Spotlight	Normal	Status	—	—	15	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Supersonic	Normal	Status	—	55	20	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Electro Ball	Electric	Special	—	100	10	Normal
6	Thunder Wave	Electric	Status	—	90	20	Normal
9	Electro Ball	Electric	Special	—	100	10	Normal
12	Water Gun	Water	Special	40	100	25	Normal
17	Confuse Ray	Ghost	Status	—	100	10	Normal
20	Bubble Beam	Water	Special	65	100	20	Normal
23	Spark	Electric	Physical	65	100	20	Normal
29	Signal Beam	Bug	Special	75	100	15	Normal
33	Flail	Normal	Physical	—	100	15	Normal
37	Discharge	Electric	Special	80	100	15	Adjacent
43	Take Down	Normal	Physical	90	85	20	Normal
47	Aqua Ring	Water	Status	—	—	20	Self
51	Hydro Pump	Water	Special	110	80	5	Normal
54	Ion Deluge	Electric	Status	—	—	25	Both Sides
58	Charge	Electric	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

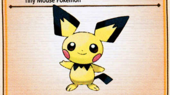
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

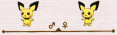
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pichu

Tiny Mouse Pokémon



National Pokédex 172 ELECTRIC
Alola Pokédex 031
Height: 1'00" | Weight: 4.4 lbs.

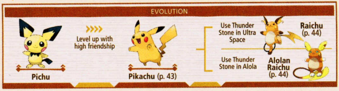


Same form for male/female

It still can't use electricity well. When it's surprised or excited, it discharges electricity unintentionally.

It has electric sacs in its cheeks. When they're fully charged, Pichu plays very energetically.

EVOLUTION


Level up with high friendship
Use Thunder Stone in Ultra Space
Use Thunder Stone in Alola
Pichu
Pikachu (p. 43)
Raichu (p. 44)
Alolan Raichu (p. 44)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the north and east sides of Route 1.

ABILITY

Static

HIDDEN ABILITY

Lightning Rod

SPECIES STRENGTHS

HP	◆
ATTACK	◆◆
DEFENSE	◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Charm	Fairy	Status	—	100	20	Normal
5	Tail Whip	Normal	Status	—	100	30	Many Others
10	Sweet Kiss	Fairy	Status	—	75	10	Normal
13	Nasty Plot	Dark	Status	—	—	20	Self
18	Thunder Wave	Electric	Status	—	90	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

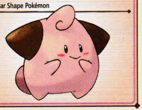
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Reversal	Fighting	Physical	—	100	15	Normal
Bide	Normal	Physical	—	—	10	Self
Present	Normal	Physical	—	90	15	Normal
Encore	Normal	Status	—	100	5	Normal
Double Slap	Normal	Physical	15	85	10	Normal
Wish	Normal	Status	—	—	10	Self
Charge	Electric	Status	—	—	20	Self
Fake Out	Normal	Physical	40	100	10	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Tickle	Normal	Status	—	100	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Lucky Chant	Normal	Status	—	—	30	Your Side
Bestow	Normal	Status	—	—	15	Normal
Disarming Voice	Fairy	Special	40	—	15	Many Others
Electric Terrain	Electric	Status	—	—	10	Both Sides
Volt Tackle*	Electric	Physical	120	100	15	Normal

*Leave Pikachu or Raichu at the Pokémon Nursery with a compatible partner. One of the two Pokémon must be holding a Light Ball if you hope to find an Egg that will hatch into a Pichu that knows Volt Tackle.

✓ Cleffa

Star Shape Pokémon



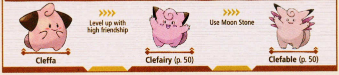
National Pokédex 173 FAIRY
Alola Pokédex 272
Height: 1'00" | Weight: 6.6 lbs.
Moon Stone

Same form for male/female

On nights with many shooting stars, they gather in packs and dance in circles. If you should see them, something good will happen!

Said to have ridden here on a shooting star, Cleffa seem to appear in places where meteorites have struck in the past.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass on Mount Hokulani.

ABILITY

Cute Charm
Magic Guard

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Charm	Fairy	Status	—	100	20	Normal
4	Encore	Normal	Status	—	100	5	Normal
7	Sing	Normal	Status	—	55	15	Normal
10	Sweet Kiss	Fairy	Status	—	75	10	Normal
13	Copycat	Normal	Status	—	—	20	Self
16	Magical Leaf	Grass	Special	60	—	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

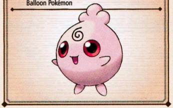
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Present	Normal	Physical	—	90	15	Normal
Metronome	Normal	Status	—	—	10	Self
Amnesia	Psychic	Status	—	—	20	Self
Belly Drum	Normal	Status	—	—	10	Self
Splash	Normal	Status	—	—	40	Self
Mimic	Normal	Status	—	—	10	Normal
Wish	Normal	Status	—	—	10	Self
Fake Tears	Dark	Status	—	100	20	Normal
Covet	Normal	Physical	60	100	25	Normal
Aromatherapy	Grass	Status	—	—	5	Your Party
Stored Power	Psychic	Special	20	100	10	Normal
Tickle	Normal	Status	—	100	20	Normal
Misty Terrain	Fairy	Status	—	—	10	Both Sides
Heal Pulse	Psychic	Status	—	—	10	Normal

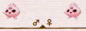
✓ Igglybuff

Balloon Pokémon



National Pokédex	174	NORMAL
Alola Pokédex	167	FAIRY

Height: 1'00" | Weight: 2.2 lbs.



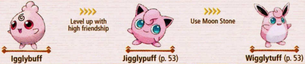
♂ ♀

Same form for male/female

It's always practicing its singing because it wants to improve. Even when it's asleep, it keeps singing in its dreams!

Left to its own devices, it will constantly practice singing. You should make it take a break so it doesn't hurt its throat.

EVOLUTION



Igglybuff → Level up with high friendship → Jigglypuff (p. 53) → Use Moon Stone → Wigglytuff (p. 53)

MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass on Route 4.

ABILITY

Cute Charm
Competitive

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆
DEFENSE	◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sing	Normal	Status	—	55	15	Normal
1	Charm	Fairy	Status	—	100	20	Normal
3	Defense Curl	Normal	Status	—	—	40	Self
5	Pound	Normal	Physical	40	100	35	Normal
9	Sweet Kiss	Fairy	Status	—	75	10	Normal
11	Copycat	Normal	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

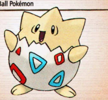
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Perish Song	Normal	Status	—	—	5	Adjacent
Present	Normal	Physical	—	90	15	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Wish	Normal	Status	—	—	10	Self
Fake Tears	Dark	Status	—	100	20	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Covet	Normal	Physical	60	100	25	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Sleep Talk	Normal	Status	—	—	10	Self
Captivate	Normal	Status	—	100	20	Many Others
Punishment	Dark	Physical	—	100	5	Normal
Misty Terrain	Fairy	Status	—	—	10	Both Sides
Heal Pulse	Psychic	Status	—	—	10	Normal

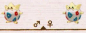
✓ Togepi

Spike Ball Pokémon



National Pokédex	175	FAIRY
Alola Pokédex	—	

Height: 1'00" | Weight: 3.3 lbs.



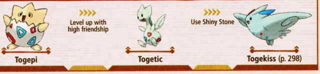
♂ ♀

Same form for male/female

The shell seems to be filled with joy. It is said that it will share good luck when treated kindly.

A proverb claims that happiness will come to anyone who can make a sleeping Togepi stand up.

EVOLUTION



Togepi → Level up with high friendship → Togetic → Use Shiny Stone → Togekiss (p. 298)

MAIN WAY TO OBTAIN

Obtain a Togetic or Togekiss, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Hustle
Serene Grace

HIDDEN ABILITY

Super Luck

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Charm	Fairy	Status	—	100	20	Normal
5	Metronome	Normal	Status	—	—	10	Self
9	Sweet Kiss	Fairy	Status	—	75	10	Normal
13	Yawn	Normal	Status	—	—	10	Normal
17	Encore	Normal	Status	—	100	5	Normal
21	Follow Me	Normal	Status	—	—	20	Self
25	Bestow	Normal	Status	—	—	15	Normal
29	Wish	Normal	Status	—	—	10	Self
33	Ancient Power	Rock	Special	60	100	5	Normal
37	Safeguard	Normal	Status	—	—	25	Your Side
41	Baton Pass	Normal	Status	—	—	40	Self
45	Double-Edge	Normal	Physical	120	100	15	Normal
49	Last Resort	Normal	Physical	140	100	5	Normal
53	After You	Normal	Status	—	—	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

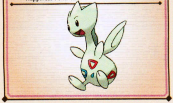
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Present	Normal	Physical	—	90	15	Normal
Mirror Move	Flying	Status	—	—	20	Normal
Peck	Flying	Physical	35	100	35	Normal
Foresight	Normal	Status	—	—	40	Normal
Future Sight	Psychic	Special	120	100	10	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Psycho Shift	Psychic	Status	—	100	10	Normal
Lucky Chant	Normal	Status	—	—	30	Your Side
Extrasensory	Psychic	Special	80	100	20	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Stored Power	Psychic	Special	20	100	10	Normal
Morning Sun	Normal	Status	—	—	5	Self

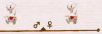
✓ Togetic

Happiness Pokémon



National Pokédex 176 FAIRY
Alola Pokédex — FLYING

Height: 2'00" | Weight: 7.1 lbs.

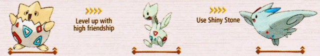


♂ ♀
Same form for male/female

X It grows dispirited if it is not with kind people. It can float in midair without moving its wings.

Y They say that it will appear before kindhearted, caring people and shower them with happiness.

EVOLUTION



Togepi
Level up with high friendship
Togetic
Use Shiny Stone
Togekiss (p. 298)

MAIN WAY TO OBTAIN

Obtain a Togepi, then level it up with high friendship to evolve it into Togetic.

ABILITY

Hustle
Serene Grace

HIDDEN ABILITY

Super Luck

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Flying
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.25	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Magical Leaf	Grass	Special	60	—	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Charm	Fairy	Status	—	100	20	Normal
1	Metronome	Normal	Status	—	—	10	Self
1	Sweet Kiss	Fairy	Status	—	75	10	Normal
5	Metronome	Normal	Status	—	—	10	Self
9	Sweet Kiss	Fairy	Status	—	75	10	Normal
13	Yawn	Normal	Status	—	—	10	Normal
14	Fairy Wind	Fairy	Special	40	100	30	Normal
17	Encore	Normal	Status	—	100	5	Normal
21	Follow Me	Normal	Status	—	—	20	Self
25	Bestow	Normal	Status	—	—	15	Normal
29	Wish	Normal	Status	—	—	10	Self
33	Ancient Power	Rock	Special	60	100	5	Normal
37	Safeguard	Normal	Status	—	—	25	Your Side
41	Baton Pass	Normal	Status	—	—	40	Self
45	Double-Edge	Normal	Physical	120	100	15	Normal
49	Last Resort	Normal	Physical	140	100	5	Normal
53	After You	Normal	Status	—	—	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Heal Bell	Normal	Status	—	—	5	Your Party
Tailwind	Flying	Status	—	—	15	Your Side
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

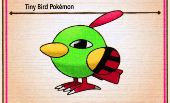
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

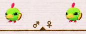
✓ Natu

Tiny Bird Pokémon



National Pokédex 177 PSYCHIC
Alola Pokédex 252 FLYING

Height: 0'08" | Weight: 4.4 lbs.

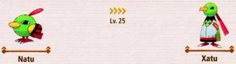


♂ ♀
Same form for male/female

Although it still can't fly, its jumping power is outstanding. It jumps way up into trees and plucks the buds from the branches.

The look in its eyes gives the impression that it's carefully observing you. If you approach it, Natu will hop away.

EVOLUTION



Natu
Lv. 25
Xatu

MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass in Akala Outskirts.

ABILITY

Synchronize
Early Bird

HIDDEN ABILITY

Magic Bounce

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
6	Night Shade	Ghost	Special	—	100	15	Normal
9	Teleport	Psychic	Status	—	—	20	Self
12	Lucky Chant	Normal	Status	—	—	30	Your Side
17	Stored Power	Psychic	Special	20	100	10	Normal
20	Ominous Wind	Ghost	Special	60	100	5	Normal
23	Confuse Ray	Ghost	Status	—	100	10	Normal
28	Wish	Normal	Status	—	—	10	Self
33	Psychic	Psychic	Special	90	100	10	Normal
36	Miracle Eye	Psychic	Status	—	—	40	Normal
39	Psycho Shift	Psychic	Status	—	100	10	Normal
44	Future Sight	Psychic	Special	120	100	10	Normal
47	Power Swap	Psychic	Status	—	—	10	Normal
47	Guard Swap	Psychic	Status	—	—	10	Normal
50	Me First	Normal	Status	—	—	20	Varies

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

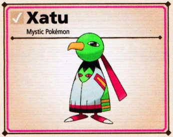
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Haze	Ice	Status	—	—	30	Both Sides
Drill Peck	Flying	Physical	80	100	20	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Feather Dance	Flying	Status	—	100	15	Normal
Refresh	Normal	Status	—	—	20	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Synchronoise	Psychic	Special	120	100	10	Adjacent
Roost	Flying	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Simple Beam	Normal	Status	—	100	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

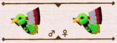
✓ Xatu

Mystic Pokémon



National Pokédex	178	PSYCHIC
Alola Pokédex	253	FLYING

Height: 4'11" | Weight: 33.1 lbs.

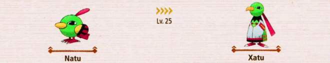

♂ ♀

The male has three lines on its body. The female has two lines on its body.

It's said that while this Pokémon has the power to predict the future, it's not powerful enough to change the future it sees.

While it can see the future, it has no desire to change it, which is probably why it remains motionless at all times.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Natu in Akala Outskirts during the day. Or obtain a Natu, then level it up to Lv. 25 or higher to evolve it into Xatu.

ABILITY

Synchronize
Early Bird

HIDDEN ABILITY

Magic Bounce

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Air Slash	Flying	Special	75	95	15	Normal
1	Tailwind	Flying	Status	—	—	15	Your Side
1	Peck	Flying	Physical	35	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Night Shade	Ghost	Special	—	100	15	Normal
1	Teleport	Psychic	Status	—	—	20	Self
6	Night Shade	Ghost	Special	—	100	15	Normal
9	Teleport	Psychic	Status	—	—	20	Self
12	Lucky Chant	Normal	Status	—	—	30	Your Side
17	Stored Power	Psychic	Special	20	100	10	Normal
20	Ominous Wind	Ghost	Special	60	100	5	Normal
23	Confuse Ray	Ghost	Status	—	100	10	Normal
29	Wish	Normal	Status	—	—	10	Self
35	Psychic	Psychic	Special	90	100	10	Normal
39	Miracle Eye	Psychic	Status	—	—	40	Normal
43	Psycho Shift	Psychic	Status	—	100	10	Normal
49	Future Sight	Psychic	Special	120	100	10	Normal
53	Power Swap	Psychic	Status	—	—	10	Normal
53	Guard Swap	Psychic	Status	—	—	10	Normal
57	Me First	Normal	Status	—	—	20	Varies

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Air Slash	Flying	Special	75	95	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

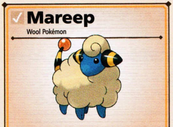
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Mareep

Wool Pokémon



National Pokédex	179	ELECTRIC
Alola Pokédex	162	

Height: 2'00" | Weight: 17.2 lbs.

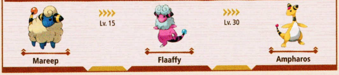
♂ ♀

Same form for male/female

Clothing made from Mareep's fleece is easily charged with static electricity, so a special process is used on it.

Rubbing its fleece generates electricity. You'll want to pet it because it's cute, but if you use your bare hand, you'll get a painful shock.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Paniola Ranch.

ABILITY

Static

HIDDEN ABILITY

Plus

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
4	Thunder Wave	Electric	Status	—	90	20	Normal
8	Thunder Shock	Electric	Special	40	100	30	Normal
11	Cotton Spore	Grass	Status	—	100	40	Many Others
15	Charge	Electric	Status	—	—	20	Self
18	Take Down	Normal	Physical	90	85	20	Normal
22	Electro Ball	Electric	Special	—	100	10	Normal
25	Confuse Ray	Ghost	Status	—	100	10	Normal
29	Power Gem	Rock	Special	80	100	20	Normal
32	Discharge	Electric	Special	80	100	15	Adjacent
36	Cotton Guard	Grass	Status	—	—	10	Self
39	Signal Beam	Bug	Special	75	100	15	Normal
43	Light Screen	Psychic	Status	—	—	30	Your Side
46	Thunder	Electric	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

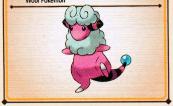
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Take Down	Normal	Physical	90	85	20	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Screech	Normal	Status	—	85	40	Normal
Odor Sleuth	Normal	Status	—	—	40	Normal
Charge	Electric	Status	—	—	20	Self
Flatter	Dark	Status	—	100	15	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
After You	Normal	Status	—	—	15	Normal
Agility	Psychic	Status	—	—	30	Self
Eerie Impulse	Electric	Status	—	100	15	Normal
Electric Terrain	Electric	Status	—	—	10	Both Sides

✓ Flaaffy

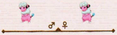
Wool Pokémon



National Pokédex	180
Alola Pokédex	163

ELECTRIC

Height: 2'07" | Weight: 29.3 lbs.



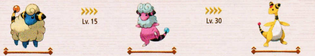
♂ ♀

Same form for male/female

In the places on its body where fleece doesn't grow, its skin is rubbery and doesn't conduct electricity. Those spots are safe to touch.

It stores electricity in its fluffy fleece. If it stores up too much, it will start to go bald in those patches.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Mareep, then level it up to Lv. 15 or higher to evolve it into Flaaffy.

ABILITY

Static

HIDDEN ABILITY

Plus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
4	Thunder Wave	Electric	Status	—	90	20	Normal
8	Thunder Shock	Electric	Special	40	100	30	Normal
11	Cotton Spore	Grass	Status	—	100	40	Many Others
16	Charge	Electric	Status	—	—	20	Self
20	Take Down	Normal	Physical	90	85	20	Normal
25	Electro Ball	Electric	Special	—	100	10	Normal
29	Confuse Ray	Ghost	Status	—	100	10	Normal
34	Power Gem	Rock	Special	80	100	20	Normal
38	Discharge	Electric	Special	80	100	15	Adjacent
43	Cotton Guard	Grass	Status	—	—	10	Self
47	Signal Beam	Bug	Special	75	100	15	Normal
52	Light Screen	Psychic	Status	—	—	30	Your Side
56	Thunder	Electric	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

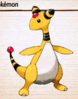
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Ampharos

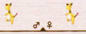
Light Pokémon



National Pokédex	181
Alola Pokédex	164

ELECTRIC

Height: 4'07" | Weight: 135.6 lbs.



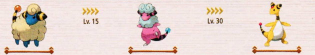
♂ ♀

Same form for male/female

The light from its tail can be seen from space. This is why you can always tell exactly where it is, which is why it usually keeps the light off.

Its tail shines bright and strong. It has been prized since long ago as a beacon for sailors.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Flaaffy, then level it up to Lv. 30 or higher to evolve it into Ampharos.

ABILITY

Static

HIDDEN ABILITY

Plus

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Zap Cannon	Electric	Special	120	50	5	Normal
1	Magnetic Flux	Electric	Status	—	—	20	Your Party
1	Ion Deluge	Electric	Status	—	—	25	Both Sides
1	Dragon Pulse	Dragon	Special	85	100	10	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
4	Thunder Wave	Electric	Status	—	90	20	Normal
8	Thunder Shock	Electric	Special	40	100	30	Normal
11	Cotton Spore	Grass	Status	—	100	40	Many Others
16	Charge	Electric	Status	—	—	20	Self
20	Take Down	Normal	Physical	90	85	20	Normal
25	Electro Ball	Electric	Special	—	100	10	Normal
29	Confuse Ray	Ghost	Status	—	100	10	Normal
35	Power Gem	Rock	Special	80	100	20	Normal
40	Discharge	Electric	Special	80	100	15	Adjacent
46	Cotton Guard	Grass	Status	—	—	10	Self
51	Signal Beam	Bug	Special	75	100	15	Normal
57	Light Screen	Psychic	Status	—	—	30	Your Side
62	Thunder	Electric	Special	110	70	10	Normal
65	Dragon Pulse	Dragon	Special	85	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

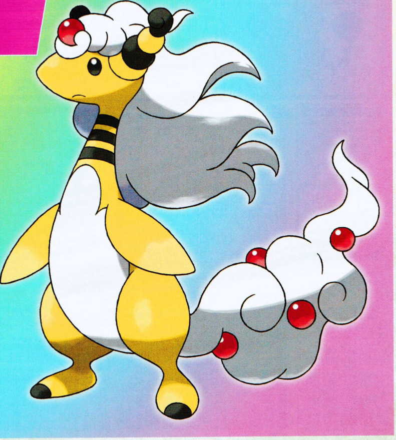
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Ampharos

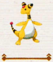
Light Pokémon

ELECTRIC DRAGON

Height: 4'07"
Weight: 135.6 lbs.



MEGA EVOLUTION



Ampharos

Have Ampharos hold Ampharosite, and Mega Evolve it during battle.

Mega Ampharos

Same form for male/female

ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.25	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×2

Required Mega Stone

Ampharosite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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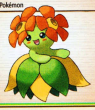
✓ Bellossom

Flower Pokémon



National Pokédex	182	GRASS
Alola Pokédex	—	

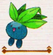
Height: 1'04" | Weight: 12.8 lbs.

Same form for male/female

X: Bellossom gather at times and seem to dance. They say that the dance is a ritual to summon the sun.

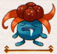
Y: When the heavy rainfall season ends, it is drawn out by warm sunlight to dance in the open.

EVOLUTION



Oddish (p. 55)

Lv. 21



Gloom (p. 55)

Use Sun Stone

Bellossom

MAIN WAY TO OBTAIN

Obtain a Gloom, then use a Sun Stone on it to evolve it into Bellossom.

ABILITY

Chlorophyll

HIDDEN ABILITY

Healer

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Magical Leaf	Grass	Special	60	—	20	Normal
1	Leaf Storm	Grass	Special	130	90	5	Normal
1	Leaf Blade	Grass	Physical	90	100	15	Normal
1	Mega Drain	Grass	Special	40	100	15	Normal
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Stun Spore	Grass	Status	—	75	30	Normal
1	Sunny Day	Fire	Status	—	—	5	Both Sides
39	Quiver Dance	Bug	Status	—	—	20	Self
49	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
59	Petal Dance	Grass	Special	120	100	10	1 Random
69	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magical Leaf	Grass	Special	60	—	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

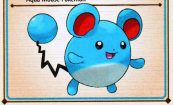
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Marill

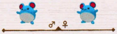
Aqua Mouse Pokémon



National Pokédex	183
Alola Pokédex	—

WATER
FAIRY

Height: 1'04" | Weight: 18.7 lbs.

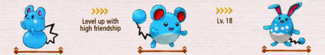


Same form for male/female

The fur on its body naturally repels water. It can stay dry, even when it plays in the water.

The tip of its tail is filled with oil that is lighter than water, so it acts as a float.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Brooklet Hill by using Island Scan on Akala Island on a Saturday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Thick Fat
Huge Power

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
! GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
! ICE	×0.5	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
2	Tail Whip	Normal	Status	—	100	30	Many Others
5	Water Sport	Water	Status	—	—	15	Both Sides
7	Bubble	Water	Special	40	100	30	Many Others
10	Defense Curl	Normal	Status	—	—	40	Self
10	Rollout	Rock	Physical	30	90	20	Normal
13	Bubble Beam	Water	Special	65	100	20	Normal
16	Helping Hand	Normal	Status	—	—	20	1 Ally
20	Aqua Tail	Water	Physical	90	90	10	Normal
23	Play Rough	Fairy	Physical	90	90	10	Normal
28	Aqua Ring	Water	Status	—	—	20	Self
31	Rain Dance	Water	Status	—	—	5	Both Sides
37	Double-Edge	Normal	Physical	120	100	15	Normal
40	Superpower	Fighting	Physical	120	100	5	Normal
47	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

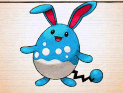
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Present	Normal	Physical	—	90	15	Normal
Amnesia	Psychic	Status	—	—	20	Self
Future Sight	Psychic	Special	120	100	10	Normal
Belly Drum	Normal	Status	—	—	10	Self
Perish Song	Normal	Status	—	—	5	Adjacent
Supersonic	Normal	Status	—	55	20	Normal
Aqua Jet	Water	Physical	40	100	20	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Refresh	Normal	Status	—	—	20	Self
Body Slam	Normal	Physical	85	100	15	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Muddy Water	Water	Special	90	85	10	Many Others
Camouflage	Normal	Status	—	—	20	Self

✓ Azumarill

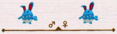
Aqua Rabbit Pokémon



National Pokédex	184
Alola Pokédex	—

WATER
FAIRY

Height: 2'07" | Weight: 62.8 lbs.

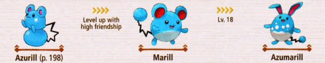


Same form for male/female

Its long ears are superb sensors. It can distinguish the movements of living things on riverbeds.

The bubble-like pattern on its stomach helps it camouflage itself when it's in the water.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Marill, then level it up to Lv. 18 or higher to evolve it into Azumarill.

ABILITY

Thick Fat
Huge Power

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
! GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
! ICE	×0.5	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
2	Tail Whip	Normal	Status	—	100	30	Many Others
5	Water Sport	Water	Status	—	—	15	Both Sides
7	Bubble	Water	Special	40	100	30	Many Others
10	Defense Curl	Normal	Status	—	—	40	Self
10	Rollout	Rock	Physical	30	90	20	Normal
13	Bubble Beam	Water	Special	65	100	20	Normal
16	Helping Hand	Normal	Status	—	—	20	1 Ally
21	Aqua Tail	Water	Physical	90	90	10	Normal
25	Play Rough	Fairy	Physical	90	90	10	Normal
31	Aqua Ring	Water	Status	—	—	20	Self
35	Rain Dance	Water	Status	—	—	5	Both Sides
42	Double-Edge	Normal	Physical	120	100	15	Normal
46	Superpower	Fighting	Physical	120	100	5	Normal
55	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

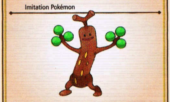
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

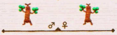
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Sudowoodo

Imitation Pokémon



National Pokédex	185	ROCK	
Alola Pokédex	038		
Height: 3'11"		Weight: 83.8 lbs.	

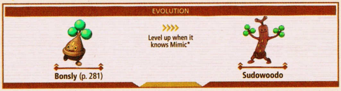


The male has larger horns. The female has smaller horns.

It's so popular with the elderly that there's a magazine devoted to this Pokémon. Fans obsess over the particular length and angle of its arms.

The result of its holding the same pose all the time is arms that have become supple yet strong.

EVOLUTION


Level up when it knows Mimic*
Bonsly (p. 281)
Sudowoodo

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Bonsly on Route 1. Or level up a Bonsly that knows the move Mimic to evolve it into Sudowoodo.

ABILITY

Sturdy
Rock Head

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Slam	Normal	Physical	80	75	20	Normal
1	Wood Hammer	Grass	Physical	120	100	15	Normal
1	Copycat	Normal	Status	—	—	20	Self
1	Flail	Normal	Physical	—	100	15	Normal
1	Low Kick	Fighting	Physical	—	100	20	Normal
1	Rock Throw	Rock	Physical	50	90	15	Normal
5	Flail	Normal	Physical	—	100	15	Normal
8	Low Kick	Fighting	Physical	—	100	20	Normal
12	Rock Throw	Rock	Physical	50	90	15	Normal
15	Mimic	Normal	Status	—	—	10	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Tearful Look	Normal	Status	—	—	20	Normal
26	Rock Tomb	Rock	Physical	60	95	15	Normal
29	Block	Normal	Status	—	—	5	Normal
33	Rock Slide	Rock	Physical	75	90	10	Many Others
36	Counter	Fighting	Physical	—	100	20	Varies
40	Sucker Punch	Dark	Physical	70	100	5	Normal
43	Double-Edge	Normal	Physical	120	100	15	Normal
47	Stone Edge	Rock	Physical	100	80	5	Normal
50	Hammer Arm	Fighting	Physical	100	90	10	Normal
54	Head Smash	Rock	Physical	150	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Slam	Normal	Physical	80	75	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

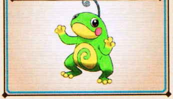
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Self-Destruct	Normal	Physical	200	100	5	Adjacent
Headbutt	Normal	Physical	70	100	15	Normal
Harden	Normal	Status	—	—	30	Self
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Sand Tomb	Ground	Physical	35	85	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Curse	Ghost	Status	—	—	10	Varies
Endure	Normal	Status	—	—	10	Self

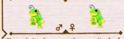
*If you wish to teach Bonsly the move Mimic, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Politoed

Frog Pokémon



National Pokédex	186	WATER	
Alola Pokédex	185		
Height: 3'07"		Weight: 74.7 lbs.	
		King's Rock	

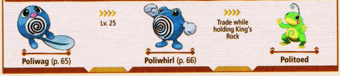


The male has larger vocal sacs on its cheeks. The female has smaller vocal sacs on its cheeks.

Although its cries sound like screams, a composer created a beautiful ballad that was influenced by the sounds.

The longer and more luxurious the curled hair on its head, the greater the number of Poliwag and Poliwhirl that will obey it.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Poliwag in Malie Garden when it is raining at night. Or receive a Poliwhirl in a trade holding a King's Rock and it will immediately evolve into Politoed.

ABILITY

Water Absorb
Damp

HIDDEN ABILITY

Drizzle

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble Beam	Water	Special	65	100	20	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Double Slap	Normal	Physical	15	85	10	Normal
1	Perish Song	Normal	Status	—	—	5	Adjacent
27	Swagger	Normal	Status	—	85	15	Normal
37	Bounce	Flying	Physical	85	85	5	Normal
48	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

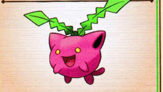
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

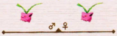
✓ Hoppip

Cottonweed Pokémon



National Pokédex	187	GRASS	
Alola Pokédex	—	FLYING	

Height: 1'04" | Weight: 1.1 lbs.



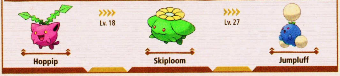
♂ ♀

Same form for male/female

X Its body is so light, it must grip the ground firmly with its feet to keep from being blown away.

Y It drifts on winds. It is said that when Hoppip gather in fields and mountains, spring is on the way.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Chlorophyll
Leaf Guard

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
1	Absorb	Grass	Special	20	100	25	Normal
4	Synthesis	Grass	Status	—	—	5	Self
6	Tail Whip	Normal	Status	—	100	30	Many Others
8	Tackle	Normal	Physical	40	100	35	Normal
10	Fairy Wind	Fairy	Special	40	100	30	Normal
12	Poison Powder	Poison	Status	—	75	35	Normal
14	Stun Spore	Grass	Status	—	75	30	Normal
16	Sleep Powder	Grass	Status	—	75	15	Normal
19	Bullet Seed	Grass	Physical	25	100	30	Normal
22	Leech Seed	Grass	Status	—	90	10	Normal
25	Mega Drain	Grass	Special	40	100	15	Normal
28	Acrobatics	Flying	Physical	55	100	15	Normal
31	Rage Powder	Bug	Status	—	—	20	Self
34	Cotton Spore	Grass	Status	—	100	40	Many Others
37	U-turn	Bug	Physical	70	100	20	Normal
40	Worry Seed	Grass	Status	—	100	10	Normal
43	Giga Drain	Grass	Special	75	100	10	Normal
46	Bounce	Flying	Physical	85	85	5	Normal
49	Memento	Dark	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

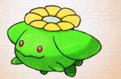
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Confusion	Psychic	Special	50	100	25	Normal
Encore	Normal	Status	—	100	5	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Amnesia	Psychic	Status	—	—	20	Self
Helping Hand	Normal	Status	—	—	20	1 Ally
Aromatherapy	Grass	Status	—	—	5	Your Party
Worry Seed	Grass	Status	—	100	10	Normal
Cotton Guard	Grass	Status	—	—	10	Self
Seed Bomb	Grass	Physical	80	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Grassy Terrain	Grass	Status	—	—	10	Both Sides
Strength Sap	Grass	Status	—	100	10	Normal

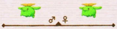
✓ Skiploom

Cottonweed Pokémon



National Pokédex	188	GRASS	
Alola Pokédex	—	FLYING	

Height: 2'00" | Weight: 2.2 lbs.



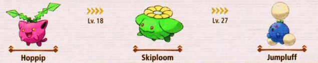
♂ ♀

Same form for male/female

X The bloom on top of its head opens and closes as the temperature fluctuates up and down.

Y It spreads its petals to absorb sunlight. It also floats in the air to get closer to the sun.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Hoppip, then level it up to Lv. 18 or higher to evolve it into Skiploom.

ABILITY

Chlorophyll
Leaf Guard

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Synthesis	Grass	Status	—	—	5	Self
1	Tail Whip	Normal	Status	—	100	30	Many Others
4	Synthesis	Grass	Status	—	—	5	Self
6	Tail Whip	Normal	Status	—	100	30	Many Others
8	Tackle	Normal	Physical	40	100	35	Normal
10	Fairy Wind	Fairy	Special	40	100	30	Normal
12	Poison Powder	Poison	Status	—	75	35	Normal
14	Stun Spore	Grass	Status	—	75	30	Normal
16	Sleep Powder	Grass	Status	—	75	15	Normal
20	Bullet Seed	Grass	Physical	25	100	30	Normal
24	Leech Seed	Grass	Status	—	90	10	Normal
28	Mega Drain	Grass	Special	40	100	15	Normal
32	Acrobatics	Flying	Physical	55	100	15	Normal
36	Rage Powder	Bug	Status	—	—	20	Self
40	Cotton Spore	Grass	Status	—	100	40	Many Others
44	U-turn	Bug	Physical	70	100	20	Normal
48	Worry Seed	Grass	Status	—	100	10	Normal
52	Giga Drain	Grass	Special	75	100	10	Normal
56	Bounce	Flying	Physical	85	85	5	Normal
60	Memento	Dark	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

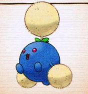
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

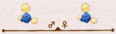
✓ Jumpluff

Cottonweed Pokémon



National Pokédex	189	GRASS
Alola Pokédex	—	FLYING

Height: 2'07" | Weight: 6.6 lbs.

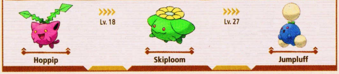


Same form for male/female

Blown by seasonal winds, it circles the globe, scattering cotton spores as it goes.

Even in the fiercest wind, it can control its fluff to make its way to any place in the world it wants.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Skiploom, then level it up to Lv. 27 or higher to evolve it into Jumpluff.

ABILITY

Chlorophyll
Leaf Guard

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Synthesis	Grass	Status	—	—	5	Self
1	Tail Whip	Normal	Status	—	100	30	Many Others
4	Synthesis	Grass	Status	—	—	5	Self
6	Tail Whip	Normal	Status	—	100	30	Many Others
8	Tackle	Normal	Physical	40	100	35	Normal
10	Fairy Wind	Fairy	Special	40	100	30	Normal
12	Poison Powder	Poison	Status	—	75	35	Normal
14	Stun Spore	Grass	Status	—	75	30	Normal
16	Sleep Powder	Grass	Status	—	75	15	Normal
20	Bullet Seed	Grass	Physical	25	100	30	Normal
24	Leech Seed	Grass	Status	—	90	10	Normal
29	Mega Drain	Grass	Special	40	100	15	Normal
34	Acrobatics	Flying	Physical	55	100	15	Normal
39	Rage Powder	Bug	Status	—	—	20	Self
44	Cotton Spore	Grass	Status	—	100	40	Many Others
49	U-turn	Bug	Physical	70	100	20	Normal
54	Worry Seed	Grass	Status	—	100	10	Normal
59	Giga Drain	Grass	Special	75	100	10	Normal
64	Bounce	Flying	Physical	85	85	5	Normal
69	Memento	Dark	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

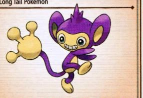
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

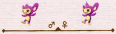
✓ Aipom

Long Tail Pokémon



National Pokédex	190	NORMAL
Alola Pokédex	368	

Height: 2'07" | Weight: 25.4 lbs.

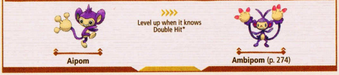


The male has shorter hair on its head. The female has longer hair on its head.

As it did more and more with its tail, its hands became clumsy. It makes its nest high in the treetops.

It searches for prey from the tops of trees. When it spots its favorite food, Bounsweet, Aipom gets excited and pounces.

EVOLUTION


Level up when it knows Double Hit*
Aipom
Ambipom (p. 274)

MAIN WAY TO OBTAIN

Catch it when it appears from a shaking tree in Poni Plains.

ABILITY

Run Away
Pickup

HIDDEN ABILITY

Skill Link

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
4	Sand Attack	Ground	Status	—	100	15	Normal
8	Astonish	Ghost	Physical	30	100	15	Normal
11	Baton Pass	Normal	Status	—	—	40	Self
15	Tickle	Normal	Status	—	100	20	Normal
18	Fury Swipes	Normal	Physical	18	80	15	Normal
22	Swift	Normal	Special	60	—	20	Many Others
25	Screech	Normal	Status	—	85	40	Normal
29	Agility	Psychic	Status	—	—	30	Self
32	Double Hit	Normal	Physical	35	90	10	Normal
36	Fling	Dark	Physical	—	100	10	Normal
39	Nasty Plot	Dark	Status	—	—	20	Self
43	Last Resort	Normal	Physical	140	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

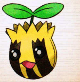
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Screech	Normal	Status	—	85	40	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Agility	Psychic	Status	—	—	30	Self
Spite	Ghost	Status	—	100	10	Normal
Slam	Normal	Physical	80	75	20	Normal
Double Slap	Normal	Physical	15	85	10	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side
Tail Slap	Normal	Physical	25	85	10	Normal

*If you wish to teach Aipom the move Double Hit, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

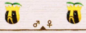
✓ Sunkern

Seed Pokémon



National Pokédex	191	GRASS
Alola Pokédex	—	

Height: 1'00" | **Weight: 4.0 lbs.**

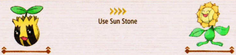


Same form for male/female

X: It may plummet from the sky. If attacked by a Spearow, it will violently shake its leaves.

Y: It lives by drinking only dewdrops from under the leaves of plants. It is said that it eats nothing else.

EVOLUTION



Sunkern | Sunflora

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Chlorophyll
Solar Power

HIDDEN ABILITY

Early Bird

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
1	Growth	Normal	Status	—	—	20	Self
4	Ingrain	Grass	Status	—	—	20	Self
7	Grass Whistle	Grass	Status	—	55	15	Normal
10	Mega Drain	Grass	Special	40	100	15	Normal
13	Leech Seed	Grass	Status	—	90	10	Normal
16	Razor Leaf	Grass	Physical	55	95	25	Many Others
19	Worry Seed	Grass	Status	—	100	10	Normal
22	Giga Drain	Grass	Special	75	100	10	Normal
25	Endeavor	Normal	Physical	—	100	5	Normal
28	Synthesis	Grass	Status	—	—	5	Self
31	Natural Gift	Normal	Physical	—	100	15	Normal
34	Solar Beam	Grass	Special	120	100	10	Normal
37	Double-Edge	Normal	Physical	120	100	15	Normal
40	Sunny Day	Fire	Status	—	—	5	Both Sides
43	Seed Bomb	Grass	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

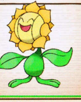
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Whistle	Grass	Status	—	55	15	Normal
Encore	Normal	Status	—	100	5	Normal
Leech Seed	Grass	Status	—	90	10	Normal
Nature Power	Normal	Status	—	—	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Helping Hand	Normal	Status	—	—	20	1 Ally
Ingrain	Grass	Status	—	—	20	Self
Sweet Scent	Normal	Status	—	100	20	Many Others
Endure	Normal	Status	—	—	10	Self
Bide	Normal	Physical	—	—	10	Self
Natural Gift	Normal	Physical	—	100	15	Normal
Morning Sun	Normal	Status	—	—	5	Self
Grassy Terrain	Grass	Status	—	—	10	Both Sides

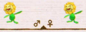
✓ Sunflora

Sun Pokémon



National Pokédex	192	GRASS
Alola Pokédex	—	

Height: 2'07" | **Weight: 18.7 lbs.**

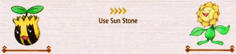


Same form for male/female

X: As the hot season approaches, the petals on this Pokémon's face become more vivid and lively.

Y: It gets energy from warm sunlight and is known for its habit of moving in pursuit of it.

EVOLUTION



Sunkern | Sunflora

MAIN WAY TO OBTAIN

Obtain a Sunkern, then use a Sun Stone on it to evolve it into Sunflora.

ABILITY

Chlorophyll
Solar Power

HIDDEN ABILITY

Early Bird

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Flower Shield	Fairy	Status	—	—	10	Varies
1	Absorb	Grass	Special	20	100	25	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Growth	Normal	Status	—	—	20	Self
4	Ingrain	Grass	Status	—	—	20	Self
7	Grass Whistle	Grass	Status	—	55	15	Normal
10	Mega Drain	Grass	Special	40	100	15	Normal
13	Leech Seed	Grass	Status	—	90	10	Normal
16	Razor Leaf	Grass	Physical	55	95	25	Many Others
19	Worry Seed	Grass	Status	—	100	10	Normal
22	Giga Drain	Grass	Special	75	100	10	Normal
25	Bullet Seed	Grass	Physical	25	100	30	Normal
28	Petal Dance	Grass	Special	120	100	10	1 Random
31	Natural Gift	Normal	Physical	—	100	15	Normal
34	Solar Beam	Grass	Special	120	100	10	Normal
37	Double-Edge	Normal	Physical	120	100	15	Normal
40	Sunny Day	Fire	Status	—	—	5	Both Sides
43	Leaf Storm	Grass	Special	130	90	5	Normal
50	Petal Blizzard	Grass	Physical	90	100	15	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

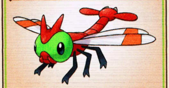
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

◆ EGG MOVES

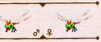
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Yanma

Clear Wing Pokémon



National Pokédex 193 | BUG | FLYING
Alola Pokédex —
Height: 3'11" | Weight: 83.8 lbs.



♂ ♀

Same form for male/female

Its eyes can see 360 degrees without moving its head. It won't miss prey—even those behind it.

If it flaps its wings really fast, it can generate shock waves that will shatter windows in the area.

EVOLUTION

Yanma

Level up when it knows Ancient Power*

Yanmega (p. 298)

MAIN WAY TO OBTAIN

Obtain a Yanmega, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Speed Boost
Compound Eyes

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Foresight	Normal	Status	—	—	40	Normal
6	Quick Attack	Normal	Physical	40	100	30	Normal
11	Double Team	Normal	Status	—	—	15	Self
14	Sonic Boom	Normal	Special	—	90	20	Normal
17	Detect	Fighting	Status	—	—	5	Self
22	Supersonic	Normal	Status	—	55	20	Normal
27	Uproar	Normal	Special	90	100	10	1 Random
30	Pursuit	Dark	Physical	40	100	20	Normal
33	Ancient Power	Rock	Special	60	100	5	Normal
38	Hypnosis	Psychic	Status	—	60	20	Normal
43	Wing Attack	Flying	Physical	60	100	35	Normal
46	Screech	Normal	Status	—	85	40	Normal
49	U-turn	Bug	Physical	70	100	20	Normal
54	Air Slash	Flying	Special	75	95	15	Normal
57	Bug Buzz	Bug	Special	90	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Defog	Flying	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

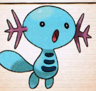
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Whirlwind	Normal	Status	—	—	20	Normal
Reversal	Fighting	Physical	—	100	15	Normal
Leech Life	Bug	Physical	80	100	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Silver Wind	Bug	Special	60	100	5	Normal
Feint	Normal	Physical	30	100	10	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Secret Power	Normal	Physical	70	100	20	Normal

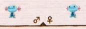
*If you wish to teach Yanma the move Ancient Power, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Wooper

Water Fish Pokémon



National Pokédex 194 | WATER | GROUND
Alola Pokédex —
Height: 1'04" | Weight: 18.7 lbs.



♂ ♀

The male has more abundant frills on its head. The female has less abundant frills on its head.

This Pokémon lives in cold water. It will leave the water to search for food when it gets cold outside.

When the temperature cools in the evening, they emerge from water to seek food along the shore.

EVOLUTION

Wooper

Lv. 20

Quagsire

MAIN WAY TO OBTAIN

Obtain a Quagsire, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Damp
Water Absorb

HIDDEN ABILITY

Unaware

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Mud Sport	Ground	Status	—	—	15	Both Sides
9	Mud Shot	Ground	Special	55	95	15	Normal
15	Slam	Normal	Physical	80	75	20	Normal
19	Mud Bomb	Ground	Special	65	85	10	Normal
23	Amnesia	Psychic	Status	—	—	20	Self
29	Yawn	Normal	Status	—	—	10	Normal
33	Earthquake	Ground	Physical	100	100	10	Adjacent
37	Rain Dance	Water	Status	—	—	5	Both Sides
43	Mist	Ice	Status	—	—	30	Your Side
43	Haze	Ice	Status	—	—	30	Both Sides
47	Muddy Water	Water	Special	90	85	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

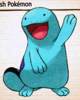
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Body Slam	Normal	Physical	85	100	15	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Curse	Ghost	Status	—	—	10	Varies
Mud Sport	Ground	Status	—	—	15	Both Sides
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Counter	Fighting	Physical	—	100	20	Varies
Encore	Normal	Status	—	100	5	Normal
Double Kick	Fighting	Physical	30	100	30	Normal
Recover	Normal	Status	—	—	10	Self
After You	Normal	Status	—	—	15	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Acid Spray	Poison	Special	40	100	20	Normal
Guard Swap	Psychic	Status	—	—	10	Normal
Eerie Impulse	Electric	Status	—	100	15	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

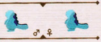
✓ Quagsire

Water Fish Pokémon



National Pokédex	195	WATER
Alola Pokédex	—	GROUND

Height: 4'07" | Weight: 165.3 lbs.



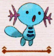
♂ ♀

The male has larger fins on its back. The female has smaller fins on its back.

X: It has a sluggish nature. It lies at the river's bottom, waiting for prey to stray into its mouth.

Y: This carefree Pokémon has an easygoing nature. While swimming, it always bumps into boat hulls.

EVOLUTION



Wooper

»»» Lv. 20

Quagsire

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a blue warp hole while using Ultra Warp Ride.

ABILITY

Damp
Water Absorb

HIDDEN ABILITY

Unaware

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Mud Sport	Ground	Status	—	—	15	Both Sides
5	Mud Sport	Ground	Status	—	—	15	Both Sides
9	Mud Shot	Ground	Special	55	95	15	Normal
15	Slam	Normal	Physical	80	75	20	Normal
19	Mud Bomb	Ground	Special	65	85	10	Normal
24	Amnesia	Psychic	Status	—	—	20	Self
31	Yawn	Normal	Status	—	—	10	Normal
36	Earthquake	Ground	Physical	100	100	10	Adjacent
41	Rain Dance	Water	Status	—	—	5	Both Sides
48	Mist	Ice	Status	—	—	30	Your Side
48	Haze	Ice	Status	—	—	30	Both Sides
53	Muddy Water	Water	Special	90	85	10	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

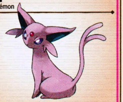
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Espeon

Sun Pokémon



National Pokédex	196	PSYCHIC
Alola Pokédex	157	

Height: 2'11" | Weight: 58.4 lbs.

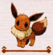
♂ ♀

Same form for male/female

Although it originally had no powers at all, people say its precognitive faculties were awakened by its need to protect itself.

Psychic power builds up in the orb on its forehead as it bathes in the sunshine. Espeon is not good at battling at night.

EVOLUTION



Eevee (p. 108)

»»» Level up during the day with high friendship

Espeon

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Eevee during the day on Route 4. Or obtain an Eevee, then level it up with high friendship during the day to evolve it into Espeon.

ABILITY

Synchronize

HIDDEN ABILITY

Magic Bounce

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Confusion	Psychic	Special	50	100	25	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Swift	Normal	Special	60	—	20	Many Others
20	Psybeam	Psychic	Special	65	100	20	Normal
25	Future Sight	Psychic	Special	120	100	10	Normal
29	Psych Up	Normal	Status	—	—	10	Normal
33	Morning Sun	Normal	Status	—	—	5	Self
37	Psychic	Psychic	Special	90	100	10	Normal
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Power Swap	Psychic	Status	—	—	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Confusion	Psychic	Special	50	100	25	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

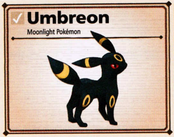
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Umbreon

Moonlight Pokémon



National Pokédex	197	DARK
Alola Pokédex	158	

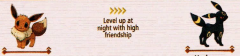
Height: 3'03" | Weight: 59.5 lbs.

Same form for male/female

This Pokémon is nocturnal. Even in total darkness, its large eyes can spot its prey clearly!

It lurks in the dark of night looking for prey. At the moment it pounces, the rings on its body glow dimly but ominously.

EVOLUTION


Level up at night with high friendship

Eevee (p. 108)

Umbreon

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Eevee at night on Route 4. Or obtain an Eevee, then level it up with high friendship at night to evolve it into Umbreon.

ABILITY

Synchronize

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Confuse Ray	Ghost	Status	—	100	10	Normal
20	Feint Attack	Dark	Physical	60	—	20	Normal
25	Assurance	Dark	Physical	60	100	10	Normal
29	Screech	Normal	Status	—	85	40	Normal
33	Moonlight	Fairy	Status	—	—	5	Self
37	Mean Look	Normal	Status	—	—	5	Normal
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Guard Swap	Psychic	Status	—	—	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

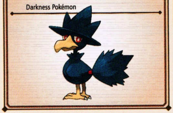
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Murkrow

Darkness Pokémon



National Pokédex	198	DARK
Alola Pokédex	078	FLYING

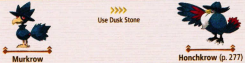
Height: 1'08" | Weight: 4.6 lbs.

The male has a larger crest. The female has a smaller crest.

It has a weakness for shiny things. It's been known to sneak into the nests of Gabite—noted collectors of jewels—in search of treasure.

It searches for shiny things for its boss. Murkrow's presence is said to be unlucky, so many people detest it.

EVOLUTION



Murkrow

Honchkrow (p. 277)

MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass in Hau'oli Cemetery off Route 2.

ABILITY

Insomnia
Super Luck

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
5	Pursuit	Dark	Physical	40	100	20	Normal
11	Haze	Ice	Status	—	—	30	Both Sides
15	Wing Attack	Flying	Physical	60	100	35	Normal
21	Night Shade	Ghost	Special	—	100	15	Normal
25	Assurance	Dark	Physical	60	100	10	Normal
31	Taunt	Dark	Status	—	100	20	Normal
35	Feint Attack	Dark	Physical	60	—	20	Normal
41	Mean Look	Normal	Status	—	—	5	Normal
45	Foul Play	Dark	Physical	95	100	15	Normal
50	Tailwind	Flying	Status	—	—	15	Your Side
55	Sucker Punch	Dark	Physical	70	100	5	Normal
61	Torment	Dark	Status	—	100	15	Normal
65	Quash	Dark	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

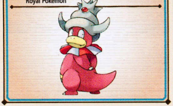
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Whirlwind	Normal	Status	—	—	20	Normal
Drill Peck	Flying	Physical	80	100	20	Normal
Mirror Move	Flying	Status	—	—	20	Normal
Wing Attack	Flying	Physical	60	100	35	Normal
Sky Attack	Flying	Physical	140	90	5	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Feather Dance	Flying	Status	—	100	15	Normal
Perish Song	Normal	Status	—	—	5	Adjacent
Psycho Shift	Psychic	Status	—	100	10	Normal
Screech	Normal	Status	—	85	40	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Brave Bird	Flying	Physical	120	100	15	Normal
Roost	Flying	Status	—	—	10	Self
Assurance	Dark	Physical	60	100	10	Normal
Flatter	Dark	Status	—	100	15	Normal
Punishment	Dark	Physical	—	100	5	Normal

✓ Slowking

Royal Pokémon



National Pokédex	199	WATER
Alola Pokédex	046	PSYCHIC

Height: 6'07" | Weight: 175.3 lbs.

King's Rock

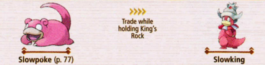
♂ ♀

Same form for male/female

☀ It's constantly coming up with new ideas that would change the world, but as soon as it hits upon a new idea, it forgets it.

☾ It's called "the sage of the sea." It engages in battles of wits with Oranguru, but the result is usually a draw.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Slowpoke in Kala'e Bay. Or receive a Slowpoke in a trade holding a King's Rock and it will immediately evolve into Slowking.

ABILITY

Oblivious
Own Tempo

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Heal Pulse	Psychic	Status	—	—	10	Normal
1	Power Gem	Rock	Special	80	100	20	Normal
1	Hidden Power	Normal	Special	60	100	15	Normal
1	Curse	Ghost	Status	—	—	10	Varies
1	Yawn	Normal	Status	—	—	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Growl	Normal	Status	—	100	40	Many Others
9	Water Gun	Water	Special	40	100	25	Normal
14	Confusion	Psychic	Special	50	100	25	Normal
19	Disable	Normal	Status	—	100	20	Normal
23	Headbutt	Normal	Physical	70	100	15	Normal
28	Water Pulse	Water	Special	60	100	20	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Nasty Plot	Dark	Status	—	—	20	Self
41	Swagger	Normal	Status	—	85	15	Normal
45	Psychic	Psychic	Special	90	100	10	Normal
49	Trump Card	Normal	Special	—	—	5	Normal
54	Psych Up	Normal	Status	—	—	10	Normal
58	Heal Pulse	Psychic	Status	—	—	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

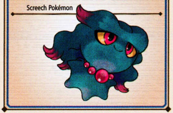
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

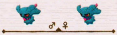
✓ Misdreavus

Screech Pokémon



National Pokédex	200	GHOST
Alola Pokédex	372	

Height: 2'04" | Weight: 2.2 lbs.



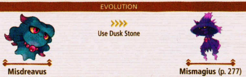
♂ ♀

Same form for male/female

☀ What gives meaning to its life is surprising others. If you set your ear against the red orbs around its neck, you can hear shrieking.

☾ What makes it happy is imitating the voices of weeping people and scaring everyone. It doesn't deal well with folks who aren't easily frightened.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass in Poni Meadow.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Psywave	Psychic	Special	—	100	15	Normal
5	Spite	Ghost	Status	—	100	10	Normal
10	Astonish	Ghost	Physical	30	100	15	Normal
14	Confuse Ray	Ghost	Status	—	100	10	Normal
19	Mean Look	Normal	Status	—	—	5	Normal
23	Hex	Ghost	Special	65	100	10	Normal
28	Psybeam	Psychic	Special	65	100	20	Normal
32	Pain Split	Normal	Status	—	—	20	Normal
37	Payback	Dark	Physical	50	100	10	Normal
41	Shadow Ball	Ghost	Special	80	100	15	Normal
46	Perish Song	Normal	Status	—	—	5	Adjacent
50	Grudge	Ghost	Status	—	—	5	Self
55	Power Gem	Rock	Special	80	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

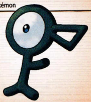
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Screech	Normal	Status	—	85	40	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Imprison	Psychic	Status	—	—	10	Self
Memento	Dark	Status	—	100	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Shadow Sneak	Ghost	Physical	40	100	30	Normal
Curse	Ghost	Status	—	—	10	Varies
Spite	Ghost	Status	—	100	10	Normal
Ominous Wind	Ghost	Special	60	100	5	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Me First	Normal	Status	—	—	20	Varies

✓ Unown

Symbol Pokémon



National Pokédex	201	PSYCHIC
Alola Pokédex	—	

Height: 1'08" | Weight: 11.0 lbs.

Gender unknown

X Its flat, thin body is always stuck on walls. Its shape appears to have some meaning.

Y Shaped like ancient writing, it is a huge mystery whether language or Unown came first.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×1

◆ **LEVEL-UP MOVES**

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hidden Power	Normal	Special	60	100	15	Normal

◆ **TM MOVES**

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM10	Hidden Power	Normal	Special	60	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ **EXCLUSIVE Z-MOVE**

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ **MOVES LEARNED WHEN EVOLVING**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ **MOVES TAUGHT BY PEOPLE**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ **MOVES LEARNED IN EXCHANGE FOR BP**

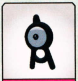
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ **EGG MOVES**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Unown's 28 Alphabet-Like Forms

Unown can randomly appear in any of its 28 forms when encountered in the wild. It was possible to encounter Unown in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire* at a certain Mirage spot. Mirage spots were special locations that could only be reached by using the Soar feature to ride around the Hoenn region on the back of Mega Latios or Mega Latias. Unfortunately, Unown are part of the No Eggs Discovered group, so you can't get more of them by hatching Eggs. If you'd like to get one for yourself, and you don't have one of the past Pokémon titles that they appeared in, try searching on the GTS (p. 22)!



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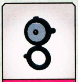

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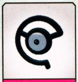

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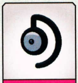

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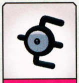

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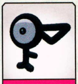

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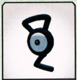

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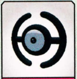

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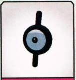

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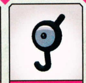

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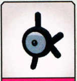

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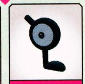

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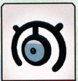

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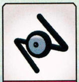

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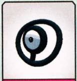

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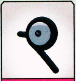

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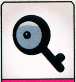

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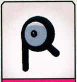

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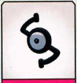

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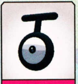

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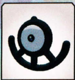

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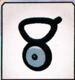

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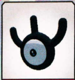

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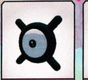

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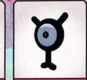

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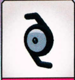

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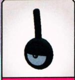

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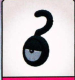
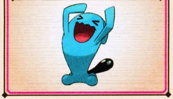


?

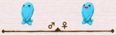
✓ Wobbuffet

Patient Pokémon



National Pokédex	202	PSYCHIC
Alola Pokédex	—	

Height: 4'03" | Weight: 62.8 lbs.



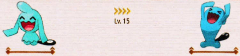
♂ ♀

The male has no marking on its mouth. The female has a lipstick-like mark on its mouth.

X It hates light and shock. If attacked, it inflates its body to build up its counterstrike.

Y To keep its pitch-black tail hidden, it lives quietly in the darkness. It is never first to attack.

EVOLUTION



Wynaut (p. 235) ›››› Lv. 15 › Wobbuffet

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Shadow Tag

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆◆◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Counter	Fighting	Physical	—	100	20	Varies
1	Mirror Coat	Psychic	Special	—	100	20	Varies
1	Safeguard	Normal	Status	—	—	25	Your Side
1	Destiny Bond	Ghost	Status	—	—	5	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM20	Safeguard	Normal	Status	—	—	25	Your Side

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

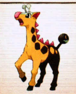
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

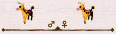
✓ Girafarig

Long Neck Pokémon



National Pokédex	203	NORMAL
Alola Pokédex	—	PSYCHIC

Height: 4'11" | Weight: 91.5 lbs.



♂ ♀

The area of brown hide is larger on the male. The area of brown hide is smaller on the female.

X While it sleeps, the head on its tail keeps watch. The tail doesn't need to sleep.

Y Its tail has a small brain of its own. Beware! If you get close, it may react to your scent by biting.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Inner Focus
Early Bird

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
! GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Power Swap	Psychic	Status	—	—	10	Normal
1	Guard Swap	Psychic	Status	—	—	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Confusion	Psychic	Special	50	100	25	Normal
5	Odor Sleuth	Normal	Status	—	—	40	Normal
10	Assurance	Dark	Physical	60	100	10	Normal
14	Stomp	Normal	Physical	65	100	20	Normal
19	Psybeam	Psychic	Special	65	100	20	Normal
23	Agility	Psychic	Status	—	—	30	Self
28	Double Hit	Normal	Physical	35	90	10	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
37	Crunch	Dark	Physical	80	100	15	Normal
41	Baton Pass	Normal	Status	—	—	40	Self
46	Nasty Plot	Dark	Status	—	—	20	Self
50	Psychic	Psychic	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

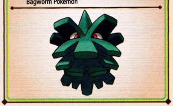
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Take Down	Normal	Physical	90	85	20	Normal
Amnesia	Psychic	Status	—	—	20	Self
Foresight	Normal	Status	—	—	40	Normal
Future Sight	Psychic	Special	120	100	10	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Wish	Normal	Status	—	—	10	Self
Magic Coat	Psychic	Status	—	—	15	Self
Double Kick	Fighting	Physical	30	100	30	Normal
Mirror Coat	Psychic	Special	—	100	20	Varies
Razor Wind	Normal	Special	80	100	10	Many Others
Skill Swap	Psychic	Status	—	—	10	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Mean Look	Normal	Status	—	—	5	Normal
Psychic Terrain	Psychic	Status	—	—	10	Both Sides
Psychic Fangs	Psychic	Physical	85	100	10	Normal

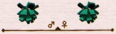
✓ Pineco

Bagworm Pokémon



National Pokédex	204	BUG
Alola Pokédex	268	

Height: 2'00" | Weight: 15.9 lbs.



Same form for male/female

Motionless, it hangs from trees, waiting for its bug Pokémon prey to come to it. Its favorite in Alola is Cutiefly.

It sticks tree bark to itself with its saliva, making itself thicker and larger. Elderly Pineco are ridiculously huge.

EVOLUTION

Lv. 31
Pineco
Forretress

MAIN WAY TO OBTAIN

Catch it when it appears from a shaking tree on Route 10.

ABILITY

Sturdy

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
6	Self-Destruct	Normal	Physical	200	100	5	Adjacent
9	Bug Bite	Bug	Physical	60	100	20	Normal
12	Take Down	Normal	Physical	90	85	20	Normal
17	Rapid Spin	Normal	Physical	20	100	40	Normal
20	Bide	Normal	Physical	—	—	10	Self
23	Natural Gift	Normal	Physical	—	100	15	Normal
28	Spikes	Ground	Status	—	—	20	Other Side
31	Payback	Dark	Physical	50	100	10	Normal
34	Explosion	Normal	Physical	250	100	5	Adjacent
39	Iron Defense	Steel	Status	—	—	15	Self
42	Gyro Ball	Steel	Physical	—	100	5	Normal
45	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

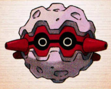
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pin Missile	Bug	Physical	25	95	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Swift	Normal	Special	60	—	20	Many Others
Counter	Fighting	Physical	—	100	20	Varies
Sand Tomb	Ground	Physical	35	85	15	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Toxic Spikes	Poison	Status	—	—	20	Other Side
Power Trick	Psychic	Status	—	—	10	Self
Endure	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side

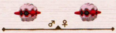
✓ Forretress

Bagworm Pokémon



National Pokédex	205	BUG
Alola Pokédex	269	STEEL

Height: 3'11" | Weight: 277.3 lbs.

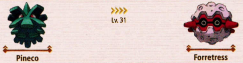


Same form for male/female

When something approaches it, it fires off fragments of its steel shell in attack. This is not a conscious action but a conditioned reflex.

In the moment that it gulps down its prey, the inside of its shell is exposed, but to this day, no one has ever seen that sight.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Pineco, then level it up to Lv. 31 or higher to evolve it into Forretress.

ABILITY

Sturdy

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mirror Shot	Steel	Special	65	85	10	Normal
1	Autotomize	Steel	Status	—	—	15	Self
1	Heavy Slam	Steel	Physical	—	100	10	Normal
1	Zap Cannon	Electric	Special	120	50	5	Normal
1	Magnet Rise	Electric	Status	—	—	10	Self
1	Toxic Spikes	Poison	Status	—	—	20	Other Side
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Self-Destruct	Normal	Physical	200	100	5	Adjacent
1	Bug Bite	Bug	Physical	60	100	20	Normal
6	Self-Destruct	Normal	Physical	200	100	5	Adjacent
9	Bug Bite	Bug	Physical	60	100	20	Normal
12	Take Down	Normal	Physical	90	85	20	Normal
17	Rapid Spin	Normal	Physical	20	100	40	Normal
20	Bide	Normal	Physical	—	—	10	Self
23	Natural Gift	Normal	Physical	—	100	15	Normal
28	Spikes	Ground	Status	—	—	20	Other Side
32	Payback	Dark	Physical	50	100	10	Normal
36	Explosion	Normal	Physical	250	100	5	Adjacent
42	Iron Defense	Steel	Status	—	—	15	Self
46	Gyro Ball	Steel	Physical	—	100	5	Normal
50	Double-Edge	Normal	Physical	120	100	15	Normal
56	Magnet Rise	Electric	Status	—	—	10	Self
60	Zap Cannon	Electric	Special	120	50	5	Normal
64	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mirror Shot	Steel	Special	65	85	10	Normal
Autotomize	Steel	Status	—	—	15	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

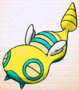
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dunsparce

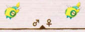
Land Snake Pokémon



National Pokédex 206 | NORMAL

Alola Pokédex 063

Height: 4'11" | Weight: 30.9 lbs.



♂ ♀

Same form for male/female

It travels by digging through the ground. Diglett and Dunsparce share one another's tunnels happily.

When it sees a person, it digs a hole with its tail to make its escape. If you happen to find one, consider yourself lucky.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the rustling grass on Route 2.

ABILITY

Serene Grace
Run Away

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rage	Normal	Physical	20	100	20	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
3	Rollout	Rock	Physical	30	90	20	Normal
6	Spite	Ghost	Status	—	100	10	Normal
8	Pursuit	Dark	Physical	40	100	20	Normal
11	Screech	Normal	Status	—	85	40	Normal
13	Mud-Slap	Ground	Special	20	100	10	Normal
16	Yawn	Normal	Status	—	—	10	Normal
18	Ancient Power	Rock	Special	60	100	5	Normal
21	Body Slam	Normal	Physical	85	100	15	Normal
23	Drill Run	Ground	Physical	80	95	10	Normal
26	Roost	Flying	Status	—	—	10	Self
28	Take Down	Normal	Physical	90	85	20	Normal
31	Coil	Poison	Status	—	—	20	Self
33	Dig	Ground	Physical	80	100	10	Normal
36	Glare	Normal	Status	—	100	30	Normal
38	Double-Edge	Normal	Physical	120	100	15	Normal
41	Endeavor	Normal	Physical	—	100	5	Normal
43	Air Slash	Flying	Special	75	95	15	Normal
46	Dragon Rush	Dragon	Physical	100	75	10	Normal
48	Endure	Normal	Status	—	—	10	Self
51	Flail	Normal	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Run	Ground	Physical	80	95	10	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

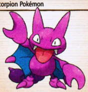
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bide	Normal	Physical	—	—	10	Self
Ancient Power	Rock	Special	60	100	5	Normal
Bite	Dark	Physical	60	100	25	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Trump Card	Normal	Special	—	—	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Agility	Psychic	Status	—	—	30	Self
Secret Power	Normal	Physical	70	100	20	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Hex	Ghost	Special	65	100	10	Normal

✓ Gligar

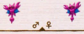
Fly Scorpion Pokémon



National Pokédex 207 | GROUND FLYING

Alola Pokédex —

Height: 3'07" | Weight: 142.9 lbs.



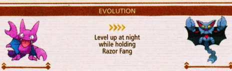
♂ ♀

The male has a larger stinger on its tail. The female has a smaller stinger on its tail.

It usually clings to cliffs. When it spots its prey, it spreads its wings and glides down to attack.

It flies straight at its target's face, then clamps down on the startled victim to inject poison.

EVOLUTION



Level up at night while holding Razor Fang

Gligar

Gliscor (p. 300)

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Hyper Cutter
Sand Veil

HIDDEN ABILITY

Immunity

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Poison Sting	Poison	Physical	15	100	35	Normal
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Harden	Normal	Status	—	—	30	Self
10	Knock Off	Dark	Physical	65	100	20	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
16	Fury Cutter	Bug	Physical	40	95	20	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Acrobatics	Flying	Physical	55	100	15	Normal
27	Slash	Normal	Physical	70	100	20	Normal
30	U-turn	Bug	Physical	70	100	20	Normal
35	Screech	Normal	Status	—	85	40	Normal
40	X-Scissor	Bug	Physical	80	100	15	Normal
45	Sky Uppercut	Fighting	Physical	85	90	15	Normal
50	Swords Dance	Normal	Status	—	—	20	Self
55	Guillotine	Normal	Physical	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

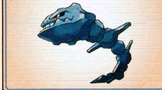
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Metal Claw	Steel	Physical	50	95	35	Normal
Wing Attack	Flying	Physical	60	100	35	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Counter	Fighting	Physical	—	100	20	Varies
Sand Tomb	Ground	Physical	35	85	15	Normal
Agility	Psychic	Status	—	—	30	Self
Baton Pass	Normal	Status	—	—	40	Self
Double-Edge	Normal	Physical	120	100	15	Normal
Feint	Normal	Physical	30	100	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Cross Poison	Poison	Physical	70	100	20	Normal
Power Trick	Psychic	Status	—	—	10	Self
Rock Climb	Normal	Physical	90	85	20	Normal
Poison Tail	Poison	Physical	50	100	25	Normal

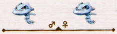
✓ Steelix

Iron Snake Pokémon



National Pokédex	208	STEEL	
Alola Pokédex	—	GROUND	

Height: 30'02" | Weight: 881.8 lbs.


♂ ♀

The male has two "fangs" on each side of its jaw. The female has one "fang" on each side of its jaw.

X: Tempered underground under high pressure and heat, its body is harder than any metal.

Y: It chews its way through boulders with its sturdy jaws. Its eyes can see in the darkness underground.

EVOLUTION

Onix (p. 87)

Trade while holding Metal Coat

Steelix

MAIN WAY TO OBTAIN

Receive an Onix holding a Metal Coat in a trade and it will immediately evolve into Steelix.

ABILITY

Rock Head
Sturdy

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.25
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Bind	Normal	Physical	15	85	20	Normal
4	Curse	Ghost	Status	—	—	10	Varies
7	Rock Throw	Rock	Physical	50	90	15	Normal
10	Rock Tomb	Rock	Physical	60	95	15	Normal
13	Rage	Normal	Physical	20	100	20	Normal
16	Stealth Rock	Rock	Status	—	—	20	Other Side
19	Autotomize	Steel	Status	—	—	15	Self
20	Gyro Ball	Steel	Physical	—	100	5	Normal
22	Smack Down	Rock	Physical	50	100	15	Normal
25	Dragon Breath	Dragon	Special	60	100	20	Normal
28	Slam	Normal	Physical	80	75	20	Normal
31	Screech	Normal	Status	—	85	40	Normal
34	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Crunch	Dark	Physical	80	100	15	Normal
40	Iron Tail	Steel	Physical	100	75	15	Normal
43	Dig	Ground	Physical	80	100	10	Normal
46	Stone Edge	Rock	Physical	100	80	5	Normal
49	Double-Edge	Normal	Physical	120	100	15	Normal
52	Sandstorm	Rock	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Steelix

Iron Snake Pokemon

STEEL GROUND

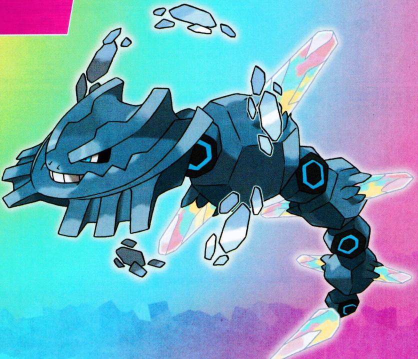
Height: 34'05"
Weight: 1631.4 lbs.

MEGA EVOLUTION

Steelix

Have Steelix hold Steelixite, and Mega Evolve it during battle.

Mega Steelix



Same form for male/female

ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Damage taken in normal battles

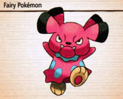
NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.25
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

Required Mega Stone

Steelixite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Snubbull

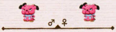
Fairy Pokémon



National Pokédex 209
Alola Pokédex 339

FAIRY

Height: 2'00" | Weight: 17.2 lbs.

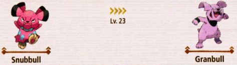


Same form for male/female

It grows close to others easily and is also easily spoiled. The disparity between its face and its actions makes many young people wild about it.

In contrast to its appearance, it's quite timid. When playing with other puppy Pokémon, it sometimes gets bullied.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Granbull, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Intimidate
Run Away

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Charm	Fairy	Status	—	100	20	Normal
7	Bite	Dark	Physical	60	100	25	Normal
13	Lick	Ghost	Physical	30	100	30	Normal
19	Headbutt	Normal	Physical	70	100	15	Normal
25	Roar	Normal	Status	—	—	20	Normal
31	Rage	Normal	Physical	20	100	20	Normal
37	Play Rough	Fairy	Physical	90	90	10	Normal
43	Payback	Dark	Physical	50	100	10	Normal
49	Crunch	Dark	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

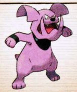
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Metronome	Normal	Status	—	—	10	Self
Feint Attack	Dark	Physical	60	—	20	Normal
Present	Normal	Physical	—	90	15	Normal
Crunch	Dark	Physical	80	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Snore	Normal	Special	50	100	15	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Close Combat	Fighting	Physical	120	100	5	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Mimic	Normal	Status	—	—	10	Normal
Fake Tears	Dark	Status	—	100	20	Normal

✓ Granbull

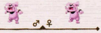
Fairy Pokémon



National Pokédex 210
Alola Pokédex 340

FAIRY

Height: 4'07" | Weight: 107.4 lbs.

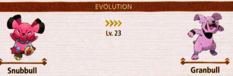


Same form for male/female

While it has powerful jaws, it doesn't care for disputes, so it rarely has a chance to display their might.

Although it's popular with young people, Granbull is timid and sensitive, so it's totally incompetent as a watchdog.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the Poni Wilds.

ABILITY

Intimidate
Quick Feet

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Outrage	Dragon	Physical	120	100	10	1 Random
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Charm	Fairy	Status	—	100	20	Normal
7	Bite	Dark	Physical	60	100	25	Normal
13	Lick	Ghost	Physical	30	100	30	Normal
19	Headbutt	Normal	Physical	70	100	15	Normal
27	Roar	Normal	Status	—	—	20	Normal
35	Rage	Normal	Physical	20	100	20	Normal
43	Play Rough	Fairy	Physical	90	90	10	Normal
51	Payback	Dark	Physical	50	100	10	Normal
59	Crunch	Dark	Physical	80	100	15	Normal
67	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

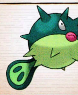
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

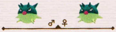
✓ Qwilfish

Balloon Pokémon



National Pokédex	211	WATER
Alola Pokédex	—	POISON

Height: 1'08" | Weight: 8.6 lbs.



♂ ♀

Same form for male/female

X To fire its poison spikes, it must inflate its body by drinking over 2.6 gallons of water all at once.

Y The small spikes covering its body developed from scales. They inject a toxin that causes fainting.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Poison Point
Swift Swim

HIDDEN ABILITY

Intimidate

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fell Stinger	Bug	Physical	50	100	25	Normal
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Destiny Bond	Ghost	Status	—	—	5	Self
1	Water Gun	Water	Special	40	100	25	Normal
1	Spikes	Ground	Status	—	—	20	Other Side
1	Tackle	Normal	Physical	40	100	35	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
9	Harden	Normal	Status	—	—	30	Self
9	Minimize	Normal	Status	—	—	10	Self
13	Bubble	Water	Special	40	100	30	Many Others
17	Rollout	Rock	Physical	30	90	20	Normal
21	Toxic Spikes	Poison	Status	—	—	20	Other Side
25	Stockpile	Normal	Status	—	—	20	Self
25	Spit Up	Normal	Special	—	100	10	Normal
29	Revenge	Fighting	Physical	60	100	10	Normal
33	Brine	Water	Special	65	100	10	Normal
37	Pin Missile	Bug	Physical	25	95	20	Normal
41	Take Down	Normal	Physical	90	85	20	Normal
45	Aqua Tail	Water	Physical	90	90	10	Normal
49	Poison Jab	Poison	Physical	80	100	20	Normal
53	Destiny Bond	Ghost	Status	—	—	5	Self
57	Hydro Pump	Water	Special	110	80	5	Normal
60	Fell Stinger	Bug	Physical	50	100	25	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

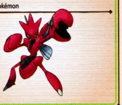
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Haze	Ice	Status	—	—	30	Both Sides
Bubble Beam	Water	Special	65	100	20	Normal
Supersonic	Normal	Status	—	55	20	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Aqua Jet	Water	Physical	40	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Brine	Water	Special	65	100	10	Normal
Acid Spray	Poison	Special	40	100	20	Normal

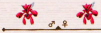
✓ Scizor

Pincer Pokémon



National Pokédex	212	BUG
Alola Pokédex	366	STEEL

Height: 5'11" | Weight: 260.1 lbs.



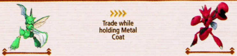
♂ ♀

The male has a shorter abdomen. The female has a longer abdomen.

Its body is like steel. Its tough, heavy pincers are more suited to smashing enemies than grabbing them.

Once it has identified something as an enemy, it will continue beating them with its steel-hard pincers until there's nothing left but scraps.

EVOLUTION



Trade while holding Metal Coat

Scyther (p. 102)

Scizor

MAIN WAY TO OBTAIN

Receive a Scyther holding a Metal Coat in a trade and it will immediately evolve into Scizor.

ABILITY

Swarm
Technician

HIDDEN ABILITY

Light Metal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Feint	Normal	Physical	30	100	10	Normal
1	Bullet Punch	Steel	Physical	40	100	30	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Focus Energy	Normal	Status	—	—	30	Self
9	Pursuit	Dark	Physical	40	100	20	Normal
13	False Swipe	Normal	Physical	40	100	40	Normal
17	Agility	Psychic	Status	—	—	30	Self
21	Metal Claw	Steel	Physical	50	95	35	Normal
25	Fury Cutter	Bug	Physical	40	95	20	Normal
29	Slash	Normal	Physical	70	100	20	Normal
33	Razor Wind	Normal	Special	80	100	10	Many Others
37	Iron Defense	Steel	Status	—	—	15	Self
41	X-Scissor	Bug	Physical	80	100	15	Normal
45	Night Slash	Dark	Physical	70	100	15	Normal
49	Double Hit	Normal	Physical	35	90	10	Normal
50	Iron Head	Steel	Physical	80	100	15	Normal
57	Swords Dance	Normal	Status	—	—	20	Self
61	Feint	Normal	Physical	30	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

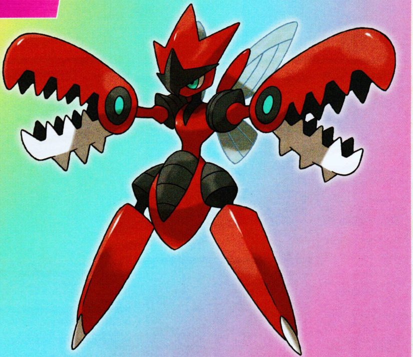
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Scizor

Pincer Pokémon

BUG STEEL

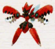
Height: 6'07"
Weight: 275.6 lbs.



MEGA EVOLUTION

Scizor

Have Scizor hold Scizorite, and Mega Evolve it during battle.



Mega Scizor

Same form for male/female

ABILITY

Technician

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

Required Mega Stone

Scizorite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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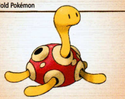
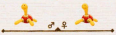
✓ Shuckle

Mold Pokémon



National Pokédex 213
Alola Pokédex —
BUG ROCK

Height: 2'00" | Weight: 45.2 lbs.



♂ ♀

Same form for male/female

X The berries stored in its jar-like shell eventually become a thick, pulpy juice.

Y It stores berries inside its shell. To avoid attacks, it hides beneath rocks and remains completely still.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sturdy
Gluttony

HIDDEN ABILITY

Contrary

SPECIES STRENGTHS

HP	◆
ATTACK	◆
DEFENSE	◆◆◆◆◆◆◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆◆◆◆◆◆◆◆
SPEED	◆

Bug

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sticky Web	Bug	Status	—	—	20	Other Side
1	Withdraw	Water	Status	—	—	40	Self
1	Constrict	Normal	Physical	10	100	35	Normal
1	Bide	Normal	Physical	—	—	10	Self
1	Rollout	Rock	Physical	30	90	20	Normal
5	Encore	Normal	Status	—	100	5	Normal
9	Wrap	Normal	Physical	15	90	20	Normal
12	Struggle Bug	Bug	Special	50	100	20	Many Others
16	Safeguard	Normal	Status	—	—	25	Your Side
20	Rest	Psychic	Status	—	—	10	Self
23	Rock Throw	Rock	Physical	50	90	15	Normal
27	Gastro Acid	Poison	Status	—	100	10	Normal
31	Power Trick	Psychic	Status	—	—	10	Self
34	Shell Smash	Normal	Status	—	—	15	Self
38	Rock Slide	Rock	Physical	75	90	10	Many Others
42	Bug Bite	Bug	Physical	60	100	20	Normal
45	Power Split	Psychic	Status	—	—	10	Normal
45	Guard Split	Psychic	Status	—	—	10	Normal
49	Stone Edge	Rock	Physical	100	80	5	Normal
53	Sticky Web	Bug	Status	—	—	20	Other Side

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

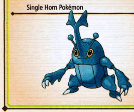
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sweet Scent	Normal	Status	—	100	20	Many Others
Knock Off	Dark	Physical	65	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Acupressure	Normal	Status	—	—	30	Self/Ally
Sand Tomb	Ground	Physical	35	85	15	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Acid	Poison	Special	40	100	30	Many Others
Rock Blast	Rock	Physical	25	90	10	Normal
Final Gambit	Fighting	Special	—	100	5	Normal

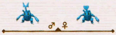
✓ Heracross

Single Horn Pokémon



National Pokédex	214	BUG
Alola Pokédex	367	FIGHTING

Height: 4'11" | Weight: 119.0 lbs.



The male has a larger horn with pointed tips. The female has a smaller horn with rounded tips.

☀ It's proud of its thick horn. In Alola, its biggest rival is Vikavolt, which it's always fighting with.

☾ It roams through forests searching for sweet nectar. Although it boasts fantastic physical strength, it's not that good at flying.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Poni Grove.

ABILITY

Swarm
Guts

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Arm Thrust	Fighting	Physical	15	100	20	Normal
1	Bullet Seed	Grass	Physical	25	100	30	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Horn Attack	Normal	Physical	65	100	25	Normal
1	Endure	Normal	Status	—	—	10	Self
7	Feint	Normal	Physical	30	100	10	Normal
10	Aerial Ace	Flying	Physical	60	—	20	Normal
16	Chip Away	Normal	Physical	70	100	20	Normal
19	Counter	Fighting	Physical	—	100	20	Varies
25	Fury Attack	Normal	Physical	15	85	20	Normal
28	Brick Break	Fighting	Physical	75	100	15	Normal
31	Pin Missile	Bug	Physical	25	95	20	Normal
34	Take Down	Normal	Physical	90	85	20	Normal
37	Megahorn	Bug	Physical	120	85	10	Normal
43	Close Combat	Fighting	Physical	120	100	5	Normal
46	Reversal	Fighting	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Throat Chop	Dark	Physical	80	100	15	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Harden	Normal	Status	—	—	30	Self
Bide	Normal	Physical	—	—	10	Self
Flail	Normal	Physical	—	100	15	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Seismic Toss	Fighting	Physical	—	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Megahorn	Bug	Physical	120	85	10	Normal
Rock Blast	Rock	Physical	25	90	10	Normal

Mega Heracross

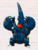
Single Horn Pokémon

BUG FIGHTING

Height: 5'07"
Weight: 137.8 lbs.

MEGA EVOLUTION

Have Heracross hold Heracronite, and Mega Evolve it during battle.



Heracross

Mega Heracross

Same form for male/female

ABILITY

Skill Link

SPECIES STRENGTHS

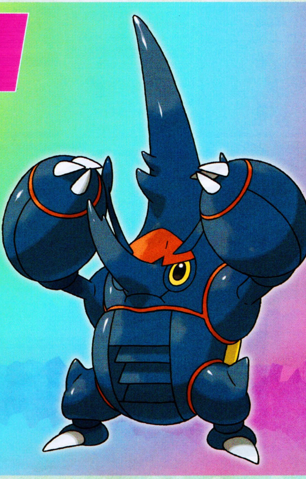
HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×2

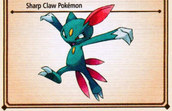
Required Mega Stone

Heracronite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

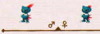


✓ Sneasel

Sharp Claw Pokémon



National Pokédex 215 DARK
Alola Pokédex 326 ICE
Height: 2'11" | Weight: 61.7 lbs.
Quick Claw



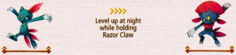
♂ ♀

The male has a larger left ear. The female has a smaller left ear.

They will cooperate to steal eggs from the nests of bird Pokémon, but fights break out to determine which one gets to eat the eggs.

It blends into the dark of night to ambush its prey. Sneasel will attack Sandshrew, but its hard skin can cause Sneasel's claws to snap off.

EVOLUTION



Sneasel

Level up at night while holding Razor Claw

Weavile (p. 294)

MAIN WAY TO OBTAIN

Catch it when it appears in the caves or tall grass on the upper reaches of Mount Lanakila.

ABILITY

Inner Focus
Keen Eye

HIDDEN ABILITY

Pickpocket

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×4	DARK	×0.5
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Taunt	Dark	Status	—	100	20	Normal
8	Quick Attack	Normal	Physical	40	100	30	Normal
10	Feint Attack	Dark	Physical	60	—	20	Normal
14	Icy Wind	Ice	Special	55	95	15	Many Others
16	Fury Swipes	Normal	Physical	18	80	15	Normal
20	Agility	Psychic	Status	—	—	30	Self
22	Metal Claw	Steel	Physical	50	95	35	Normal
25	Hone Claws	Dark	Status	—	—	15	Self
28	Beat Up	Dark	Physical	—	100	10	Normal
32	Screech	Normal	Status	—	85	40	Normal
35	Slash	Normal	Physical	70	100	20	Normal
40	Snatch	Dark	Status	—	—	10	Self
44	Punishment	Dark	Physical	—	100	5	Normal
47	Ice Shard	Ice	Physical	40	100	30	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

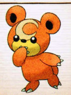
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

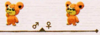
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Spite	Ghost	Status	—	100	10	Normal
Foresight	Normal	Status	—	—	40	Normal
Bite	Dark	Physical	60	100	25	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Double Hit	Normal	Physical	35	90	10	Normal
Punishment	Dark	Physical	—	100	5	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Ice Shard	Ice	Physical	40	100	30	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Assist	Normal	Status	—	—	20	Self
Avalanche	Ice	Physical	60	100	10	Normal
Feint	Normal	Physical	30	100	10	Normal
Icicle Crash	Ice	Physical	85	90	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

✓ Teddiursa

Little Bear Pokémon



National Pokédex 216 NORMAL
Alola Pokédex —
Height: 2'00" | Weight: 19.4 lbs.



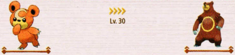
♂ ♀

Same form for male/female

If it finds honey, its crescent mark glows. It always licks its paws because they're soaked with honey.

Before food becomes scarce in wintertime, its habit is to hoard food in many hidden locations.

EVOLUTION



Teddiursa

Lv. 30

Ursaring

MAIN WAY TO OBTAIN

Obtain a Ursaring, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Pickup
Quick Feet

HIDDEN ABILITY

Honey Gather

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fling	Dark	Physical	—	100	10	Normal
1	Covet	Normal	Physical	60	100	25	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
1	Lick	Ghost	Physical	30	100	30	Normal
1	Fake Tears	Dark	Status	—	100	20	Normal
8	Fury Swipes	Normal	Physical	18	80	15	Normal
15	Feint Attack	Dark	Physical	60	—	20	Normal
22	Sweet Scent	Normal	Status	—	100	20	Many Others
25	Play Nice	Normal	Status	—	—	20	Normal
29	Slash	Normal	Physical	70	100	20	Normal
36	Charm	Fairy	Status	—	100	20	Normal
43	Rest	Psychic	Status	—	—	10	Self
43	Snore	Normal	Special	50	100	15	Normal
50	Thrash	Normal	Physical	120	100	10	1 Random
57	Fling	Dark	Physical	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal

◆ EXCLUSIVE Z-MOVE

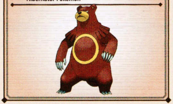
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

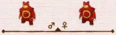
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal
Take Down	Normal	Physical	90	85	20	Normal
Seismic Toss	Fighting	Physical	—	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Metal Claw	Steel	Physical	50	95	35	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Yawn	Normal	Status	—	—	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Cross Chop	Fighting	Physical	100	80	5	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Close Combat	Fighting	Physical	120	100	5	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Belly Drum	Normal	Status	—	—	10	Self
Chip Away	Normal	Physical	70	100	20	Normal
Play Rough	Fairy	Physical	90	90	10	Normal

✓ Ursaring

Hibernator Pokémon



National Pokédex 217 NORMAL
Alola Pokédex —
Height: 5'11" | Weight: 277.3 lbs.



The male has a shorter fringe on its shoulders. The female has a longer fringe on its shoulders.

X With its ability to distinguish any aroma, it unfailingly finds all food buried deep underground.

Y Although it has a large body, it is quite skilled at climbing trees. It eats and sleeps in the treetops.

EVOLUTION

Teddiursa
Lv. 30
Ursaring

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Guts
Quick Feet

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Covet	Normal	Physical	60	100	25	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Lick	Ghost	Physical	30	100	30	Normal
1	Fake Tears	Dark	Status	—	100	20	Normal
8	Fury Swipes	Normal	Physical	18	80	15	Normal
15	Feint Attack	Dark	Physical	60	—	20	Normal
22	Sweet Scent	Normal	Status	—	100	20	Many Others
25	Play Nice	Normal	Status	—	—	20	Normal
29	Slash	Normal	Physical	70	100	20	Normal
38	Scary Face	Normal	Status	—	100	10	Normal
47	Rest	Psychic	Status	—	—	10	Self
49	Snore	Normal	Special	50	100	15	Normal
58	Thrash	Normal	Physical	120	100	10	1 Random
67	Hammer Arm	Fighting	Physical	100	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

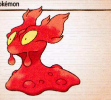
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

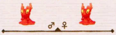
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Slugma

Lava Pokémon



National Pokédex 218 FIRE
Alola Pokédex —
Height: 2'04" | Weight: 77.2 lbs.



Same form for male/female

X A common sight in volcanic areas, it slowly slithers around in a constant search for warm places.

Y Its body is made of magma. If it doesn't keep moving, its body will cool and harden.

EVOLUTION

Slugma
Lv. 38
Magcargo

MAIN WAY TO OBTAIN

Obtain a Magcargo, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Magma Armor
Flame Body

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Yawn	Normal	Status	—	—	10	Normal
1	Smog	Poison	Special	30	70	20	Normal
6	Ember	Fire	Special	40	100	25	Normal
8	Rock Throw	Rock	Physical	50	90	15	Normal
13	Harden	Normal	Status	—	—	30	Self
15	Incinerate	Fire	Special	60	100	15	Many Others
20	Clear Smog	Poison	Special	50	—	15	Normal
22	Ancient Power	Rock	Special	60	100	5	Normal
27	Flame Burst	Fire	Special	70	100	15	Normal
29	Rock Slide	Rock	Physical	75	90	10	Many Others
34	Lava Plume	Fire	Special	80	100	15	Adjacent
36	Amnesia	Psychic	Status	—	—	20	Self
41	Body Slam	Normal	Physical	85	100	15	Normal
43	Recover	Normal	Status	—	—	10	Self
48	Flamethrower	Fire	Special	90	100	15	Normal
50	Earth Power	Ground	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
After You	Normal	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

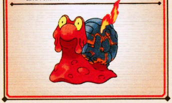
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Acid Armor	Poison	Status	—	—	20	Self
Heat Wave	Fire	Special	95	90	10	Many Others
Curse	Ghost	Status	—	—	10	Varies
Smokescreen	Normal	Status	—	100	20	Normal
Memento	Dark	Status	—	100	10	Normal
Stockpile	Normal	Status	—	—	20	Self
Spit Up	Normal	Special	—	100	10	Normal
Swallow	Normal	Status	—	—	10	Self
Rollout	Rock	Physical	30	90	20	Normal
Inferno	Fire	Special	100	50	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Guard Swap	Psychic	Status	—	—	10	Normal

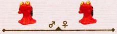
✓ Magcargo

Lava Pokémon



National Pokédex	219	FIRE	
Alola Pokédex	—	ROCK	

Height: 2'07" | Weight: 121.3 lbs.

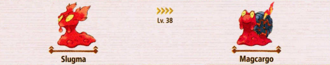


Same form for male/female

X Its brittle shell occasionally spouts intense flames that circulate throughout its body.

Y Its body is as hot as lava and is always billowing. Flames will occasionally burst from its shell.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a yellow warp hole while using Ultra Warp Ride.

ABILITY

Magma Armor
Flame Body

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×4	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shell Smash	Normal	Status	—	—	15	Self
1	Earth Power	Ground	Special	90	100	10	Normal
1	Yawn	Normal	Status	—	—	10	Normal
1	Smog	Poison	Special	30	70	20	Normal
1	Ember	Fire	Special	40	100	25	Normal
1	Rock Throw	Rock	Physical	50	90	15	Normal
6	Ember	Fire	Special	40	100	25	Normal
8	Rock Throw	Rock	Physical	50	90	15	Normal
13	Harden	Normal	Status	—	—	30	Self
15	Incinerate	Fire	Special	60	100	15	Many Others
20	Clear Smog	Poison	Special	50	—	15	Normal
22	Ancient Power	Rock	Special	60	100	5	Normal
27	Flame Burst	Fire	Special	70	100	15	Normal
29	Rock Slide	Rock	Physical	75	90	10	Many Others
34	Lava Plume	Fire	Special	80	100	15	Adjacent
36	Amnesia	Psychic	Status	—	—	20	Self
43	Body Slam	Normal	Physical	85	100	15	Normal
47	Recover	Normal	Status	—	—	10	Self
54	Flamethrower	Fire	Special	90	100	15	Normal
58	Earth Power	Ground	Special	90	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shell Smash	Normal	Status	—	—	15	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

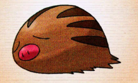
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

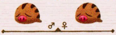
✓ Swinub

Pig Pokémon



National Pokédex	220	ICE	
Alola Pokédex	—	GROUND	

Height: 1'04" | Weight: 14.3 lbs.

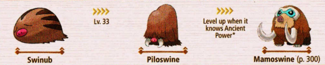


Same form for male/female

X It rubs its snout on the ground to find and dig up food. It sometimes discovers hot springs.

Y If it smells something enticing, it dashes off headlong to find the source of the aroma.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Tapu Village by using Island Scan on Ula'ula Island on a Monday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Oblivious
Snow Cloak

HIDDEN ABILITY

Thick Fat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×2	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×0	GHOST	×1
! ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
5	Mud Sport	Ground	Status	—	—	15	Both Sides
8	Powder Snow	Ice	Special	40	100	25	Many Others
11	Mud-Slap	Ground	Special	20	100	10	Normal
14	Endure	Normal	Status	—	—	10	Self
18	Mud Bomb	Ground	Special	65	85	10	Normal
21	Icy Wind	Ice	Special	55	95	15	Many Others
24	Ice Shard	Ice	Physical	40	100	30	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
35	Mist	Ice	Status	—	—	30	Your Side
37	Earthquake	Ground	Physical	100	100	10	Adjacent
40	Flail	Normal	Physical	—	100	15	Normal
44	Blizzard	Ice	Special	110	70	5	Many Others
48	Amnesia	Psychic	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Take Down	Normal	Physical	90	85	20	Normal
Bite	Dark	Physical	60	100	25	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Icicle Spear	Ice	Physical	25	100	30	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Fissure	Ground	Physical	—	30	5	Normal
Curse	Ghost	Status	—	—	10	Varies
Avalanche	Ice	Physical	60	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Icicle Crash	Ice	Physical	85	90	10	Normal
Freeze-Dry	Ice	Special	70	100	20	Normal

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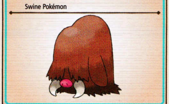
*If you wish to teach Piloswine the move Ancient Power, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

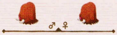
✓ Piloswine

Swine Pokémon



National Pokédex 221 | ICE
Alola Pokédex — | GROUND

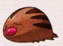
Height: 3'07" | Weight: 123.0 lbs.


♂ ♀
The male has longer tusks. The female has shorter tusks.

Although its legs are short, its rugged hooves prevent it from slipping, even on icy ground.

Because the long hair all over its body obscures its sight, it just keeps charging repeatedly.

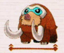
EVOLUTION


Swinub

Lv. 33

Piloswine

Level up when it knows Ancient Power*


Mamoswine (p. 300)

MAIN WAY TO OBTAIN

Obtain a Swinub, then level it up to Lv. 33 or higher to evolve it into Piloswine.

ABILITY

Oblivious
Snow Cloak

HIDDEN ABILITY

Thick Fat

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×2	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×0	GHOST	×1
! ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Ancient Power	Rock	Special	60	100	5	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Powder Snow	Ice	Special	40	100	25	Many Others
5	Mud Sport	Ground	Status	—	—	15	Both Sides
8	Powder Snow	Ice	Special	40	100	25	Many Others
11	Mud-Slap	Ground	Special	20	100	10	Normal
14	Endure	Normal	Status	—	—	10	Self
18	Mud Bomb	Ground	Special	65	85	10	Normal
21	Icy Wind	Ice	Special	55	95	15	Many Others
24	Ice Fang	Ice	Physical	65	95	15	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
37	Mist	Ice	Status	—	—	30	Your Side
41	Thrash	Normal	Physical	120	100	10	1 Random
46	Earthquake	Ground	Physical	100	100	10	Adjacent
52	Blizzard	Ice	Special	110	70	5	Many Others
58	Amnesia	Psychic	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fury Attack	Normal	Physical	15	85	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

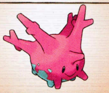
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Piloswine the move Ancient Power, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Corsola

Coral Pokémon



National Pokédex 222 | WATER
Alola Pokédex 135 | ROCK

Height: 2'00" | Weight: 11.0 lbs.

Luminous Moss

♂ ♀
Same form for male/female

The pink of Corsola that live in Alola is deep and vibrant, thanks to seas filled with nutrition.

In Alola, where their natural enemies Mareanie are plentiful, many Corsola have stubby branches on their heads.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Melemele Sea, especially at a bubbling rare fishing spot on the Hau'oli City side of the water.

ABILITY

Hustle
Natural Cure

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
4	Bubble	Water	Special	40	100	30	Many Others
8	Recover	Normal	Status	—	—	10	Self
10	Bubble Beam	Water	Special	65	100	20	Normal
13	Refresh	Normal	Status	—	—	20	Self
17	Ancient Power	Rock	Special	60	100	5	Normal
20	Spike Cannon	Normal	Physical	20	100	15	Normal
23	Lucky Chant	Normal	Status	—	—	30	Your Side
27	Brine	Water	Special	65	100	10	Normal
29	Iron Defense	Steel	Status	—	—	15	Self
31	Rock Blast	Rock	Physical	25	90	10	Normal
35	Endure	Normal	Status	—	—	10	Self
38	Aqua Ring	Water	Status	—	—	20	Self
41	Power Gem	Rock	Special	80	100	20	Normal
45	Mirror Coat	Psychic	Special	—	100	20	Varies
47	Earth Power	Ground	Special	90	100	10	Normal
50	Flail	Normal	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Liquidation	Water	Physical	85	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

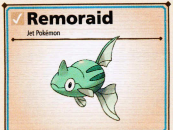
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Screech	Normal	Status	—	85	40	Normal
Mist	Ice	Status	—	—	30	Your Side
Amnesia	Psychic	Status	—	—	20	Self
Barrier	Psychic	Status	—	—	20	Self
Ingrain	Grass	Status	—	—	20	Self
Confuse Ray	Ghost	Status	—	100	10	Normal
Icicle Spear	Ice	Physical	25	100	30	Normal
Nature Power	Normal	Status	—	—	20	Normal
Aqua Ring	Water	Status	—	—	20	Self
Curse	Ghost	Status	—	—	10	Varies
Bide	Normal	Physical	—	—	10	Self
Water Pulse	Water	Special	60	100	20	Normal
Head Smash	Rock	Physical	150	80	5	Normal
Camouflage	Normal	Status	—	—	20	Self
Liquidation	Water	Physical	85	100	10	Normal

✓ Remoraid

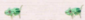
Jet Pokémon



National Pokédex	223
Alola Pokédex	143

WATER

Height: 2'00" | Weight: 26.5 lbs.

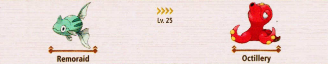


Same form for male/female

This Pokémon clings to Mantine and shares in its prosperity. When its Mantine is attacked, Remoraid will fight alongside it!

Also known as the "sniper of the seas," its water gun can hit prey without fail from over 300 feet away.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Kala'e Bay.

ABILITY

Hustle
Sniper

HIDDEN ABILITY

Moody

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1
Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
6	Lock-On	Normal	Status	—	—	5	Normal
10	Psybeam	Psychic	Special	65	100	20	Normal
14	Aurora Beam	Ice	Special	65	100	20	Normal
18	Bubble Beam	Water	Special	65	100	20	Normal
22	Focus Energy	Normal	Status	—	—	30	Self
26	Water Pulse	Water	Special	60	100	20	Normal
30	Signal Beam	Bug	Special	75	100	15	Normal
34	Ice Beam	Ice	Special	90	100	10	Normal
38	Bullet Seed	Grass	Physical	25	100	30	Normal
42	Hydro Pump	Water	Special	110	80	5	Normal
46	Hyper Beam	Normal	Special	150	90	5	Normal
50	Soak	Water	Status	—	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

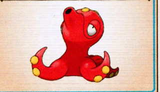
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aurora Beam	Ice	Special	65	100	20	Normal
Octazooka	Water	Special	65	85	10	Normal
Supersonic	Normal	Status	—	55	20	Normal
Haze	Ice	Status	—	—	30	Both Sides
Screech	Normal	Status	—	85	40	Normal
Rock Blast	Rock	Physical	25	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Flail	Normal	Physical	—	100	15	Normal
Water Spout	Water	Special	150	100	5	Many Others
Mud Shot	Ground	Special	55	95	15	Normal
Swift	Normal	Special	60	—	20	Many Others
Acid Spray	Poison	Special	40	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Entrainment	Normal	Status	—	100	15	Normal

✓ Octillery

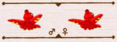
Jet Pokémon



National Pokédex	224
Alola Pokédex	144

WATER

Height: 2'11" | Weight: 62.8 lbs.



The male has larger suckers. The female has smaller suckers.

The ink it spits when escaping is special. It contains a substance that dulls the sense of smell, so Pokémon with keen noses get lost.

It usually sleeps in caves. The pitch-black ink that Octillery spits is also used for cooking.

EVOLUTION

Lv. 25
Remoraid
Octillery

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Remoraid in Kala'e Bay. Or obtain a Remoraid, then level it up to Lv. 25 or higher to evolve it into Octillery.

ABILITY

Suction Cups
Sniper

HIDDEN ABILITY

Moody

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Octazooka	Water	Special	65	85	10	Normal
1	Gunk Shot	Poison	Physical	120	80	5	Normal
1	Rock Blast	Rock	Physical	25	90	10	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
1	Psybeam	Psychic	Special	65	100	20	Normal
1	Aurora Beam	Ice	Special	65	100	20	Normal
6	Constrict	Normal	Physical	10	100	35	Normal
10	Psybeam	Psychic	Special	65	100	20	Normal
14	Aurora Beam	Ice	Special	65	100	20	Normal
18	Bubble Beam	Water	Special	65	100	20	Normal
22	Focus Energy	Normal	Status	—	—	30	Self
28	Wring Out	Normal	Special	—	100	5	Normal
34	Signal Beam	Bug	Special	75	100	15	Normal
40	Ice Beam	Ice	Special	90	100	10	Normal
46	Bullet Seed	Grass	Physical	25	100	30	Normal
52	Hydro Pump	Water	Special	110	80	5	Normal
58	Hyper Beam	Normal	Special	150	90	5	Normal
64	Soak	Water	Status	—	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Octazooka	Water	Special	65	85	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

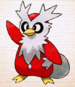
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Delibird

Delivery Pokémon



National Pokédex	225	ICE
Alola Pokédex	095	FLYING

Height: 2'11" | Weight: 35.3 lbs.

♂ ♀ Same form for male/female

It shares its food with people who are stranded. Because Delibird is omnivorous, sometimes it gives those people bug Pokémon.

It wraps food in its tail to carry it around. The Delibird with the biggest tail is the boss of the flock!

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in Seaward Cave.

ABILITY

Vital Spirit
Hustle

HIDDEN ABILITY

Insomnia

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×2
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Present	Normal	Physical	—	90	15	Normal
25	Drill Peck	Flying	Physical	80	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM76	Fly	Flying	Physical	90	95	15	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Recycle	Normal	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Sky Attack	Flying	Physical	140	90	5	Normal

EXCLUSIVE Z-MOVE

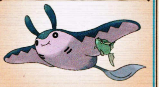
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aurora Beam	Ice	Special	65	100	20	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Future Sight	Psychic	Special	120	100	10	Normal
Splash	Normal	Status	—	—	40	Self
Rapid Spin	Normal	Physical	20	100	40	Normal
Ice Ball	Ice	Physical	30	90	20	Normal
Ice Shard	Ice	Physical	40	100	30	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Bestow	Normal	Status	—	—	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Freeze-Dry	Ice	Special	70	100	20	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Spikes	Ground	Status	—	—	20	Other Side
Counter	Fighting	Physical	—	100	20	Varies

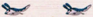
✓ Mantine

Kite Pokémon



National Pokédex	226	WATER
Alola Pokédex	146	FLYING

Height: 6'11" | Weight: 485.0 lbs.

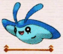


♂ ♀ Same form for male/female

Postcards and posters featuring Mantine leaping elegantly above the waves are popular souvenirs of Alola.

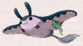
Many people have taken up surfing because they admire how magnificently Mantine swims.

EVOLUTION



Mantyke (p. 292)

Level up with Remoraid in your party



Mantine

MAIN WAY TO OBTAIN

Obtain a Mantyke, then level it up with a Remoraid in your party as well to evolve it into Mantine.

ABILITY

Swift Swim
Water Absorb

HIDDEN ABILITY

Water Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×4	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psybeam	Psychic	Special	65	100	20	Normal
1	Bullet Seed	Grass	Physical	25	100	30	Normal
1	Signal Beam	Bug	Special	75	100	15	Normal
1	Roost	Flying	Status	—	—	10	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Supersonic	Normal	Status	—	55	20	Normal
1	Bubble Beam	Water	Special	65	100	20	Normal
3	Supersonic	Normal	Status	—	55	20	Normal
7	Bubble Beam	Water	Special	65	100	20	Normal
11	Confuse Ray	Ghost	Status	—	100	10	Normal
14	Wing Attack	Flying	Physical	60	100	35	Normal
16	Headbutt	Normal	Physical	70	100	15	Normal
19	Water Pulse	Water	Special	60	100	20	Normal
23	Wide Guard	Rock	Status	—	—	10	Your Side
27	Take Down	Normal	Physical	90	85	20	Normal
32	Agility	Psychic	Status	—	—	30	Self
36	Air Slash	Flying	Special	75	95	15	Normal
39	Aqua Ring	Water	Status	—	—	20	Self
46	Bounce	Flying	Physical	85	85	5	Normal
49	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tailwind	Flying	Status	—	—	15	Your Side
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal

EXCLUSIVE Z-MOVE

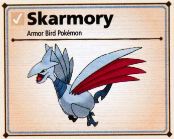
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Twister	Dragon	Special	40	100	20	Many Others
Hydro Pump	Water	Special	110	80	5	Normal
Haze	Ice	Status	—	—	30	Both Sides
Slam	Normal	Physical	80	75	20	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Mirror Coat	Psychic	Special	—	100	20	Varies
Water Sport	Water	Status	—	—	15	Both Sides
Splash	Normal	Status	—	—	40	Self
Wide Guard	Rock	Status	—	—	10	Your Side
Amnesia	Psychic	Status	—	—	20	Self

✓ Skarmory

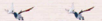
Armor Bird Pokémon



National Pokédex	227	STEEL	
Alola Pokédex	270	FLYING	

Height: 5'07" | Weight: 111.3 lbs.

Metal Coat



♂ ♀

Same form for male/female

The wing feathers it sheds can be processed and made into knives whose sharpness is recognized by the finest chefs.

Its body is draped in steel armor. It looks heavy, but it can fly at speeds of up to 185 miles an hour!

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears from a shaking tree on Route 10.

ABILITY

Keen Eye
Sturdy

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.25	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Peck	Flying	Physical	35	100	35	Normal
6	Sand Attack	Ground	Status	—	100	15	Normal
9	Metal Claw	Steel	Physical	50	95	35	Normal
12	Air Cutter	Flying	Special	60	95	25	Many Others
17	Fury Attack	Normal	Physical	15	85	20	Normal
20	Feint	Normal	Physical	30	100	10	Normal
23	Swift	Normal	Special	60	—	20	Many Others
28	Spikes	Ground	Status	—	—	20	Other Side
31	Agility	Psychic	Status	—	—	30	Self
34	Steel Wing	Steel	Physical	70	90	25	Normal
39	Slash	Normal	Physical	70	100	20	Normal
42	Metal Sound	Steel	Status	—	85	40	Normal
45	Air Slash	Flying	Special	75	95	15	Normal
50	Autotomize	Steel	Status	—	—	15	Self
53	Night Slash	Dark	Physical	70	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

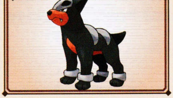
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Peck	Flying	Physical	80	100	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Sky Attack	Flying	Physical	140	90	5	Normal
Curse	Ghost	Status	—	—	10	Varies
Brave Bird	Flying	Physical	120	100	15	Normal
Assurance	Dark	Physical	60	100	10	Normal
Guard Swap	Psychic	Status	—	—	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Endure	Normal	Status	—	—	10	Self

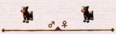
✓ Houndour

Dark Pokémon



National Pokédex	228	DARK	
Alola Pokédex	289	FIRE	

Height: 2'00" | Weight: 23.8 lbs.



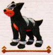
♂ ♀

Same form for male/female

It cooperates with others skillfully. When it becomes your partner, it's very loyal to you as its Trainer and will obey your orders.

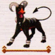
They make repeated eerie howls before dawn to call attention to their pack.

EVOLUTION



Houndour

Lv. 24



Houndoom

MAIN WAY TO OBTAIN

Obtain a Houndoom, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Early Bird
Flash Fire

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×2	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
4	Howl	Normal	Status	—	—	40	Self
8	Smog	Poison	Special	30	70	20	Normal
13	Roar	Normal	Status	—	—	20	Normal
16	Bite	Dark	Physical	60	100	25	Normal
20	Odor Sleuth	Normal	Status	—	—	40	Normal
25	Beat Up	Dark	Physical	—	100	10	Normal
28	Fire Fang	Fire	Physical	65	95	15	Normal
32	Feint Attack	Dark	Physical	60	—	20	Normal
37	Embargo	Dark	Status	—	100	15	Normal
40	Foul Play	Dark	Physical	95	100	15	Normal
44	Flamethrower	Fire	Special	90	100	15	Normal
49	Crunch	Dark	Physical	80	100	15	Normal
52	Nasty Plot	Dark	Status	—	—	20	Self
56	Inferno	Fire	Special	100	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal

◆ EXCLUSIVE Z-MOVE

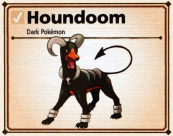
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Spin	Fire	Special	35	85	15	Normal
Rage	Normal	Physical	20	100	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Spite	Ghost	Status	—	100	10	Normal
Reversal	Fighting	Physical	—	100	15	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Punishment	Dark	Physical	—	100	5	Normal
Feint	Normal	Physical	30	100	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Destiny Bond	Ghost	Status	—	—	5	Self

✓ Houndoom

Dark Pokémon

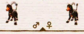


National Pokédex	229	DARK
Alola Pokédex	290	FIRE

Height: 4'07" | Weight: 77.2 lbs.

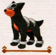
They spew flames mixed with poison to finish off their opponents. They divvy up their prey evenly among the members of their pack.

Identifiable by its eerie howls, people a long time ago thought it was the grim reaper and feared it.



The male has larger horns. The female has smaller horns.

EVOLUTION



Houndour

Lv. 24

Houndoom

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 12 in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Early Bird
Flash Fire

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×0
WATER	×2	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Inferno	Fire	Special	100	50	5	Normal
1	Nasty Plot	Dark	Status	—	—	20	Self
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Howl	Normal	Status	—	—	40	Self
1	Smog	Poison	Special	30	70	20	Normal
4	Howl	Normal	Status	—	—	40	Self
8	Smog	Poison	Special	30	70	20	Normal
13	Roar	Normal	Status	—	—	20	Normal
16	Bite	Dark	Physical	60	100	25	Normal
20	Odor Sleuth	Normal	Status	—	—	40	Normal
26	Beat Up	Dark	Physical	—	100	10	Normal
30	Fire Fang	Fire	Physical	65	95	15	Normal
35	Feint Attack	Dark	Physical	60	—	20	Normal
41	Embargo	Dark	Status	—	100	15	Normal
45	Foul Play	Dark	Physical	95	100	15	Normal
50	Flamethrower	Fire	Special	90	100	15	Normal
56	Crunch	Dark	Physical	80	100	15	Normal
60	Nasty Plot	Dark	Status	—	—	20	Self
65	Inferno	Fire	Special	100	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

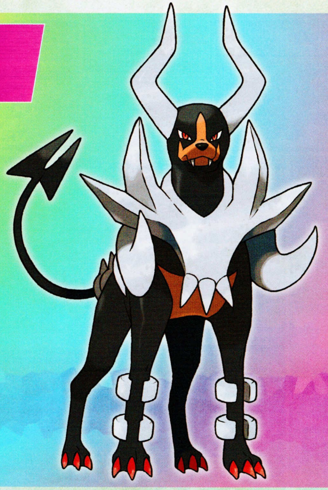
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Houndoom

Dark Pokémon

DARK FIRE

Height: 6'03"
Weight: 109.1 lbs.



MEGA EVOLUTION

Houndoom

Have Houndoom hold Houndoominite, and Mega Evolve it during battle.

Mega Houndoom

Same form for male/female

ABILITY

Solar Power

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

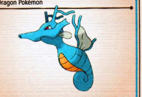
NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×2	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

Required Mega Stone

Houndoominite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

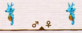
✓ Kingdra

Dragon Pokémon



National Pokédex	230	WATER	
Alola Pokédex	—	DRAGON	

Height: 5'11" | Weight: 335.1 lbs.

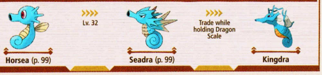


Same form for male/female

It is said that it usually hides in underwater caves. It can create whirlpools by yawning.

It stores energy by sleeping at underwater depths at which no other life-forms can survive.

EVOLUTION



MAIN WAY TO OBTAIN

Receive a Seadra holding a Dragon Scale in a trade and it will immediately evolve into Kingdra.

ABILITY

Swift Swim
Sniper

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Water 1
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.25	PSYCHIC	×1
WATER	×0.25	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Yawn	Normal	Status	—	—	10	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Smokescreen	Normal	Status	—	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
5	Smokescreen	Normal	Status	—	100	20	Normal
9	Leer	Normal	Status	—	100	30	Many Others
13	Water Gun	Water	Special	40	100	25	Normal
17	Twister	Dragon	Special	40	100	20	Many Others
21	Bubble Beam	Water	Special	65	100	20	Normal
26	Focus Energy	Normal	Status	—	—	30	Self
31	Brine	Water	Special	65	100	10	Normal
38	Agility	Psychic	Status	—	—	30	Self
45	Dragon Pulse	Dragon	Special	85	100	10	Normal
52	Dragon Dance	Dragon	Status	—	—	20	Self
60	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

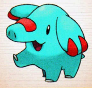
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

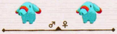
✓ Phanpy

Long Nose Pokémon



National Pokédex	231	GROUND	
Alola Pokédex	—		

Height: 1'08" | Weight: 73.9 lbs.

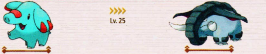


Same form for male/female

As a sign of affection, it bumps with its snout. However, it is so strong, it may send you flying.

It is strong despite its compact size. It can easily pick up and carry an adult human on its back.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Donphan, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Pickup

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Defense Curl	Normal	Status	—	—	40	Self
6	Flail	Normal	Physical	—	100	15	Normal
10	Rollout	Rock	Physical	30	90	20	Normal
15	Natural Gift	Normal	Physical	—	100	15	Normal
19	Endure	Normal	Status	—	—	10	Self
24	Slam	Normal	Physical	80	75	20	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
33	Charm	Fairy	Status	—	100	20	Normal
37	Last Resort	Normal	Physical	140	100	5	Normal
42	Double-Edge	Normal	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Knock Off	Dark	Physical	65	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

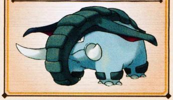
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Energy	Normal	Status	—	—	30	Self
Body Slam	Normal	Physical	85	100	15	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Counter	Fighting	Physical	—	100	20	Varies
Fissure	Ground	Physical	—	30	5	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Ice Shard	Ice	Physical	40	100	30	Normal
Head Smash	Rock	Physical	150	80	5	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Heavy Slam	Steel	Physical	—	100	10	Normal
Play Rough	Fairy	Physical	90	90	10	Normal
High Horsepower	Ground	Physical	95	95	10	Normal

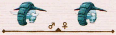
✓ Donphan

Armor Pokémon



National Pokédex	232	GROUND
Alola Pokédex	—	

Height: 3'07" | Weight: 264.6 lbs.

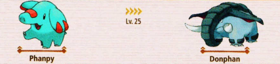


The male has larger tusks. The female has smaller tusks.

X It has sharp, hard tusks and a rugged hide. Its Tackle is strong enough to knock down a house.

Y The longer and bigger its tusks, the higher its rank in its herd. The tusks take long to grow.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sturdy

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Horn Attack	Normal	Physical	65	100	25	Normal
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
1	Growl	Normal	Status	—	100	40	Many Others
1	Defense Curl	Normal	Status	—	—	40	Self
6	Rapid Spin	Normal	Physical	20	100	40	Normal
10	Rollout	Rock	Physical	30	90	20	Normal
15	Assurance	Dark	Physical	60	100	10	Normal
19	Knock Off	Dark	Physical	65	100	20	Normal
24	Slam	Normal	Physical	80	75	20	Normal
30	Magnitude	Ground	Physical	—	100	30	Adjacent
37	Scary Face	Normal	Status	—	100	10	Normal
43	Earthquake	Ground	Physical	100	100	10	Adjacent
50	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fury Attack	Normal	Physical	15	85	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

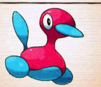
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Porygon2

Virtual Pokémon



National Pokédex	233	NORMAL
Alola Pokédex	282	

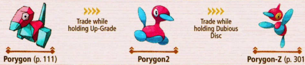
Height: 2'00" | Weight: 71.6 lbs.

Gender unknown

☀ AI has been installed in it. It learns various things all on its own, but it even remembers things it doesn't need to know.

☾ Even though it doesn't die in the vacuum of space, it can't move around very well in zero gravity.

EVOLUTION


Trade while holding Up-Grade
Trade while holding Dubious Disc
Porygon (p. 111)
Porygon2
Porygon-Z (p. 301)

MAIN WAY TO OBTAIN

Receive a Porygon holding an Up-Grade in a trade and it will immediately evolve into Porygon2.

ABILITY

Trace
Download

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Zap Cannon	Electric	Special	120	50	5	Normal
1	Magic Coat	Psychic	Status	—	—	15	Self
1	Conversion 2	Normal	Status	—	—	30	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Conversion	Normal	Status	—	—	30	Self
1	Defense Curl	Normal	Status	—	—	40	Self
7	Psybeam	Psychic	Special	65	100	20	Normal
12	Agility	Psychic	Status	—	—	30	Self
18	Recover	Normal	Status	—	—	10	Self
23	Magnet Rise	Electric	Status	—	—	10	Self
29	Signal Beam	Bug	Special	75	100	15	Normal
34	Recycle	Normal	Status	—	—	10	Self
40	Discharge	Electric	Special	80	100	15	Adjacent
45	Lock-On	Normal	Status	—	—	5	Normal
50	Tri Attack	Normal	Special	80	100	10	Normal
56	Magic Coat	Psychic	Status	—	—	15	Self
62	Zap Cannon	Electric	Special	120	50	5	Normal
67	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Icy Wind	Ice	Special	55	95	15	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

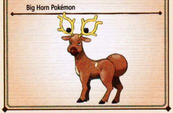
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

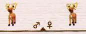
✓ Stantler

Big Horn Pokémon



National Pokédex	234	NORMAL
Alola Pokédex	—	

Height: 4'07" | Weight: 157.0 lbs.



♂ ♀

Same form for male/female

X: Staring at its antlers creates an odd sensation as if one were being drawn into their centers.

Y: The curved antlers subtly change the flow of air to create a strange space where reality is distorted.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Intimidate
Frisk

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
! GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Me First	Normal	Status	—	—	20	Varies
1	Tackle	Normal	Physical	40	100	35	Normal
3	Leer	Normal	Status	—	100	30	Many Others
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Hypnosis	Psychic	Status	—	60	20	Normal
13	Stomp	Normal	Physical	65	100	20	Normal
16	Sand Attack	Ground	Status	—	100	15	Normal
21	Take Down	Normal	Physical	90	85	20	Normal
23	Confuse Ray	Ghost	Status	—	100	10	Normal
27	Calm Mind	Psychic	Status	—	—	20	Self
33	Role Play	Psychic	Status	—	—	10	Normal
38	Zen Headbutt	Psychic	Physical	80	90	15	Normal
43	Jump Kick	Fighting	Physical	100	95	10	Normal
49	Imprison	Psychic	Status	—	—	10	Self
50	Captivate	Normal	Status	—	100	20	Many Others
55	Me First	Normal	Status	—	—	20	Varies

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

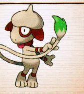
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Disable	Normal	Status	—	100	20	Normal
Bite	Dark	Physical	60	100	25	Normal
Extrasensory	Psychic	Special	80	100	20	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Double Kick	Fighting	Physical	30	100	30	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Megahorn	Bug	Physical	120	85	10	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Rage	Normal	Physical	20	100	20	Normal
Me First	Normal	Status	—	—	20	Varies

✓ Smeargle

Painter Pokémon



National Pokédex	235	NORMAL
Alola Pokédex	070	

Height: 3'11" | Weight: 127.9 lbs.

♂ ♀

Same form for male/female

The fluid of Smeargle's tail secretions changes in the intensity of its hue as the Pokémon's emotions change.

It draws symbols with the fluid that oozes from the tip of its tail. Depending on the symbol, Smeargle fanatics will pay big money for them.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 2.

ABILITY

Own Tempo
Technician

HIDDEN ABILITY

Moody

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sketch	Normal	Status	—	—	1	Normal
11	Sketch	Normal	Status	—	—	1	Normal
21	Sketch	Normal	Status	—	—	1	Normal
31	Sketch	Normal	Status	—	—	1	Normal
41	Sketch	Normal	Status	—	—	1	Normal
51	Sketch	Normal	Status	—	—	1	Normal
61	Sketch	Normal	Status	—	—	1	Normal
71	Sketch	Normal	Status	—	—	1	Normal
81	Sketch	Normal	Status	—	—	1	Normal
91	Sketch	Normal	Status	—	—	1	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

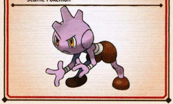
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tyrogue

Scuffle Pokémon



National Pokédex 236 FIGHTING
Alola Pokédex

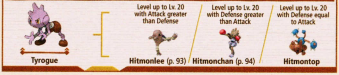
Height: 2'04" | Weight: 46.3 lbs.

♂ ♀
Male only

X It is always bursting with energy. To make itself stronger, it keeps on fighting even if it loses.

Y To brush up on its fighting skills, it will challenge anyone. It has a very strong competitive spirit.

EVOLUTION


Tyrogue
Level up to Lv. 20 with Attack greater than Defense
Hitmonlee (p. 93)
Level up to Lv. 20 with Defense greater than Attack
Hitmonchan (p. 94)
Level up to Lv. 20 with Defense equal to Attack
Hitmontop

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Guts
Steadfast

HIDDEN ABILITY

Vital Spirit

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Fake Out	Normal	Physical	40	100	10	Normal
1	Foresight	Normal	Status	—	—	40	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

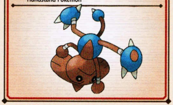
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Rapid Spin	Normal	Physical	20	100	40	Normal
High Jump Kick	Fighting	Physical	130	90	10	Normal
Mach Punch	Fighting	Physical	40	100	30	Normal
Mind Reader	Normal	Status	—	—	5	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Counter	Fighting	Physical	—	100	20	Varies
Vacuum Wave	Fighting	Special	40	100	30	Normal
Bullet Punch	Steel	Physical	40	100	30	Normal
Endure	Normal	Status	—	—	10	Self
Pursuit	Dark	Physical	40	100	20	Normal
Feint	Normal	Physical	30	100	10	Normal

✓ Hitmontop

Handstand Pokémon



National Pokédex 237 FIGHTING
Alola Pokédex —

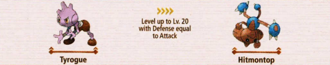
Height: 4'07" | Weight: 105.8 lbs.

♂ ♀
Male only

X It fights while spinning like a top. The centrifugal force boosts its destructive power by 10.

Y If you are enchanted by its smooth, dance-like kicks, you may get a closer experience with one than you'd like.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Tyrogue, then level it up to Lv. 20 or higher when its Defense and Attack stats are equal.

ABILITY

Intimidate
Technician

HIDDEN ABILITY

Steadfast

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rolling Kick	Fighting	Physical	60	85	15	Normal
1	Endeavor	Normal	Physical	—	100	5	Normal
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Detect	Fighting	Status	—	—	5	Self
1	Revenge	Fighting	Physical	60	100	10	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
6	Focus Energy	Normal	Status	—	—	30	Self
10	Pursuit	Dark	Physical	40	100	20	Normal
15	Quick Attack	Normal	Physical	40	100	30	Normal
19	Rapid Spin	Normal	Physical	20	100	40	Normal
24	Feint	Normal	Physical	30	100	10	Normal
28	Counter	Fighting	Physical	—	100	20	Varies
33	Triple Kick	Fighting	Physical	10	90	10	Normal
37	Agility	Psychic	Status	—	—	30	Self
42	Gyro Ball	Steel	Physical	—	100	5	Normal
46	Wide Guard	Rock	Status	—	—	10	Your Side
46	Quick Guard	Fighting	Status	—	—	15	Your Side
50	Detect	Fighting	Status	—	—	5	Self
55	Close Combat	Fighting	Physical	120	100	5	Normal
60	Endeavor	Normal	Physical	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Rolling Kick	Fighting	Physical	60	85	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

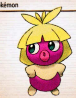
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Smoochum

Kiss Pokémon



National Pokédex	238	ICE
Alola Pokédex	109	PSYCHIC

Height: 1'04" | Weight: 13.2 lbs.

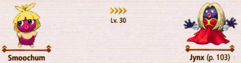
♂ ♀

Female only

When it examines things, before touching them with its hands, it makes lip contact and then diligently licks all the dirt off its lips.

Highly perceptive sensors, Smoochum's lips are kept moist by its daily application of tree sap.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in Seaward Cave.

ABILITY

Oblivious
Forewarn

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×2
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
5	Lick	Ghost	Physical	30	100	30	Normal
8	Sweet Kiss	Fairy	Status	—	75	10	Normal
11	Powder Snow	Ice	Special	40	100	25	Many Others
15	Confusion	Psychic	Special	50	100	25	Normal
18	Sing	Normal	Status	—	55	15	Normal
21	Heart Stamp	Psychic	Physical	60	100	25	Normal
25	Mean Look	Normal	Status	—	—	5	Normal
28	Fake Tears	Dark	Status	—	100	20	Normal
31	Lucky Chant	Normal	Status	—	—	30	Your Side
35	Avalanche	Ice	Physical	60	100	10	Normal
38	Psychic	Psychic	Special	90	100	10	Normal
41	Copycat	Normal	Status	—	—	20	Self
45	Perish Song	Normal	Status	—	—	5	Adjacent
48	Blizzard	Ice	Special	110	70	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal

EXCLUSIVE Z-MOVE

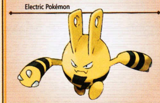
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Meditate	Psychic	Status	—	—	40	Self
Fake Out	Normal	Physical	40	100	10	Normal
Wish	Normal	Status	—	—	10	Self
Ice Punch	Ice	Physical	75	100	15	Normal
Miracle Eye	Psychic	Status	—	—	40	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Wake-Up Slap	Fighting	Physical	70	100	10	Normal
Captivate	Normal	Status	—	100	20	Many Others

✓ Elekid

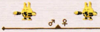
Electric Pokémon



National Pokédex	239	ELECTRIC
Alola Pokédex	295	

Height: 2'00" | Weight: 51.8 lbs.

Electirizer



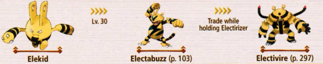
♂ ♀

Same form for male/female

When it hears the crash of thunder, Elekid's mood improves. It can be useful to record that sound and play it when Elekid's feeling down.

When its horns shine a bluish white, that's the sign it's fully charged. You'll get a shocking jolt if you touch it!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the southern half of Mount Hokulani.

ABILITY

Static

HIDDEN ABILITY

Vital Spirit

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Thunder Shock	Electric	Special	40	100	30	Normal
8	Low Kick	Fighting	Physical	—	100	20	Normal
12	Swift	Normal	Special	60	—	20	Many Others
15	Shock Wave	Electric	Special	60	—	20	Normal
19	Thunder Wave	Electric	Status	—	90	20	Normal
22	Electro Ball	Electric	Special	—	100	10	Normal
26	Light Screen	Psychic	Status	—	—	30	Your Side
29	Thunder Punch	Electric	Physical	75	100	15	Normal
33	Discharge	Electric	Special	80	100	15	Adjacent
36	Screech	Normal	Status	—	85	40	Normal
40	Thunderbolt	Electric	Special	90	100	15	Normal
43	Thunder	Electric	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

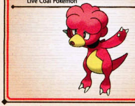
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Karate Chop	Fighting	Physical	50	100	25	Normal
Barrier	Psychic	Status	—	—	20	Self
Rolling Kick	Fighting	Physical	60	85	15	Normal
Meditate	Psychic	Status	—	—	40	Self
Cross Chop	Fighting	Physical	100	80	5	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Dynamic Punch	Fighting	Physical	100	50	5	Normal
Feint	Normal	Physical	30	100	10	Normal
Hammer Arm	Fighting	Physical	100	90	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal

✓ Magby

Live Coal Pokémon



National Pokédex	240	FIRE
Alola Pokédex	200	

Height: 2'04" | Weight: 47.2 lbs.

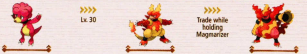
Magmarizer

Same form for male/female

When flames drip from its nose, that means it has a cold. Have it lie down for a nice rest in some magma.

Its body temperature is always around 1,100 degrees Fahrenheit. If Magby falls into a small- enough pond, the whole thing will dry up.

EVOLUTION



Magby

Magmar (p. 104)

Magmortar (p. 297)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Wela Volcano Park.

ABILITY

Flame Body

HIDDEN ABILITY

Vital Spirit

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Smog	Poison	Special	30	70	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Ember	Fire	Special	40	100	25	Normal
8	Smokescreen	Normal	Status	—	100	20	Normal
12	Feint Attack	Dark	Physical	60	—	20	Normal
15	Fire Spin	Fire	Special	35	85	15	Normal
19	Clear Smog	Poison	Special	50	—	15	Normal
22	Flame Burst	Fire	Special	70	100	15	Normal
26	Confuse Ray	Ghost	Status	—	100	10	Normal
29	Fire Punch	Fire	Physical	75	100	15	Normal
33	Lava Plume	Fire	Special	80	100	15	Adjacent
36	Sunny Day	Fire	Status	—	—	5	Both Sides
40	Flamethrower	Fire	Special	90	100	15	Normal
43	Fire Blast	Fire	Special	110	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

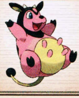
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Karate Chop	Fighting	Physical	50	100	25	Normal
Mega Punch	Normal	Physical	80	85	20	Normal
Barrier	Psychic	Status	—	—	20	Self
Screech	Normal	Status	—	85	40	Normal
Cross Chop	Fighting	Physical	100	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Mach Punch	Fighting	Physical	40	100	30	Normal
Dynamic Punch	Fighting	Physical	100	50	5	Normal
Flare Blitz	Fire	Physical	120	100	15	Normal
Belly Drum	Normal	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Focus Energy	Normal	Status	—	—	30	Self
Power Swap	Psychic	Status	—	—	10	Normal
Belch	Poison	Special	120	90	10	Normal

✓ Miltank

Milk Cow Pokémon



National Pokédex	241	NORMAL
Alola Pokédex	171	

Height: 3'11" | Weight: 166.4 lbs.

Moomoo Milk

Female only

It produces over five gallons of milk a day. The higher the quality of the pastures it lives in, the richer and tastier its milk becomes.

Its milk is delicious and chock-full of nutrients. However, if you drink too much, it could make your stomach hurt, so be careful.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Paniola Ranch or the Poni Plains.

ABILITY

Thick Fat

Scrappy

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
! GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
! ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Growl	Normal	Status	—	100	40	Many Others
5	Defense Curl	Normal	Status	—	—	40	Self
8	Stomp	Normal	Physical	65	100	20	Normal
11	Milk Drink	Normal	Status	—	—	10	Self
15	Bide	Normal	Physical	—	—	10	Self
19	Rollout	Rock	Physical	30	90	20	Normal
24	Body Slam	Normal	Physical	85	100	15	Normal
29	Zen Headbutt	Psychic	Physical	80	90	15	Normal
35	Captivate	Normal	Status	—	100	20	Many Others
41	Gyro Ball	Steel	Physical	—	100	5	Normal
48	Heal Bell	Normal	Status	—	—	5	Your Party
50	Wake-Up Slap	Fighting	Physical	70	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

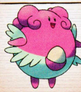
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Present	Normal	Physical	—	90	15	Normal
Reversal	Fighting	Physical	—	100	15	Normal
Seismic Toss	Fighting	Physical	—	100	20	Normal
Endure	Normal	Status	—	—	10	Self
Curse	Ghost	Status	—	—	10	Varies
Helping Hand	Normal	Status	—	—	20	1 Ally
Sleep Talk	Normal	Status	—	—	10	Self
Dizzy Punch	Normal	Physical	70	100	10	Normal
Hammer Arm	Fighting	Physical	100	90	10	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Punishment	Dark	Physical	—	100	5	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Heart Stamp	Psychic	Physical	60	100	25	Normal
Belch	Poison	Special	120	90	10	Normal

✓ Blissey

Happiness Pokémon



National Pokédex	242	NORMAL
Alola Pokédex	041	

Height: 4'11" | Weight: 103.2 lbs.

Lucky Egg

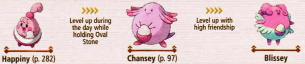
♂ ♀

Female only

Their eggs are such a delicacy that some say eating one will bring you happiness. These eggs fetch the highest prices on the market.

This Pokémon is overflowing with love. Only Chansey that share a strong bond with their Trainer can evolve, so people say.

EVOLUTION


Happiny (p. 282)
Level up during the day while holding Oval Stone
Chansey (p. 97)
Level up with high friendship
Blissey

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Chansey in Poni Plains. Or obtain a Chansey, then level it up with high friendship to evolve it into Blissey.

ABILITY

Natural Cure
Serene Grace

HIDDEN ABILITY

Healer

SPECIES STRENGTHS

HP	◆◆◆◆◆◆◆◆◆◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double-Edge	Normal	Physical	120	100	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Tail Whip	Normal	Status	—	100	30	Many Others
9	Refresh	Normal	Status	—	—	20	Self
12	Double Slap	Normal	Physical	15	85	10	Normal
16	Soft-Boiled	Normal	Status	—	—	10	Self
20	Bestow	Normal	Status	—	—	15	Normal
23	Minimize	Normal	Status	—	—	10	Self
27	Take Down	Normal	Physical	90	85	20	Normal
31	Sing	Normal	Status	—	55	15	Normal
34	Fling	Dark	Physical	—	100	10	Normal
39	Heal Pulse	Psychic	Status	—	—	10	Normal
44	Egg Bomb	Normal	Physical	100	75	10	Normal
50	Light Screen	Psychic	Status	—	—	30	Your Side
57	Healing Wish	Psychic	Status	—	—	10	Self
65	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

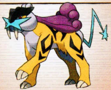
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others

✓ Raikou

Thunder Pokémon



National Pokédex	243	ELECTRIC
Alola Pokédex	—	

Height: 6'03" | Weight: 392.4 lbs.

Gender unknown

The rain clouds it carries let it fire thunderbolts at will. They say that it descended with lightning.

This rough Pokémon stores energy inside its body, then sweeps across the land, shooting off electricity.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Extrasensory	Psychic	Special	80	100	20	Normal
1	Discharge	Electric	Special	80	100	15	Adjacent
1	Bite	Dark	Physical	60	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
8	Thunder Shock	Electric	Special	40	100	30	Normal
15	Roar	Normal	Status	—	—	20	Normal
22	Quick Attack	Normal	Physical	40	100	30	Normal
29	Spark	Electric	Physical	65	100	20	Normal
36	Reflect	Psychic	Status	—	—	20	Your Side
43	Crunch	Dark	Physical	80	100	15	Normal
50	Thunder Fang	Electric	Physical	65	95	15	Normal
57	Discharge	Electric	Special	80	100	15	Adjacent
64	Extrasensory	Psychic	Special	80	100	20	Normal
71	Rain Dance	Water	Status	—	—	5	Both Sides
78	Calm Mind	Psychic	Status	—	—	20	Self
85	Thunder	Electric	Special	110	70	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM60	Quash	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

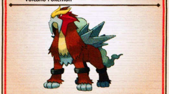
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

✓ Entei

Volcano Pokémon



National Pokédex	244	FIRE
Alola Pokédex	—	

Height: 6'11" | Weight: 436.5 lbs.

Gender unknown

X A Pokémon that races across the land. It is said that one is born every time a new volcano appears.

Y It is said that when it roars, a volcano erupts somewhere around the globe.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sacred Fire	Fire	Physical	100	95	5	Normal
1	Eruption	Fire	Special	150	100	5	Many Others
1	Extrasensory	Psychic	Special	80	100	20	Normal
1	Lava Plume	Fire	Special	80	100	15	Adjacent
1	Bite	Dark	Physical	60	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
8	Ember	Fire	Special	40	100	25	Normal
15	Roar	Normal	Status	—	—	20	Normal
22	Fire Spin	Fire	Special	35	85	15	Normal
29	Stomp	Normal	Physical	65	100	20	Normal
36	Flamethrower	Fire	Special	90	100	15	Normal
43	Swagger	Normal	Status	—	85	15	Normal
50	Fire Fang	Fire	Physical	65	95	15	Normal
57	Lava Plume	Fire	Special	80	100	15	Adjacent
64	Extrasensory	Psychic	Special	80	100	20	Normal
71	Fire Blast	Fire	Special	110	85	5	Normal
78	Calm Mind	Psychic	Status	—	—	20	Self
85	Eruption	Fire	Special	150	100	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

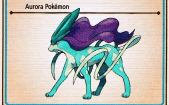
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Suicune

Aurora Pokémon



National Pokédex	245	WATER
Alola Pokédex	—	

Height: 6'07" | Weight: 412.3 lbs.

Gender unknown

X It races around the world to purify fouled water. It dashes away with the north wind.

Y Said to be the embodiment of north winds, it can instantly purify filthy, murky water.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride with Raikou and Entei in your party.

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sheer Cold	Ice	Special	—	30	5	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bubble Beam	Water	Special	65	100	20	Normal
1	Rain Dance	Water	Status	—	—	5	Both Sides
8	Bubble Beam	Water	Special	65	100	20	Normal
15	Rain Dance	Water	Status	—	—	5	Both Sides
22	Gust	Flying	Special	40	100	35	Normal
29	Aurora Beam	Ice	Special	65	100	20	Normal
36	Mist	Ice	Status	—	—	30	Your Side
43	Mirror Coat	Psychic	Special	—	100	20	Varies
50	Ice Fang	Ice	Physical	65	95	15	Normal
57	Tailwind	Flying	Status	—	—	15	Your Side
64	Extrasensory	Psychic	Special	80	100	20	Normal
71	Hydro Pump	Water	Special	110	80	5	Normal
78	Calm Mind	Psychic	Status	—	—	20	Self
85	Blizzard	Ice	Special	110	70	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Water Pulse	Water	Special	60	100	20	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

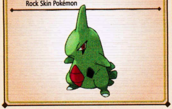
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

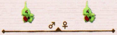
✓ Larvitar

Rock Skin Pokémon



National Pokédex	246	ROCK
Alola Pokédex	247	GROUND

Height: 2'00" | Weight: 158.7 lbs.



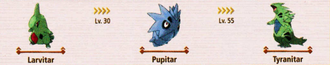
♂ ♀

Same form for male/female

Born underground, it eats its way through dirt to the surface, where its parents are. It doesn't deal well with the bright light it finds there.

Raised on nutrients it finds in the dirt, it eats roughly a mountain's worth of dirt before it becomes a pupa.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the caves of Diglett's Tunnel.

ABILITY

Guts

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bite	Dark	Physical	60	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Sandstorm	Rock	Status	—	—	10	Both Sides
10	Screech	Normal	Status	—	85	40	Normal
14	Chip Away	Normal	Physical	70	100	20	Normal
19	Rock Slide	Rock	Physical	75	90	10	Many Others
23	Scary Face	Normal	Status	—	100	10	Normal
28	Thrash	Normal	Physical	120	100	10	1 Random
32	Dark Pulse	Dark	Special	80	100	15	Normal
37	Payback	Dark	Physical	50	100	10	Normal
41	Crunch	Dark	Physical	80	100	15	Normal
46	Earthquake	Ground	Physical	100	100	10	Adjacent
50	Stone Edge	Rock	Physical	100	80	5	Normal
55	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

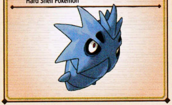
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal
Stomp	Normal	Physical	65	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Focus Energy	Normal	Status	—	—	30	Self
Ancient Power	Rock	Special	60	100	5	Normal
Dragon Dance	Dragon	Status	—	—	20	Self
Curse	Ghost	Status	—	—	10	Varies
Iron Defense	Steel	Status	—	—	15	Self
Assurance	Dark	Physical	60	100	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Iron Tail	Steel	Physical	100	75	15	Normal

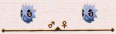
✓ Pupitar

Hard Shell Pokémon



National Pokédex	247	ROCK
Alola Pokédex	248	GROUND

Height: 3'11" | Weight: 335.1 lbs.



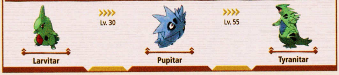
♂ ♀

Same form for male/female

This troublesome Pokémon can't wait to evolve, so it relieves its stress by wildly propelling itself around using compressed gas.

This dangerous pupa thrashes about. Its shell is as hard as bedrock, containing its gradually forming new body within.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Larvitar, then level it up to Lv. 30 or higher to evolve it into Pupitar.

ABILITY

Shed Skin

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bite	Dark	Physical	60	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Sandstorm	Rock	Status	—	—	10	Both Sides
1	Screech	Normal	Status	—	85	40	Normal
5	Sandstorm	Rock	Status	—	—	10	Both Sides
10	Screech	Normal	Status	—	85	40	Normal
14	Chip Away	Normal	Physical	70	100	20	Normal
19	Rock Slide	Rock	Physical	75	90	10	Many Others
23	Scary Face	Normal	Status	—	100	10	Normal
28	Thrash	Normal	Physical	120	100	10	1 Random
34	Dark Pulse	Dark	Special	80	100	15	Normal
41	Payback	Dark	Physical	50	100	10	Normal
47	Crunch	Dark	Physical	80	100	15	Normal
54	Earthquake	Ground	Physical	100	100	10	Adjacent
60	Stone Edge	Rock	Physical	100	80	5	Normal
67	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

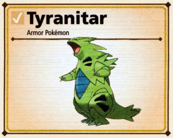
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tyranitar

Armor Pokémon



National Pokédex	248	ROCK
Alola Pokédex	249	DARK

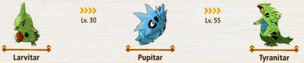
Height: 6'07" | Weight: 445.3 lbs.

Same form for male/female

It wanders through the mountains seeking opponents to fight. If it finds an opponent that's not worthy, Tyranitar ignores it and wanders on.

This Pokémon is a mobile disaster, leaving mountains crumbled and houses destroyed in its wake.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Pupitar, then level it up to Lv. 55 or higher to evolve it into Tyranitar.

ABILITY

Sand Stream

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×0
WATER	×2	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×4	DARK	×0.5
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Sandstorm	Rock	Status	—	—	10	Both Sides
1	Screech	Normal	Status	—	85	40	Normal
5	Sandstorm	Rock	Status	—	—	10	Both Sides
10	Screech	Normal	Status	—	85	40	Normal
14	Chip Away	Normal	Physical	70	100	20	Normal
19	Rock Slide	Rock	Physical	75	90	10	Many Others
23	Scary Face	Normal	Status	—	100	10	Normal
28	Thrash	Normal	Physical	120	100	10	1 Random
34	Dark Pulse	Dark	Special	80	100	15	Normal
41	Payback	Dark	Physical	50	100	10	Normal
47	Crunch	Dark	Physical	80	100	15	Normal
54	Earthquake	Ground	Physical	100	100	10	Adjacent
63	Stone Edge	Rock	Physical	100	80	5	Normal
73	Hyper Beam	Normal	Special	150	90	5	Normal
82	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foul Play	Dark	Physical	95	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

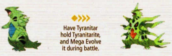
Mega Tyranitar

Armor Pokémon

ROCK DARK

Height: 8'02"
Weight: 562.2 lbs.

MEGA EVOLUTION



Have Tyranitar hold Tyranitarite, and Mega Evolve it during battle.

Same form for male/female

ABILITY

Sand Stream

SPECIES STRENGTHS

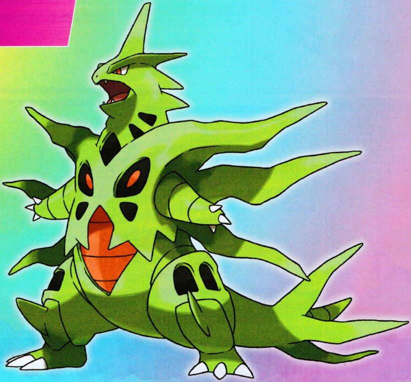
HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×0
WATER	×2	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×4	DARK	×0.5
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×2

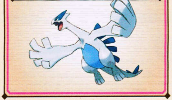
Required Mega Stone

Tyranitarite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



✓ Lugia

Diving Pokémon



National Pokédex	249	PSYCHIC
Alola Pokédex	—	FLYING

Height: 17'01" | Weight: 476.2 lbs.

Gender unknown

X: It sleeps in a deep-sea trench. If it flaps its wings, it is said to cause a 40-day storm.

Y: It is said to be the guardian of the seas. It is rumored to have been seen on the night of a storm.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Pressure

HIDDEN ABILITY

Multiscale

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆♦
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆♦
SPEED	◆◆◆◆◆♦

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Whirlwind	Normal	Status	—	—	20	Normal
1	Weather Ball*	Normal	Special	50	100	10	Normal
9	Gust	Flying	Special	40	100	35	Normal
15	Dragon Rush	Dragon	Physical	100	75	10	Normal
23	Extrasensory	Psychic	Special	80	100	20	Normal
29	Rain Dance	Water	Status	—	—	5	Both Sides
37	Hydro Pump	Water	Special	110	80	5	Normal
43	Aeroblast	Flying	Special	100	95	5	Normal
50	Punishment	Dark	Physical	—	100	5	Normal
57	Ancient Power	Rock	Special	60	100	5	Normal
65	Safeguard	Normal	Status	—	—	25	Your Side
71	Recover	Normal	Status	—	—	10	Self
79	Future Sight	Psychic	Special	120	100	10	Normal
85	Natural Gift	Normal	Physical	—	100	15	Normal
93	Calm Mind	Psychic	Status	—	—	20	Self
99	Sky Attack	Flying	Physical	140	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

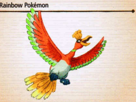
MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Ho-Oh

Rainbow Pokémon



National Pokédex	250	FIRE
Alola Pokédex	—	FLYING

Height: 12'06" | Weight: 438.7 lbs.

Sacred Ash

Gender unknown

X: A legend says that its body glows in seven colors. A rainbow is said to form behind it when it flies.

Y: It will reveal itself before a pure-hearted Trainer by shining its bright, rainbow-colored wings.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Pressure

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆♦♦
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆♦
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Whirlwind	Normal	Status	—	—	20	Normal
1	Weather Ball*	Normal	Special	50	100	10	Normal
9	Gust	Flying	Special	40	100	35	Normal
15	Brave Bird	Flying	Physical	120	100	15	Normal
23	Extrasensory	Psychic	Special	80	100	20	Normal
29	Sunny Day	Fire	Status	—	—	5	Both Sides
37	Fire Blast	Fire	Special	110	85	5	Normal
43	Sacred Fire	Fire	Physical	100	95	5	Normal
50	Punishment	Dark	Physical	—	100	5	Normal
57	Ancient Power	Rock	Special	60	100	5	Normal
65	Safeguard	Normal	Status	—	—	25	Your Side
71	Recover	Normal	Status	—	—	10	Self
79	Future Sight	Psychic	Special	120	100	10	Normal
85	Natural Gift	Normal	Physical	—	100	15	Normal
93	Calm Mind	Psychic	Status	—	—	20	Self
99	Sky Attack	Flying	Physical	140	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Attack	Flying	Physical	140	90	5	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

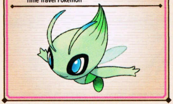
MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Celebi

Time Travel Pokémon



National Pokédex	251
Alola Pokédex	—

PSYCHIC GRASS

Height: 2'00" | Weight: 11.0 lbs.

Gender unknown

X This Pokémon wanders across time. Grass and trees flourish in the forests in which it has appeared.

Y It has the power to travel across time, but it is said to appear only in peaceful times.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Natural Cure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×0.5
WATER	×0.5	BUG	×4
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leech Seed	Grass	Status	—	90	10	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
1	Recover	Normal	Status	—	—	10	Self
1	Heal Bell	Normal	Status	—	—	5	Your Party
10	Safeguard	Normal	Status	—	—	25	Your Side
19	Magical Leaf	Grass	Special	60	—	20	Normal
28	Ancient Power	Rock	Special	60	100	5	Normal
37	Baton Pass	Normal	Status	—	—	40	Self
46	Natural Gift	Normal	Physical	—	100	15	Normal
55	Heal Block	Psychic	Status	—	100	15	Many Others
64	Future Sight	Psychic	Special	120	100	10	Normal
73	Healing Wish	Psychic	Status	—	—	10	Self
82	Leaf Storm	Grass	Special	130	90	5	Normal
91	Perish Song	Normal	Status	—	—	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

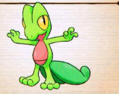
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Treecko

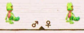
Wood Gecko Pokémon



National Pokédex	252
Alola Pokédex	—

GRASS

Height: 1'08" | Weight: 11.0 lbs.



Same form for male/female

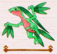
X It quickly scales even vertical walls. It senses humidity with its tail to predict the next day's weather.

Y Small hooks on the bottom of its feet catch on walls and ceilings. That is how it can hang from above.

EVOLUTION

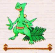
Treecko

Lv. 16



Grovyle

Lv. 36



Sceptile

MAIN WAY TO OBTAIN

Obtain a Grovyle or Sceptile, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Overgrow

HIDDEN ABILITY

Unburden

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Absorb	Grass	Special	20	100	25	Normal
9	Quick Attack	Normal	Physical	40	100	30	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
17	Pursuit	Dark	Physical	40	100	20	Normal
21	Giga Drain	Grass	Special	75	100	10	Normal
25	Agility	Psychic	Status	—	—	30	Self
29	Slam	Normal	Physical	80	75	20	Normal
33	Detect	Fighting	Status	—	—	5	Self
37	Energy Ball	Grass	Special	90	100	10	Normal
41	Quick Guard	Fighting	Status	—	—	15	Your Side
45	Endeavor	Normal	Physical	—	100	5	Normal
49	Screech	Normal	Status	—	85	40	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

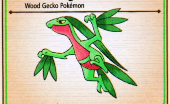
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Leech Seed	Grass	Status	—	90	10	Normal
Dragon Breath	Dragon	Special	60	100	20	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Double Kick	Fighting	Physical	30	100	30	Normal
Grass Whistle	Grass	Status	—	55	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Magical Leaf	Grass	Special	60	—	20	Normal
Leaf Storm	Grass	Special	130	90	5	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Bullet Seed	Grass	Physical	25	100	30	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

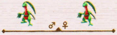
✓ Grovyle

Wood Gecko Pokémon



National Pokédex 253
Alola Pokédex —
GRASS

Height: 2'11" | Weight: 47.6 lbs.

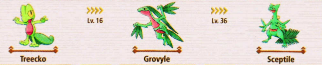


Same form for male/female

X Its strongly developed thigh muscles give it astounding agility and jumping performance.

Y It lives in dense jungles. While closing in on its prey, it leaps from branch to branch.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 5 by using Island Scan on Akala Island on a Friday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Overgrow

HIDDEN ABILITY

Unburden

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
5	Absorb	Grass	Special	20	100	25	Normal
9	Quick Attack	Normal	Physical	40	100	30	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
18	Pursuit	Dark	Physical	40	100	20	Normal
23	Leaf Blade	Grass	Physical	90	100	15	Normal
28	Agility	Psychic	Status	—	—	30	Self
33	Slam	Normal	Physical	80	75	20	Normal
38	Detect	Fighting	Status	—	—	5	Self
43	X-Scissor	Bug	Physical	80	100	15	Normal
48	False Swipe	Normal	Physical	40	100	40	Normal
53	Quick Guard	Fighting	Status	—	—	15	Your Side
58	Leaf Storm	Grass	Special	130	90	5	Normal
63	Screech	Normal	Status	—	85	40	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fury Cutter	Bug	Physical	40	95	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

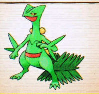
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

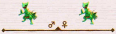
✓ Sceptile

Forest Pokémon



National Pokédex 254
Alola Pokédex —
GRASS

Height: 5'07" | Weight: 115.1 lbs.

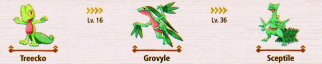


Same form for male/female

X The leaves that grow on its arms can slice down thick trees. It is without peer in jungle combat.

Y It agilely leaps about the jungle and uses the sharp leaves on its arms to strike its prey.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Grovyle, then level it up to Lv. 36 or higher to evolve it into Sceptile.

ABILITY

Overgrow

HIDDEN ABILITY

Unburden

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dual Chop	Dragon	Physical	40	90	15	Normal
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Leaf Storm	Grass	Special	130	90	5	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
5	Absorb	Grass	Special	20	100	25	Normal
9	Quick Attack	Normal	Physical	40	100	30	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
18	Pursuit	Dark	Physical	40	100	20	Normal
23	Leaf Blade	Grass	Physical	90	100	15	Normal
28	Agility	Psychic	Status	—	—	30	Self
33	Slam	Normal	Physical	80	75	20	Normal
39	Detect	Fighting	Status	—	—	5	Self
45	X-Scissor	Bug	Physical	80	100	15	Normal
51	False Swipe	Normal	Physical	40	100	40	Normal
57	Quick Guard	Fighting	Status	—	—	15	Your Side
63	Leaf Storm	Grass	Special	130	90	5	Normal
69	Screech	Normal	Status	—	85	40	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Frenzy Plant	Grass	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

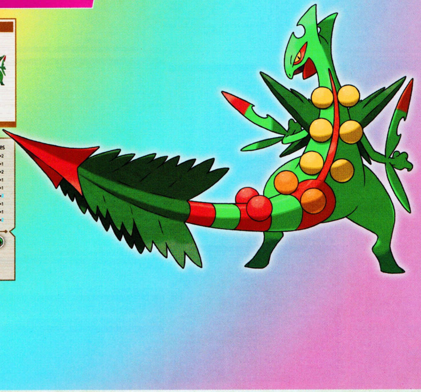
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Sceptile

Forest Pokémon

GRASS DRAGON

Height: 6'03"
Weight: 121.7 lbs.



MEGA EVOLUTION

Have Sceptile hold Sceptilite, and Mega Evolve it during battle.

Sceptile **Mega Sceptile**

Same form for male/female

ABILITY

Lightning Rod

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.25	BUG	×2
GRASS	×0.25	ROCK	×1
! ELECTRIC	×0.25	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

Required Mega Stone

Sceptilite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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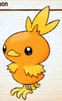
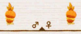
✓ Torchic

Chick Pokémon



National Pokédex	255	FIRE
Alola Pokédex	—	

Height: 1'04" | Weight: 5.5 lbs.



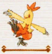
The male has a small black dot on its rear. The female has no dot on its rear.

X It has a flame sac inside its belly that perpetually burns. It feels warm if it is hugged.

Y A fire burns inside, so it feels very warm to hug. It launches fireballs of 1,800 degrees Fahrenheit.

EVOLUTION

Lv. 16



Lv. 36

Torchic **Combusken** **Blaziken**

MAIN WAY TO OBTAIN

Obtain a Combusken or Blaziken, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Blaze

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Ember	Fire	Special	40	100	25	Normal
10	Sand Attack	Ground	Status	—	100	15	Normal
14	Peck	Flying	Physical	35	100	35	Normal
19	Fire Spin	Fire	Special	35	85	15	Normal
23	Quick Attack	Normal	Physical	40	100	30	Normal
28	Flame Burst	Fire	Special	70	100	15	Normal
32	Focus Energy	Normal	Status	—	—	30	Self
37	Slash	Normal	Physical	70	100	20	Normal
41	Mirror Move	Flying	Status	—	—	20	Normal
46	Flamethrower	Fire	Special	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

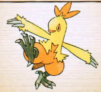
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Reversal	Fighting	Physical	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Smelling Salts	Normal	Physical	70	100	10	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Baton Pass	Normal	Status	—	—	40	Self
Agility	Psychic	Status	—	—	30	Self
Night Slash	Dark	Physical	70	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Feint	Normal	Physical	30	100	10	Normal
Feather Dance	Flying	Status	—	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Flame Burst	Fire	Special	70	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal

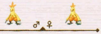
✓ Combusken

Young Fowl Pokémon



National Pokédex	256	FIRE
Alola Pokédex	—	FIGHTING

Height: 2'11" | Weight: 43.0 lbs.

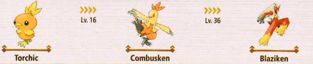


The male has a larger crest. The female has a smaller crest.

X: Its kicking mastery lets it loose 10 kicks per second. It emits sharp cries to intimidate foes.

Y: During a battle, the hot flame in its body increases. Its kicks have outstanding destructive power.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 8 by using Island Scan on Akala Island on a Tuesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Blaze

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
5	Ember	Fire	Special	40	100	25	Normal
10	Sand Attack	Ground	Status	—	100	15	Normal
14	Peck	Flying	Physical	35	100	35	Normal
20	Flame Charge	Fire	Physical	50	100	20	Normal
25	Quick Attack	Normal	Physical	40	100	30	Normal
31	Bulk Up	Fighting	Status	—	—	20	Self
36	Focus Energy	Normal	Status	—	—	30	Self
42	Slash	Normal	Physical	70	100	20	Normal
47	Mirror Move	Flying	Status	—	—	20	Normal
53	Sky Uppercut	Fighting	Physical	85	90	15	Normal
58	Flare Blitz	Fire	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double Kick	Fighting	Physical	30	100	30	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

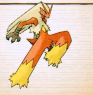
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

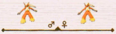
✓ Blaziken

Blaze Pokémon



National Pokédex	257	FIRE
Alola Pokédex	—	FIGHTING

Height: 6'03" | Weight: 114.6 lbs.

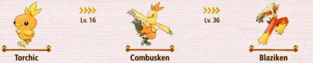


The hackles and feather crests are longer on the male. The hackles and feather crests are shorter on the female.

X: It can clear a 30-story building in a leap. Its fiery punches scorch its foes.

Y: When facing a tough foe, it looses flames from its wrists. Its powerful legs let it jump clear over buildings.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Combusken, then level it up to Lv. 36 or higher to evolve it into Blaziken.

ABILITY

Blaze

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Blaze Kick	Fire	Physical	85	90	10	Normal
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Flare Blitz	Fire	Physical	120	100	15	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	High Jump Kick	Fighting	Physical	130	90	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
5	Ember	Fire	Special	40	100	25	Normal
10	Sand Attack	Ground	Status	—	100	15	Normal
14	Peck	Flying	Physical	35	100	35	Normal
20	Flame Charge	Fire	Physical	50	100	20	Normal
25	Quick Attack	Normal	Physical	40	100	30	Normal
31	Bulk Up	Fighting	Status	—	—	20	Self
37	Focus Energy	Normal	Status	—	—	30	Self
44	Slash	Normal	Physical	70	100	20	Normal
50	Brave Bird	Flying	Physical	120	100	15	Normal
57	Sky Uppercut	Fighting	Physical	85	90	15	Normal
63	Flare Blitz	Fire	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Blaze Kick	Fire	Physical	85	90	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal
Blast Burn	Fire	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

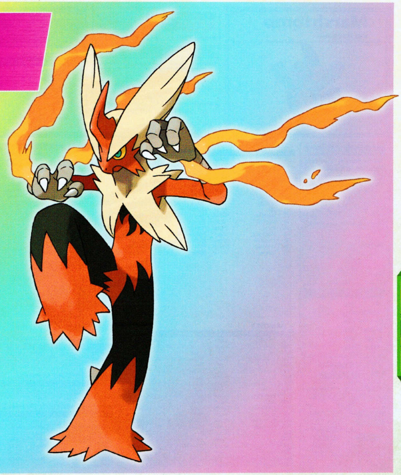
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Blaziken

Blaze Pokémon

FIRE FIGHTING

Height: 6'03"
Weight: 114.6 lbs.



MEGA EVOLUTION

Have Blaziken hold Blazikenite, and Mega Evolve it during battle.

Blaziken **Mega Blaziken**

Same form for male/female

ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

Required Mega Stone

Blazikenite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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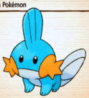
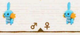
✓ Mudkip

Mud Fish Pokémon



National Pokédex	258	WATER
Alola Pokédex	—	

Height: 1'04" | Weight: 16.8 lbs.



Same form for male/female

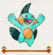
X Its large tail fin propels it through water with powerful acceleration. It is strong in spite of its size.

Y To alert it, the fin on its head senses the flow of water. It has the strength to heft boulders.

EVOLUTION

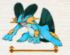
Mudkip

Lv. 16



Marshtomp

Lv. 36



Swampert

MAIN WAY TO OBTAIN

Obtain a Marshtomp or Swampert, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Torrent

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
4	Water Gun	Water	Special	40	100	25	Normal
9	Mud-Slap	Ground	Special	20	100	10	Normal
12	Foresight	Normal	Status	—	—	40	Normal
17	Bide	Normal	Physical	—	—	10	Self
20	Mud Sport	Ground	Status	—	—	15	Both Sides
25	Rock Throw	Rock	Physical	50	90	15	Normal
28	Protect	Normal	Status	—	—	10	Self
33	Whirlpool	Water	Special	35	85	15	Normal
36	Take Down	Normal	Physical	90	85	20	Normal
41	Hydro Pump	Water	Special	110	80	5	Normal
44	Endeavor	Normal	Physical	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

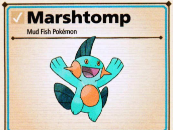
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Refresh	Normal	Status	—	—	20	Self
Uproar	Normal	Special	90	100	10	1 Random
Curse	Ghost	Status	—	—	10	Varies
Stomp	Normal	Physical	65	100	20	Normal
Ice Ball	Ice	Physical	30	90	20	Normal
Mirror Coat	Psychic	Special	—	100	20	Varies
Counter	Fighting	Physical	—	100	20	Varies
Ancient Power	Rock	Special	60	100	5	Normal
Whirlpool	Water	Special	35	85	15	Normal
Bite	Dark	Physical	60	100	25	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Mud Bomb	Ground	Special	65	85	10	Normal
Yawn	Normal	Status	—	—	10	Normal
Sludge	Poison	Special	65	100	20	Normal
Avalanche	Ice	Physical	60	100	10	Normal
Wide Guard	Rock	Status	—	—	10	Your Side
Barrier	Psychic	Status	—	—	20	Self

✓ Marshtomp

Mud Fish Pokémon



National Pokédex 259 WATER

Alola Pokédex — GROUND

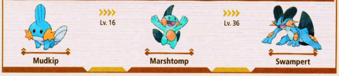
Height: 2'04" | Weight: 61.7 lbs.

Same form for male/female

X Its sturdy legs give it sure footing, even in mud. It burrows into dirt to sleep.

Y Living on muddy ground that provides poor footing has made its legs sturdy.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Brooklet Hill by using Island Scan on Akala Island on a Saturday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Torrent

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud Shot	Ground	Special	55	95	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Mud-Slap	Ground	Special	20	100	10	Normal
4	Water Gun	Water	Special	40	100	25	Normal
9	Mud-Slap	Ground	Special	20	100	10	Normal
12	Foresight	Normal	Status	—	—	40	Normal
18	Bide	Normal	Physical	—	—	10	Self
22	Mud Bomb	Ground	Special	65	85	10	Normal
28	Rock Slide	Rock	Physical	75	90	10	Many Others
32	Protect	Normal	Status	—	—	10	Self
38	Muddy Water	Water	Special	90	85	10	Many Others
42	Take Down	Normal	Physical	90	85	20	Normal
48	Earthquake	Ground	Physical	100	100	10	Adjacent
52	Endeavor	Normal	Physical	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mud Shot	Ground	Special	55	95	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

EXCLUSIVE Z-MOVE

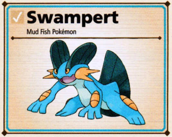
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Swampert

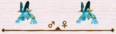
Mud Fish Pokémon



National Pokédex 260 WATER

Alola Pokédex — GROUND

Height: 4'11" | Weight: 180.6 lbs.

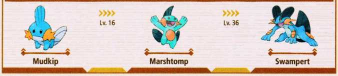


Same form for male/female

X Its arms are hard as rock. With one swing, it can break a boulder into pieces.

Y It can swim while towing a large ship. It bashes down foes with a swing of its thick arms.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Marshtomp, then level it up to Lv. 36 or higher to evolve it into Swampert.

ABILITY

Torrent

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster
Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud Shot	Ground	Special	55	95	15	Normal
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Mud-Slap	Ground	Special	20	100	10	Normal
4	Water Gun	Water	Special	40	100	25	Normal
9	Mud-Slap	Ground	Special	20	100	10	Normal
12	Foresight	Normal	Status	—	—	40	Normal
18	Bide	Normal	Physical	—	—	10	Self
22	Mud Bomb	Ground	Special	65	85	10	Normal
28	Rock Slide	Rock	Physical	75	90	10	Many Others
32	Protect	Normal	Status	—	—	10	Self
39	Muddy Water	Water	Special	90	85	10	Many Others
44	Take Down	Normal	Physical	90	85	20	Normal
51	Earthquake	Ground	Physical	100	100	10	Adjacent
56	Endeavor	Normal	Physical	—	100	5	Normal
63	Hammer Arm	Fighting	Physical	100	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

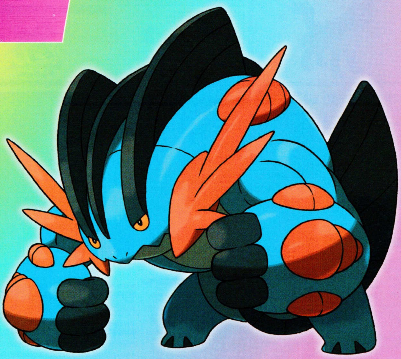
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Swampert

Mud Fish Pokémon

WATER GROUND

Height: 6'03"
Weight: 224.9 lbs.



MEGA EVOLUTION

Swampert

Have Swampert hold Swampertite, and Mega Evolve it during battle.

Mega Swampert

Same form for male/female

ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

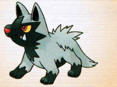
NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

Required Mega Stone

Swampertite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Poochyena

Bite Pokémon



National Pokédex 261 DARK
Alola Pokédex —

Height: 1'08" | Weight: 30.0 lbs.

Same form for male/female

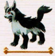
A Pokémon with a persistent nature, it chases its chosen prey until the prey becomes exhausted.

It has a very tenacious nature. Its acute sense of smell lets it chase a chosen prey without ever losing track.

EVOLUTION

Poochyena

Lv. 18



Mightyena

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Run Away
Quick Feet

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
4	Howl	Normal	Status	—	—	40	Self
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Bite	Dark	Physical	60	100	25	Normal
13	Odor Sleuth	Normal	Status	—	—	40	Normal
16	Roar	Normal	Status	—	—	20	Normal
19	Swagger	Normal	Status	—	85	15	Normal
22	Assurance	Dark	Physical	60	100	10	Normal
25	Scary Face	Normal	Status	—	100	10	Normal
28	Embargo	Dark	Status	—	100	15	Normal
31	Taunt	Dark	Status	—	100	20	Normal
34	Crunch	Dark	Physical	80	100	15	Normal
37	Yawn	Normal	Status	—	—	10	Normal
40	Take Down	Normal	Physical	90	85	20	Normal
43	Sucker Punch	Dark	Physical	70	100	5	Normal
46	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snatch	Dark	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

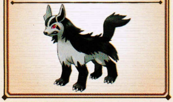
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

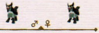
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Astonish	Ghost	Physical	30	100	15	Normal
Poison Fang	Poison	Physical	50	100	15	Normal
Covet	Normal	Physical	60	100	25	Normal
Leer	Normal	Status	—	100	30	Many Others
Yawn	Normal	Status	—	—	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Me First	Normal	Status	—	—	20	Varies
Snatch	Dark	Status	—	—	10	Self
Sleep Talk	Normal	Status	—	—	10	Self
Play Rough	Fairy	Physical	90	90	10	Normal

Mightyena

Bite Pokémon



National Pokédex 262 DARK
Alola Pokédex —
Height: 3'03" | Weight: 81.6 lbs.

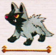


♂ ♀
Same form for male/female

X It will always obey the commands of a skilled Trainer. Its behavior arises from its living in packs in ancient times.

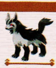
Y It chases down prey in a pack of around ten. They defeat foes with perfectly coordinated teamwork.

EVOLUTION



Poochyena

Lv. 18



Mightyena

MAIN WAY TO OBTAIN

Obtain a Poochyena, then level it up to Lv. 18 or higher to evolve it into Mightyena.

ABILITY

Intimidate
Quick Feet

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

🥚 Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Snarl	Dark	Special	55	95	15	Many Others
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Crunch	Dark	Physical	80	100	15	Normal
1	Thief	Dark	Physical	60	100	25	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Howl	Normal	Status	—	—	40	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
4	Howl	Normal	Status	—	—	40	Self
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Bite	Dark	Physical	60	100	25	Normal
13	Odor Sleuth	Normal	Status	—	—	40	Normal
16	Roar	Normal	Status	—	—	20	Normal
20	Swagger	Normal	Status	—	85	15	Normal
24	Assurance	Dark	Physical	60	100	10	Normal
28	Scary Face	Normal	Status	—	100	10	Normal
32	Embargo	Dark	Status	—	100	15	Normal
36	Taunt	Dark	Status	—	100	20	Normal
40	Crunch	Dark	Physical	80	100	15	Normal
44	Yawn	Normal	Status	—	—	10	Normal
48	Take Down	Normal	Physical	90	85	20	Normal
52	Sucker Punch	Dark	Physical	70	100	5	Normal
56	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snarl	Dark	Special	55	95	15	Many Others

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

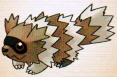
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

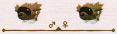
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Zigzagoon

Tiny Raccoon Pokémon



National Pokédex 263 NORMAL
Alola Pokédex —
Height: 1'04" | Weight: 38.6 lbs.

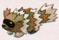


♂ ♀
Same form for male/female

X It walks in zigzag fashion. It's good at finding items in the grass and even in the ground.

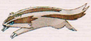
Y A Pokémon with abundant curiosity. It shows an interest in everything, so it always zigzags.

EVOLUTION



Zigzagoon

Lv. 20



Linoone

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Pickup
Gluttony

HIDDEN ABILITY

Quick Feet

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆

🥚 Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Tail Whip	Normal	Status	—	100	30	Many Others
7	Sand Attack	Ground	Status	—	100	15	Normal
11	Headbutt	Normal	Physical	70	100	15	Normal
12	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Odor Sleuth	Normal	Status	—	—	40	Normal
17	Mud Sport	Ground	Status	—	—	15	Both Sides
19	Pin Missile	Bug	Physical	25	95	20	Normal
23	Covet	Normal	Physical	60	100	25	Normal
25	Bestow	Normal	Status	—	—	15	Normal
29	Flail	Normal	Physical	—	100	15	Normal
31	Take Down	Normal	Physical	90	85	20	Normal
35	Rest	Psychic	Status	—	—	10	Self
37	Belly Drum	Normal	Status	—	—	10	Self
41	Fling	Dark	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

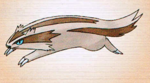
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

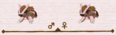
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Charm	Fairy	Status	—	100	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Mud-Slap	Ground	Special	20	100	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Rock Climb	Normal	Physical	90	85	20	Normal
Simple Beam	Normal	Status	—	100	15	Normal
Extreme Speed	Normal	Physical	80	100	5	Normal

✓ Linoone

Rushing Pokémon



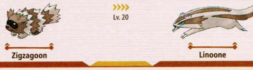
National Pokédex 264 NORMAL
Alola Pokédex —
Height: 1'08" | Weight: 71.6 lbs.


Same form for male/female

X When running in a straight line, it can easily top 60 miles an hour. It has a tough time with curved roads.

Y It charges prey at speeds over 60 mph. However, because it can only run straight, it often fails.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Zigzagoon, then level it up to Lv. 20 or higher to evolve it into Linoone.

ABILITY

Pickup
Gluttony

HIDDEN ABILITY

Quick Feet

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Play Rough	Fairy	Physical	90	90	10	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Switcheroo	Dark	Status	—	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal
5	Tail Whip	Normal	Status	—	100	30	Many Others
7	Sand Attack	Ground	Status	—	100	15	Normal
11	Headbutt	Normal	Physical	70	100	15	Normal
13	Odor Sleuth	Normal	Status	—	—	40	Normal
17	Mud Sport	Ground	Status	—	—	15	Both Sides
19	Fury Swipes	Normal	Physical	18	80	15	Normal
24	Covet	Normal	Physical	60	100	25	Normal
27	Bestow	Normal	Status	—	—	15	Normal
32	Slash	Normal	Physical	70	100	20	Normal
35	Double-Edge	Normal	Physical	120	100	15	Normal
40	Rest	Psychic	Status	—	—	10	Self
43	Belly Drum	Normal	Status	—	—	10	Self
48	Fling	Dark	Physical	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

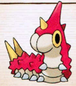
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

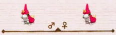
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Wurmple

Worm Pokémon



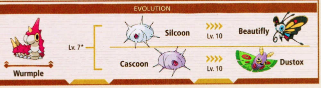
National Pokédex 265 BUG
Alola Pokédex —
Height: 1'00" | Weight: 7.9 lbs.


Same form for male/female

X It loves to eat leaves. If it is attacked by a Starly, it will defend itself with its spiked rear.

Y It lives among the tall grass and in forests. It repels attacks by raising up the spikes on its rear.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Shield Dust

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
5	Poison Sting	Poison	Physical	15	100	35	Normal
15	Bug Bite	Bug	Physical	60	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

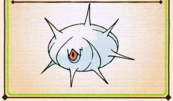
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*Level up Wurmple to Lv. 7 or higher and it will evolve into either Silcoon or Cascoon—but which one each Wurmple will evolve into is random!

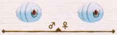
✓ Silcoon

Cocoon Pokémon



National Pokédex	266	BUG
Alola Pokédex	—	

Height: 2'00" | Weight: 22.0 lbs.

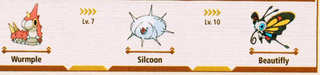


Same form for male/female

X: It wraps silk around the branches of a tree. It drinks rainwater on its silk while awaiting evolution.

Y: It drinks dew that collects on its silk and waits for evolution. Its hard cocoon repels attacks.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Shed Skin

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Harden	Normal	Status	—	—	30	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Harden	Normal	Status	—	—	30	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others

EXCLUSIVE Z-MOVE

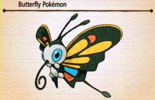
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

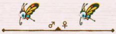
✓ Beautifly

Butterfly Pokémon



National Pokédex	267	BUG
Alola Pokédex	—	FLYING

Height: 3'03" | Weight: 62.6 lbs.

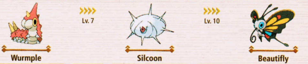


The red patch on the male's wings is larger. The red patch on the female's wings is smaller.

X: Vibrantly patterned wings are its prominent feature. It sucks sweet flower nectar with its long mouth.

Y: It has an aggressive nature. It stabs prey with its long, narrow mouth to drain the prey's fluids.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Silcoon, then level it up to Lv. 10 or higher to evolve it into Beautifly.

ABILITY

Swarm

HIDDEN ABILITY

Rivalry

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
12	Absorb	Grass	Special	20	100	25	Normal
15	Stun Spore	Grass	Status	—	75	30	Normal
17	Morning Sun	Normal	Status	—	—	5	Self
20	Air Cutter	Flying	Special	60	95	25	Many Others
22	Mega Drain	Grass	Special	40	100	15	Normal
25	Silver Wind	Bug	Special	60	100	5	Normal
27	Attract	Normal	Status	—	100	15	Normal
30	Whirlwind	Normal	Status	—	—	20	Normal
32	Giga Drain	Grass	Special	75	100	10	Normal
35	Bug Buzz	Bug	Special	90	100	10	Normal
37	Rage	Normal	Physical	20	100	20	Normal
40	Quiver Dance	Bug	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gust	Flying	Special	40	100	35	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

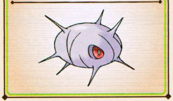
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

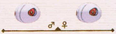
✓ Cascoon

Cocoon Pokémon



National Pokédex	268	BUG
Alola Pokédex	—	

Height: 2'04" | Weight: 25.4 lbs.

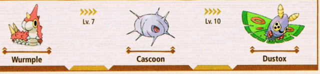


Same form for male/female

X Its body, which is made of soft silk, hardens over time. When cracks appear, evolution is near.

Y It never forgets any attack it endured while in the cocoon. After evolution, it seeks payback.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Shed Skin

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Harden	Normal	Status	—	—	30	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Harden	Normal	Status	—	—	30	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

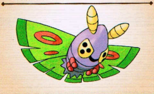
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dustox

Poison Moth Pokémon



National Pokédex	269	BUG
Alola Pokédex	—	POISON

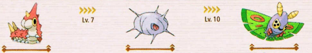
Height: 3'11" | Weight: 69.7 lbs.

The male has larger antennae. The female has smaller antennae.

X A nocturnal Pokémon. Drawn by streetlights, they messily eat the leaves of trees lining boulevards.

Y It violently flutters its wings to scatter toxic dust when attacked. It becomes active after sunset.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Cascoon, then level it up to Lv. 10 or higher to evolve it into Dustox.

ABILITY

Shield Dust

HIDDEN ABILITY

Compound Eyes

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
12	Confusion	Psychic	Special	50	100	25	Normal
15	Poison Powder	Poison	Status	—	75	35	Normal
17	Moonlight	Fairy	Status	—	—	5	Self
20	Venoshock	Poison	Special	65	100	10	Normal
22	Psybeam	Psychic	Special	65	100	20	Normal
25	Silver Wind	Bug	Special	60	100	5	Normal
27	Light Screen	Psychic	Status	—	—	30	Your Side
30	Whirlwind	Normal	Status	—	—	20	Normal
32	Toxic	Poison	Status	—	90	10	Normal
35	Bug Buzz	Bug	Special	90	100	10	Normal
37	Protect	Normal	Status	—	—	10	Self
40	Quiver Dance	Bug	Status	—	—	20	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gust	Flying	Special	40	100	35	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

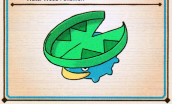
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Lotad

Water Weed Pokémon



National Pokédex	270	WATER
Alola Pokédex	—	GRASS

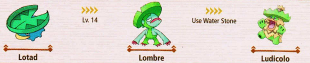
Height: 1'08" | Weight: 5.7 lbs.

Same form for male/female

X It looks like an aquatic plant and serves as a ferry to Pokémon that can't swim.

Y It searches about for clean water. If it does not drink water for too long, the leaf on its head wilts.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Lombre or Ludicolo, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Swift Swim
Rain Dish

HIDDEN ABILITY

Own Tempo

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.25	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Astonish	Ghost	Physical	30	100	15	Normal
3	Growl	Normal	Status	—	100	40	Many Others
6	Absorb	Grass	Special	20	100	25	Normal
9	Bubble	Water	Special	40	100	30	Many Others
12	Natural Gift	Normal	Physical	—	100	15	Normal
15	Mist	Ice	Status	—	—	30	Your Side
18	Mega Drain	Grass	Special	40	100	15	Normal
21	Bubble Beam	Water	Special	65	100	20	Normal
24	Nature Power	Normal	Status	—	—	20	Normal
27	Rain Dance	Water	Status	—	—	5	Both Sides
30	Giga Drain	Grass	Special	75	100	10	Normal
33	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Energy Ball	Grass	Special	90	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

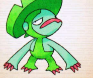
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Synthesis	Grass	Status	—	—	5	Self
Razor Leaf	Grass	Physical	55	95	25	Many Others
Sweet Scent	Normal	Status	—	100	20	Many Others
Leech Seed	Grass	Status	—	90	10	Normal
Flail	Normal	Physical	—	100	15	Normal
Water Gun	Water	Special	40	100	25	Normal
Tickle	Normal	Status	—	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Giga Drain	Grass	Special	75	100	10	Normal
Teeter Dance	Normal	Status	—	100	20	Adjacent

✓ Lombre

Jolly Pokémon



National Pokédex	271	WATER
Alola Pokédex	—	GRASS

Height: 3'11" | Weight: 71.6 lbs.

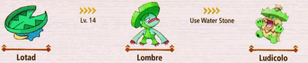
Mental Herb

Same form for male/female

X It lives at the water's edge where it is sunny. It sleeps on a bed of water-grass by day and becomes active at night.

Y It has a mischievous spirit. If it spots an angler, it will tug on the fishing line to interfere.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a blue warp hole while using Ultra Warp Ride.

ABILITY

Swift Swim
Rain Dish

HIDDEN ABILITY

Own Tempo

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.25	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Astonish	Ghost	Physical	30	100	15	Normal
3	Growl	Normal	Status	—	100	40	Many Others
6	Absorb	Grass	Special	20	100	25	Normal
9	Bubble	Water	Special	40	100	30	Many Others
12	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Fake Out	Normal	Physical	40	100	10	Normal
20	Water Sport	Water	Status	—	—	15	Both Sides
24	Bubble Beam	Water	Special	65	100	20	Normal
28	Nature Power	Normal	Status	—	—	20	Normal
32	Uproar	Normal	Special	90	100	10	1 Random
36	Knock Off	Dark	Physical	65	100	20	Normal
40	Zen Headbutt	Psychic	Physical	80	90	15	Normal
44	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

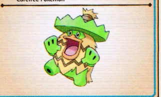
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Ludicolo

Carefree Pokémon



National Pokédex 272 | WATER GRASS
Alola Pokédex —

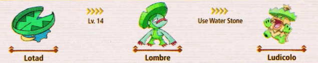
Height: 4'11" | Weight: 121.3 lbs.

The zigzag patterns are larger on the male's body. The zigzag patterns are smaller on the female's body.

X If it hears festive music, all its muscles fill with energy. It can't help breaking out into a dance.

Y The rhythm of bright, festive music activates Ludicolo's cells, making it more powerful.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Lombre, then use a Water Stone on it to evolve it into Ludicolo.

ABILITY

Swift Swim
Rain Dish

HIDDEN ABILITY

Own Tempo

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 1
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.25	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Mega Drain	Grass	Special	40	100	15	Normal
1	Nature Power	Normal	Status	—	—	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

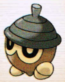
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Seedot

Acorn Pokémon



National Pokédex 273 | GRASS
Alola Pokédex —

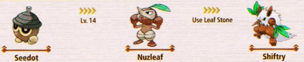
Height: 1'08" | Weight: 8.8 lbs.

Same form for male/female

X It attaches itself to a tree branch using the top of its head. Strong winds can sometimes make it fall.

Y When it dangles from a tree branch, it looks just like an acorn. It enjoys scaring other Pokémon.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Nuzleaf or Shiftry, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Chlorophyll
Early Bird

HIDDEN ABILITY

Pickpocket

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Field
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bide	Normal	Physical	—	—	10	Self
3	Harden	Normal	Status	—	—	30	Self
9	Growth	Normal	Status	—	—	20	Self
15	Nature Power	Normal	Status	—	—	20	Normal
21	Synthesis	Grass	Status	—	—	5	Self
27	Sunny Day	Fire	Status	—	—	5	Both Sides
33	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

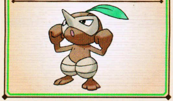
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Leech Seed	Grass	Status	—	90	10	Normal
Amnesia	Psychic	Status	—	—	20	Self
Quick Attack	Normal	Physical	40	100	30	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Take Down	Normal	Physical	90	85	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Power Swap	Psychic	Status	—	—	10	Normal
Defog	Flying	Status	—	—	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Bullet Seed	Grass	Physical	25	100	30	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

✓ Nuzleaf

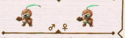
Wily Pokémon



National Pokédex	274	GRASS
Alola Pokédex	—	DARK

Height: 3'03" | Weight: 61.7 lbs.

Power Herb

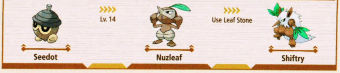


The male has a larger leaf on its head. The female has a smaller leaf on its head.

X: The sound of its grass flute makes its listeners uneasy. It lives deep in forests.

Y: It lives deep in forests. With the leaf on its head, it makes a flute whose song makes listeners uneasy.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a green warp hole while using Ultra Warp Ride.

ABILITY

Chlorophyll
Early Bird

HIDDEN ABILITY

Pickpocket

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×0
WATER	×0.5	BUG	×4
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
1	Pound	Normal	Physical	40	100	35	Normal
3	Harden	Normal	Status	—	—	30	Self
6	Growth	Normal	Status	—	—	20	Self
9	Torment	Dark	Status	—	100	15	Normal
12	Fake Out	Normal	Physical	40	100	10	Normal
16	Nature Power	Normal	Status	—	—	20	Normal
20	Razor Wind	Normal	Special	80	100	10	Many Others
24	Feint Attack	Dark	Physical	60	—	20	Normal
28	Leaf Blade	Grass	Physical	90	100	15	Normal
32	Swagger	Normal	Status	—	85	15	Normal
36	Extrasensory	Psychic	Special	80	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Razor Leaf	Grass	Physical	55	95	25	Many Others

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

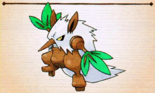
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

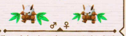
✓ Shiftry

Wicked Pokémon



National Pokédex	275	GRASS
Alola Pokédex	—	DARK

Height: 4'03" | Weight: 131.4 lbs.

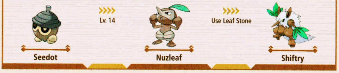


The male has larger leaves on its hands. The female has smaller leaves on its hands.

X: A Pokémon that was feared as a forest guardian. It can read the foe's mind and take preemptive action.

Y: By flapping its leafy fan, it can whip up gusts of 100 feet per second that can level houses.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Nuzleaf, then use a Leaf Stone on it to evolve it into Shiftry.

ABILITY

Chlorophyll
Early Bird

HIDDEN ABILITY

Pickpocket

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×0
WATER	×0.5	BUG	×4
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
1	Feint Attack	Dark	Physical	60	—	20	Normal
1	Whirlwind	Normal	Status	—	—	20	Normal
1	Nasty Plot	Dark	Status	—	—	20	Self
20	Leaf Tornado	Grass	Special	65	90	10	Normal
32	Hurricane	Flying	Special	110	70	10	Normal
44	Leaf Storm	Grass	Special	130	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

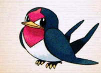
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Taillow

Tiny Swallow Pokémon



National Pokédex	276	NORMAL	
Alola Pokédex	—	FLYING	

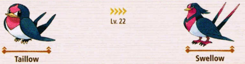
Height: 1'00" | Weight: 5.1 lbs.

Same form for male/female

X It has a gutsy spirit that makes it bravely take on tough foes. It flies in search of warm climates.

Y It dislikes cold seasons. They migrate to other lands in search of warmth, flying over 180 miles a day.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Swellow, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Guts

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Focus Energy	Normal	Status	—	—	30	Self
9	Quick Attack	Normal	Physical	40	100	30	Normal
13	Wing Attack	Flying	Physical	60	100	35	Normal
17	Double Team	Normal	Status	—	—	15	Self
21	Aerial Ace	Flying	Physical	60	—	20	Normal
25	Quick Guard	Fighting	Status	—	—	15	Your Side
29	Agility	Psychic	Status	—	—	30	Self
33	Air Slash	Flying	Special	75	95	15	Normal
37	Endeavor	Normal	Physical	—	100	5	Normal
41	Brave Bird	Flying	Physical	120	100	15	Normal
45	Reversal	Fighting	Physical	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

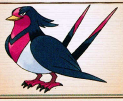
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal
Supersonic	Normal	Status	—	55	20	Normal
Refresh	Normal	Status	—	—	20	Self
Mirror Move	Flying	Status	—	—	20	Normal
Rage	Normal	Physical	20	100	20	Normal
Sky Attack	Flying	Physical	140	90	5	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Brave Bird	Flying	Physical	120	100	15	Normal
Roost	Flying	Status	—	—	10	Self
Steel Wing	Steel	Physical	70	90	25	Normal
Defog	Flying	Status	—	—	15	Normal
Boomburst	Normal	Special	140	100	10	Adjacent
Hurricane	Flying	Special	110	70	10	Normal

✓ Swellow

Swallow Pokémon



National Pokédex	277	NORMAL	
Alola Pokédex	—	FLYING	

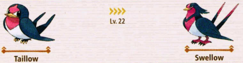
Height: 2'04" | Weight: 43.7 lbs.

Same form for male/female

X If its two tail feathers are standing at attention, it is proof of good health. It soars elegantly in the sky.

Y It dives at a steep angle as soon as it spots its prey. It catches its prey with sharp claws.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a red warp hole while using Ultra Warp Ride.

ABILITY

Guts

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Brave Bird	Flying	Physical	120	100	15	Normal
1	Air Slash	Flying	Special	75	95	15	Normal
1	Pluck	Flying	Physical	60	100	20	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
1	Quick Attack	Normal	Physical	40	100	30	Normal
5	Focus Energy	Normal	Status	—	—	30	Self
9	Quick Attack	Normal	Physical	40	100	30	Normal
13	Wing Attack	Flying	Physical	60	100	35	Normal
17	Double Team	Normal	Status	—	—	15	Self
21	Aerial Ace	Flying	Physical	60	—	20	Normal
27	Quick Guard	Fighting	Status	—	—	15	Your Side
33	Agility	Psychic	Status	—	—	30	Self
39	Air Slash	Flying	Special	75	95	15	Normal
45	Endeavor	Normal	Physical	—	100	5	Normal
51	Brave Bird	Flying	Physical	120	100	15	Normal
57	Reversal	Fighting	Physical	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

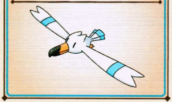
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Wingull

Seagull Pokémon



National Pokédex	278	WATER	
Alola Pokédex	047	FLYING	

Height: 2'00" | Weight: 20.9 lbs.

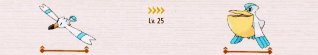
Pretty Wing

Same form for male/female

With its long, thin wings, it catches updrafts and flies like a glider high up into the sky.

It builds nests in cliffs by the sea. It circles the skies above the ocean looking for its favorite food—Wishiwashi.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the Hau'oli Outskirts.

ABILITY

Keen Eye
Hydration

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆◆◆◆

Water 1
Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×4	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
8	Wing Attack	Flying	Physical	60	100	35	Normal
12	Mist	Ice	Status	—	—	30	Your Side
15	Water Pulse	Water	Special	60	100	20	Normal
19	Quick Attack	Normal	Physical	40	100	30	Normal
22	Air Cutter	Flying	Special	60	95	25	Many Others
26	Pursuit	Dark	Physical	40	100	20	Normal
29	Aerial Ace	Flying	Physical	60	—	20	Normal
33	Roost	Flying	Status	—	—	10	Self
36	Agility	Psychic	Status	—	—	30	Self
40	Air Slash	Flying	Special	75	95	15	Normal
43	Hurricane	Flying	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

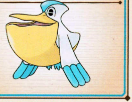
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mist	Ice	Status	—	—	30	Your Side
Twister	Dragon	Special	40	100	20	Many Others
Agility	Psychic	Status	—	—	30	Self
Gust	Flying	Special	40	100	35	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Aqua Ring	Water	Status	—	—	20	Self
Knock Off	Dark	Physical	65	100	20	Normal
Brine	Water	Special	65	100	10	Normal
Roost	Flying	Status	—	—	10	Self
Soak	Water	Status	—	100	20	Normal
Wide Guard	Rock	Status	—	—	10	Your Side

✓ Pelipper

Water Bird Pokémon



National Pokédex	279	WATER	
Alola Pokédex	048	FLYING	

Height: 3'11" | Weight: 61.7 lbs.

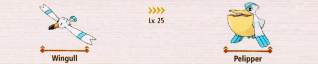
Pretty Wing

Same form for male/female

It places small Pokémon into its spacious beak and carries them around. No one knows where it's taking them.

It scoops up Wishiwashi in its huge beak and swallows them whole. It can devour more than 30 at one go!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 15.

ABILITY

Keen Eye
Drizzle

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1
Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×4	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Protect	Normal	Status	—	—	10	Self
1	Hurricane	Flying	Special	110	70	10	Normal
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Tailwind	Flying	Status	—	—	15	Your Side
1	Soak	Water	Status	—	100	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Wing Attack	Flying	Physical	60	100	35	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
8	Wing Attack	Flying	Physical	60	100	35	Normal
12	Mist	Ice	Status	—	—	30	Your Side
15	Water Pulse	Water	Special	60	100	20	Normal
19	Payback	Dark	Physical	50	100	10	Normal
22	Brine	Water	Special	65	100	10	Normal
28	Fling	Dark	Physical	—	100	10	Normal
33	Stockpile	Normal	Status	—	—	20	Self
33	Swallow	Normal	Status	—	—	10	Self
33	Spit Up	Normal	Special	—	100	10	Normal
39	Roost	Flying	Status	—	—	10	Self
44	Tailwind	Flying	Status	—	—	15	Your Side
50	Hydro Pump	Water	Special	110	80	5	Normal
55	Hurricane	Flying	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Protect	Normal	Status	—	—	10	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

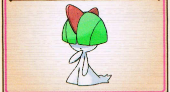
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Ralts

Feeling Pokémon



National Pokédex	280
Alola Pokédex	—

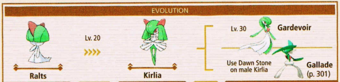
PSYCHIC
FAIRY

Height: 1'04" | Weight: 14.6 lbs.

Same form for male/female

X If its horns capture the warm feelings of people or Pokémon, its body warms up slightly.

Y It is highly attuned to the emotions of people and Pokémon. It hides if it senses hostility.



MAIN WAY TO OBTAIN

Find it on Route 6 by using Island Scan on Akala Island on a Sunday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Synchronize
Trace

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×1
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
4	Confusion	Psychic	Special	50	100	25	Normal
6	Double Team	Normal	Status	—	—	15	Self
9	Teleport	Psychic	Status	—	—	20	Self
11	Disarming Voice	Fairy	Special	40	—	15	Many Others
14	Lucky Chant	Normal	Status	—	—	30	Your Side
17	Magical Leaf	Grass	Special	60	—	20	Normal
19	Heal Pulse	Psychic	Status	—	—	10	Normal
22	Draining Kiss	Fairy	Special	50	100	10	Normal
24	Calm Mind	Psychic	Status	—	—	20	Self
27	Psychic	Psychic	Special	90	100	10	Normal
29	Imprison	Psychic	Status	—	—	10	Self
32	Future Sight	Psychic	Special	120	100	10	Normal
34	Charm	Fairy	Status	—	100	20	Normal
37	Hypnosis	Psychic	Status	—	60	20	Normal
39	Dream Eater	Psychic	Special	100	100	15	Normal
42	Stored Power	Psychic	Special	20	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

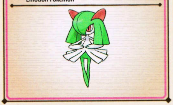
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Disable	Normal	Status	—	100	20	Normal
Mean Look	Normal	Status	—	—	5	Normal
Memento	Dark	Status	—	100	10	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Grudge	Ghost	Status	—	—	5	Self
Shadow Sneak	Ghost	Physical	40	100	30	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Encore	Normal	Status	—	100	5	Normal
Synchronoise	Psychic	Special	120	100	10	Adjacent
Skill Swap	Psychic	Status	—	—	10	Normal
Misty Terrain	Fairy	Status	—	—	10	Both Sides
Ally Switch	Psychic	Status	—	—	15	Self

✓ Kirlia

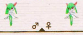
Emotion Pokémon



National Pokédex	281
Alola Pokédex	—

PSYCHIC
FAIRY

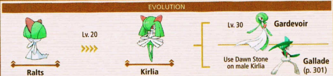
Height: 2'07" | Weight: 44.5 lbs.



Same form for male/female

X The cheerful spirit of its Trainer gives it energy for its psychokinetic power. It spins and dances when happy.

Y It has a psychic power that enables it to distort the space around it and see into the future.



MAIN WAY TO OBTAIN

Obtain a Ralts, then level it up to Lv. 20 or higher to evolve it into Kirlia.

ABILITY

Synchronize
Trace

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×1
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Confusion	Psychic	Special	50	100	25	Normal
1	Double Team	Normal	Status	—	—	15	Self
1	Teleport	Psychic	Status	—	—	20	Self
4	Confusion	Psychic	Special	50	100	25	Normal
6	Double Team	Normal	Status	—	—	15	Self
9	Teleport	Psychic	Status	—	—	20	Self
11	Disarming Voice	Fairy	Special	40	—	15	Many Others
14	Lucky Chant	Normal	Status	—	—	30	Your Side
17	Magical Leaf	Grass	Special	60	—	20	Normal
19	Heal Pulse	Psychic	Status	—	—	10	Normal
23	Draining Kiss	Fairy	Special	50	100	10	Normal
26	Calm Mind	Psychic	Status	—	—	20	Self
30	Psychic	Psychic	Special	90	100	10	Normal
33	Imprison	Psychic	Status	—	—	10	Self
37	Future Sight	Psychic	Special	120	100	10	Normal
40	Charm	Fairy	Status	—	100	20	Normal
44	Hypnosis	Psychic	Status	—	60	20	Normal
47	Dream Eater	Psychic	Special	100	100	15	Normal
51	Stored Power	Psychic	Special	20	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

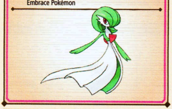
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Gardevoir

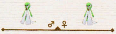
Embrace Pokémon



National Pokédex	282
Alola Pokédex	—

PSYCHIC FAIRY

Height: 5'03" | Weight: 106.7 lbs.

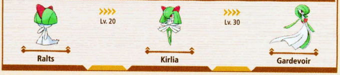


Same form for male/female

To protect its Trainer, it will expend all its psychic power to create a small black hole.

It has the power to predict the future. Its power peaks when it is protecting its Trainer.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Kirlia, then level it up to Lv. 30 or higher to evolve it into Gardevoir.

ABILITY

Synchronize
Trace

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×1
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Moonblast	Fairy	Special	95	100	15	Normal
1	Stored Power	Psychic	Special	20	100	10	Normal
1	Misty Terrain	Fairy	Status	—	—	10	Both Sides
1	Healing Wish	Psychic	Status	—	—	10	Self
1	Growl	Normal	Status	—	100	40	Many Others
1	Confusion	Psychic	Special	50	100	25	Normal
1	Double Team	Normal	Status	—	—	15	Self
1	Teleport	Psychic	Status	—	—	20	Self
4	Confusion	Psychic	Special	50	100	25	Normal
6	Double Team	Normal	Status	—	—	15	Self
9	Teleport	Psychic	Status	—	—	20	Self
11	Disarming Voice	Fairy	Special	40	—	15	Many Others
14	Wish	Normal	Status	—	—	10	Self
17	Magical Leaf	Grass	Special	60	—	20	Normal
19	Heal Pulse	Psychic	Status	—	—	10	Normal
23	Draining Kiss	Fairy	Special	50	100	10	Normal
26	Calm Mind	Psychic	Status	—	—	20	Self
31	Psychic	Psychic	Special	90	100	10	Normal
35	Imprison	Psychic	Status	—	—	10	Self
40	Future Sight	Psychic	Special	120	100	10	Normal
44	Captivate	Normal	Status	—	100	20	Many Others
49	Hypnosis	Psychic	Status	—	60	20	Normal
53	Dream Eater	Psychic	Special	100	100	15	Normal
58	Stored Power	Psychic	Special	20	100	10	Normal
62	Moonblast	Fairy	Special	95	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

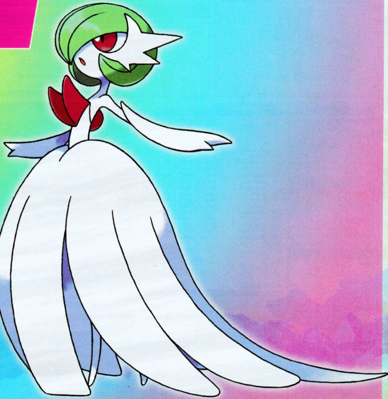
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Gardevoir

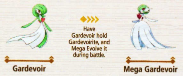
Embrace Pokémon

PSYCHIC FAIRY

Height: 5'03"
Weight: 106.7 lbs.



MEGA EVOLUTION


Have Gardevoir hold Gardevoirite, and Mega Evolve it during battle.
Gardevoir
Mega Gardevoir

Same form for male/female

ABILITY

Pixilate

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

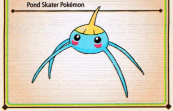
NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×1
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

Required Mega Stone

Gardevoirite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Surskit

Pond Skater Pokémon



National Pokédex	283	BUG
Alola Pokédex	172	WATER

Height: 1'08" | Weight: 3.7 lbs.

Honey

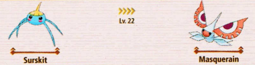
♂ ♀

Same form for male/female

If it's in a pinch, it will secrete a sweet liquid from the tip of its head. Syrup made from gathering that liquid is tasty on bread.

It lives in ponds and marshes that feature lots of plant life. It often fights with Dewpider, whose habitat and diet are similar.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at night on the water's surface in the first part of Brooklet Hill, accessible from Route 5.

ABILITY

Swift Swim

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
6	Quick Attack	Normal	Physical	40	100	30	Normal
9	Sweet Scent	Normal	Status	—	100	20	Many Others
14	Water Sport	Water	Status	—	—	15	Both Sides
17	Bubble Beam	Water	Special	65	100	20	Normal
22	Agility	Psychic	Status	—	—	30	Self
25	Mist	Ice	Status	—	—	30	Your Side
25	Haze	Ice	Status	—	—	30	Both Sides
30	Aqua Jet	Water	Physical	40	100	20	Normal
35	Baton Pass	Normal	Status	—	—	40	Self
38	Sticky Web	Bug	Status	—	—	20	Other Side

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

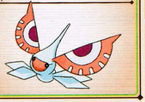
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foresight	Normal	Status	—	—	40	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Psybeam	Psychic	Special	65	100	20	Normal
Hydro Pump	Water	Special	110	80	5	Normal
Mind Reader	Normal	Status	—	—	5	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bug Bite	Bug	Physical	60	100	20	Normal
Aqua Jet	Water	Physical	40	100	20	Normal
Endure	Normal	Status	—	—	10	Self
Fell Stinger	Bug	Physical	50	100	25	Normal
Power Split	Psychic	Status	—	—	10	Normal
Lunge	Bug	Physical	80	100	15	Normal

✓ Masquerain

Eyeball Pokémon



National Pokédex	284	BUG
Alola Pokédex	173	FLYING

Height: 2'07" | Weight: 7.9 lbs.

Silver Powder

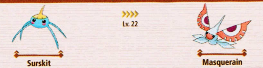
♂ ♀

Same form for male/female

Masquerain intimidates enemies with the eyelike patterns of its eyespots. If that doesn't work, it deftly makes its escape on its set of four wings.

Its thin, winglike antennae are highly absorbent. It waits out rainy days in tree hollows.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass in Malie Garden. Or obtain a Surskit, then level it up to Lv. 22 or higher to evolve it into Masquerain.

ABILITY

Intimidate

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Whirlwind	Normal	Status	—	—	20	Normal
1	Bug Buzz	Bug	Special	90	100	10	Normal
1	Ominous Wind	Ghost	Special	60	100	5	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
6	Quick Attack	Normal	Physical	40	100	30	Normal
9	Sweet Scent	Normal	Status	—	100	20	Many Others
14	Water Sport	Water	Status	—	—	15	Both Sides
17	Gust	Flying	Special	40	100	35	Normal
22	Scary Face	Normal	Status	—	100	10	Normal
22	Air Cutter	Flying	Special	60	95	25	Many Others
26	Stun Spore	Grass	Status	—	75	30	Normal
32	Silver Wind	Bug	Special	60	100	5	Normal
38	Air Slash	Flying	Special	75	95	15	Normal
42	Bug Buzz	Bug	Special	90	100	10	Normal
48	Whirlwind	Normal	Status	—	—	20	Normal
52	Quiver Dance	Bug	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

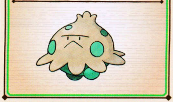
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

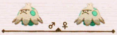
✓ Shroomish

Mushroom Pokémon



National Pokédex	285	GRASS
Alola Pokédex	—	

Height: 1'04" | Weight: 9.9 lbs.



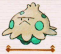
♂ ♀

Same form for male/female

X It prefers damp places. By day it remains still in the forest shade. It releases toxic powder from its head.

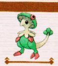
Y It spouts poison spores from the top of its head. These spores cause pain all over if inhaled.

EVOLUTION



Shroomish

»»» Lv. 23



Breloom

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Effect Spore
Poison Heal

HIDDEN ABILITY

Quick Feet

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Stun Spore	Grass	Status	—	75	30	Normal
8	Leech Seed	Grass	Status	—	90	10	Normal
12	Mega Drain	Grass	Special	40	100	15	Normal
15	Headbutt	Normal	Physical	70	100	15	Normal
19	Poison Powder	Poison	Status	—	75	35	Normal
22	Worry Seed	Grass	Status	—	100	10	Normal
26	Giga Drain	Grass	Special	75	100	10	Normal
29	Growth	Normal	Status	—	—	20	Self
33	Toxic	Poison	Status	—	90	10	Normal
36	Seed Bomb	Grass	Physical	80	100	15	Normal
40	Spore	Grass	Status	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

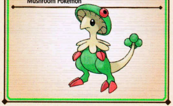
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fake Tears	Dark	Status	—	100	20	Normal
Charm	Fairy	Status	—	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Worry Seed	Grass	Status	—	100	10	Normal
Wake-Up Slap	Fighting	Physical	70	100	10	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bullet Seed	Grass	Physical	25	100	30	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal

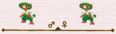
✓ Breloom

Mushroom Pokémon



National Pokédex	286	GRASS
Alola Pokédex	—	FIGHTING

Height: 3'11" | Weight: 86.4 lbs.



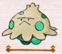
♂ ♀

Same form for male/female

X Its short arms stretch when it throws punches. Its technique is equal to that of pro boxers.

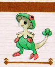
Y It scatters poisonous spores and throws powerful punches while its foe is hampered by inhaled spores.

EVOLUTION



Shroomish

»»» Lv. 23



Breloom

MAIN WAY TO OBTAIN

Obtain a Shroomish, then level it up to Lv. 23 or higher to evolve it into Breloom.

ABILITY

Effect Spore
Poison Heal

HIDDEN ABILITY

Technician

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mach Punch	Fighting	Physical	40	100	30	Normal
1	Absorb	Grass	Special	20	100	25	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Stun Spore	Grass	Status	—	75	30	Normal
1	Leech Seed	Grass	Status	—	90	10	Normal
5	Stun Spore	Grass	Status	—	75	30	Normal
8	Leech Seed	Grass	Status	—	90	10	Normal
12	Mega Drain	Grass	Special	40	100	15	Normal
15	Headbutt	Normal	Physical	70	100	15	Normal
19	Feint	Normal	Physical	30	100	10	Normal
22	Counter	Fighting	Physical	—	100	20	Varies
28	Force Palm	Fighting	Physical	60	100	10	Normal
33	Mind Reader	Normal	Status	—	—	5	Normal
39	Sky Uppercut	Fighting	Physical	85	90	15	Normal
44	Seed Bomb	Grass	Physical	80	100	15	Normal
50	Dynamic Punch	Fighting	Physical	100	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mach Punch	Fighting	Physical	40	100	30	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

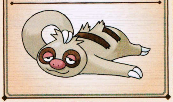
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

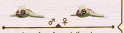
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Slakoth

Slacker Pokémon



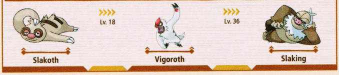
National Pokédex 287 NORMAL
Alola Pokédex —
Height: 2'07" | Weight: 52.9 lbs.


♂ ♀
Same form for male/female

X The way Slakoth lolls around makes anyone who watches it feel like doing the same.

Y If it eats just three leaves in a day, it is satisfied. Other than that, it sleeps for 20 hours a day.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Vigoroth or Slaking, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Truant

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Yawn	Normal	Status	—	—	10	Normal
6	Encore	Normal	Status	—	100	5	Normal
9	Slack Off	Normal	Status	—	—	10	Self
14	Feint Attack	Dark	Physical	60	—	20	Normal
17	Amnesia	Psychic	Status	—	—	20	Self
22	Covet	Normal	Physical	60	100	25	Normal
25	Chip Away	Normal	Physical	70	100	20	Normal
30	Counter	Fighting	Physical	—	100	20	Varies
33	Flail	Normal	Physical	—	100	15	Normal
38	Play Rough	Fairy	Physical	90	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

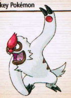
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal
Slash	Normal	Physical	70	100	20	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Curse	Ghost	Status	—	—	10	Varies
Sleep Talk	Normal	Status	—	—	10	Self
Hammer Arm	Fighting	Physical	100	90	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
After You	Normal	Status	—	—	15	Normal
Tickle	Normal	Status	—	100	20	Normal

✓ Vigoroth

Wild Monkey Pokémon



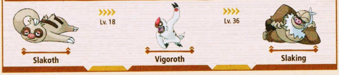
National Pokédex 288 NORMAL
Alola Pokédex —
Height: 4'07" | Weight: 102.5 lbs.

♂ ♀
Same form for male/female

X Its heartbeat is fast and its blood so agitated that it can't sit still for one second.

Y Its stress level rises if it cannot keep moving constantly. Too much stress makes it feel sick.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 11 by using Island Scan on Ula'ula Island on a Friday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Vital Spirit

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Reversal	Fighting	Physical	—	100	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
1	Encore	Normal	Status	—	100	5	Normal
1	Uproar	Normal	Special	90	100	10	1 Random
6	Encore	Normal	Status	—	100	5	Normal
9	Uproar	Normal	Special	90	100	10	1 Random
14	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Endure	Normal	Status	—	—	10	Self
23	Slash	Normal	Physical	70	100	20	Normal
27	Chip Away	Normal	Physical	70	100	20	Normal
33	Counter	Fighting	Physical	—	100	20	Varies
37	Focus Punch	Fighting	Physical	150	100	20	Normal
43	Reversal	Fighting	Physical	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

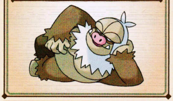
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

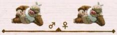
✓ Slaking

Lazy Pokémon



National Pokédex	289	NORMAL
Alola Pokédex	—	

Height: 6'07" | Weight: 287.7 lbs.

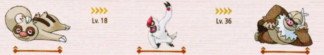


Same form for male/female

X The world's laziest Pokémon. It moves to another spot when there's no food left within its reach.

Y It is the world's most slothful Pokémon. However, it can exert horrifying power by releasing pent-up energy all at once.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Vigoroth, then level it up to Lv. 36 or higher to evolve it into Slaking.

ABILITY

Truant

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Swagger	Normal	Status	—	85	15	Normal
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Punishment	Dark	Physical	—	100	5	Normal
1	Fling	Dark	Physical	—	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Yawn	Normal	Status	—	—	10	Normal
1	Encore	Normal	Status	—	100	5	Normal
1	Slack Off	Normal	Status	—	—	10	Self
6	Encore	Normal	Status	—	100	5	Normal
9	Slack Off	Normal	Status	—	—	10	Self
14	Feint Attack	Dark	Physical	60	—	20	Normal
17	Amnesia	Psychic	Status	—	—	20	Self
23	Covet	Normal	Physical	60	100	25	Normal
27	Chip Away	Normal	Physical	70	100	20	Normal
33	Counter	Fighting	Physical	—	100	20	Varies
39	Flail	Normal	Physical	—	100	15	Normal
47	Fling	Dark	Physical	—	100	10	Normal
53	Punishment	Dark	Physical	—	100	5	Normal
61	Hammer Arm	Fighting	Physical	100	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swagger	Normal	Status	—	85	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others

◆ EXCLUSIVE Z-MOVE

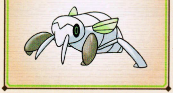
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

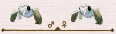
✓ Nincada

Trainee Pokémon



National Pokédex	290	BUG
Alola Pokédex	—	GROUND

Height: 1'08" | Weight: 12.1 lbs.

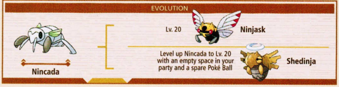


Same form for male/female

X Because it lived almost entirely underground, it is nearly blind. It uses its antennae instead.

Y It can sometimes live underground for more than 10 years. It absorbs nutrients from the roots of trees.

EVOLUTION


Lv. 20
Ninjask
Level up Nincada to Lv. 20 with an empty space in your party and a spare Poké Ball
Shedinja
Nincada

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Compound Eyes

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
5	Absorb	Grass	Special	20	100	25	Normal
9	Sand Attack	Ground	Status	—	100	15	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Mud-Slap	Ground	Special	20	100	10	Normal
21	Metal Claw	Steel	Physical	50	95	35	Normal
25	Mind Reader	Normal	Status	—	—	5	Normal
29	Bide	Normal	Physical	—	—	10	Self
33	False Swipe	Normal	Physical	40	100	40	Normal
37	Dig	Ground	Physical	80	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

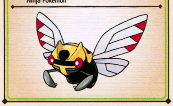
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endure	Normal	Status	—	—	10	Self
Feint Attack	Dark	Physical	60	—	20	Normal
Gust	Flying	Special	40	100	35	Normal
Silver Wind	Bug	Special	60	100	5	Normal
Bug Buzz	Bug	Special	90	100	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Bug Bite	Bug	Physical	60	100	20	Normal
Final Gambit	Fighting	Special	—	100	5	Normal

✓ Ninjask

Ninja Pokémon



National Pokédex	291	BUG
Alola Pokédex	—	FLYING

Height: 2'07" | Weight: 26.5 lbs.

Same form for male/female

Its cry leaves a lasting headache if heard for too long. It moves so quickly that it is almost invisible.

Because it moves so quickly, it sometimes becomes unseeable. It congregates around tree sap.

EVOLUTION

Lv. 20
Nincada
Ninjask

MAIN WAY TO OBTAIN

Obtain a Nincada, then level it up to Lv. 20 or higher to evolve it into Ninjask.

ABILITY

Speed Boost

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double Team	Normal	Status	—	—	15	Self
1	Screech	Normal	Status	—	85	40	Normal
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Bug Bite	Bug	Physical	60	100	20	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
5	Absorb	Grass	Special	20	100	25	Normal
9	Sand Attack	Ground	Status	—	100	15	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Agility	Psychic	Status	—	—	30	Self
23	Slash	Normal	Physical	70	100	20	Normal
29	Mind Reader	Normal	Status	—	—	5	Normal
35	Baton Pass	Normal	Status	—	—	40	Self
41	Swords Dance	Normal	Status	—	—	20	Self
47	X-Scissor	Bug	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double Team	Normal	Status	—	—	15	Self
Screech	Normal	Status	—	85	40	Normal
Fury Cutter	Bug	Physical	40	95	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

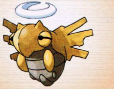
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shedinja

Shed Pokémon



National Pokédex	292	BUG
Alola Pokédex	—	GHOST

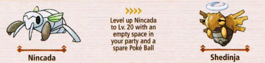
Height: 2'07" | Weight: 2.6 lbs.

Gender unknown

A discarded bug shell that came to life. Peering into the crack on its back is said to steal one's spirit.

A most peculiar Pokémon that somehow appears in a Poké Ball when a Nincada evolves.

EVOLUTION


Level up Nincada to Lv. 20 with an empty space in your party and a spare Poké Ball
Nincada
Shedinja

MAIN WAY TO OBTAIN

Obtain a Nincada, then level it up to Lv. 20 or higher while you have an empty space in your party and a spare Poké Ball in your Bag to obtain Shedinja.

ABILITY

Wonder Guard

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
5	Absorb	Grass	Special	20	100	25	Normal
9	Sand Attack	Ground	Status	—	100	15	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Spite	Ghost	Status	—	100	10	Normal
21	Shadow Sneak	Ghost	Physical	40	100	30	Normal
25	Mind Reader	Normal	Status	—	—	5	Normal
29	Confuse Ray	Ghost	Status	—	100	10	Normal
33	Shadow Ball	Ghost	Special	80	100	15	Normal
37	Grudge	Ghost	Status	—	—	5	Self
41	Heal Block	Psychic	Status	—	100	15	Many Others
45	Phantom Force	Ghost	Physical	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

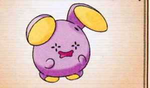
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Whismur

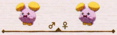
Whisper Pokémon



National Pokédex	293
Alola Pokédex	—

NORMAL

Height: 2'00" | Weight: 35.9 lbs.

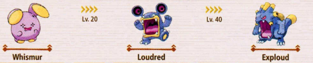


Same form for male/female

X It usually murmurs but starts crying loudly if it senses danger. It stops when its ear covers are shut.

Y If it senses danger, it scares the foe by crying out with the volume of a jet-plane engine.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Soundproof

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
4	Echoed Voice	Normal	Special	40	100	15	Normal
8	Astonish	Ghost	Physical	30	100	15	Normal
11	Howl	Normal	Status	—	—	40	Self
15	Screech	Normal	Status	—	85	40	Normal
18	Supersonic	Normal	Status	—	55	20	Normal
22	Stomp	Normal	Physical	65	100	20	Normal
25	Uproar	Normal	Special	90	100	10	1 Random
29	Roar	Normal	Status	—	—	20	Normal
32	Rest	Psychic	Status	—	—	10	Self
36	Sleep Talk	Normal	Status	—	—	10	Self
39	Hyper Voice	Normal	Special	90	100	10	Many Others
43	Synchronoise	Psychic	Special	120	100	10	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

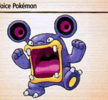
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Take Down	Normal	Physical	90	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Extrasensory	Psychic	Special	80	100	20	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Smokescreen	Normal	Status	—	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Hammer Arm	Fighting	Physical	100	90	10	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Circle Throw	Fighting	Physical	60	90	10	Normal
Disarming Voice	Fairy	Special	40	—	15	Many Others
Whirlwind	Normal	Status	—	—	20	Normal

✓ Loudred

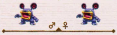
Big Voice Pokémon



National Pokédex	294
Alola Pokédex	—

NORMAL

Height: 3'03" | Weight: 89.3 lbs.

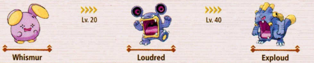


Same form for male/female

X It shouts loudly by inhaling air, and then uses its well-developed stomach muscles to exhale.

Y The shock waves from its cries can tip over trucks. It stamps its feet to power up.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Whismur, then level it up to Lv. 20 or higher to evolve it into Loudred.

ABILITY

Soundproof

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bite	Dark	Physical	60	100	25	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Echoed Voice	Normal	Special	40	100	15	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Howl	Normal	Status	—	—	40	Self
4	Echoed Voice	Normal	Special	40	100	15	Normal
9	Astonish	Ghost	Physical	30	100	15	Normal
11	Howl	Normal	Status	—	—	40	Self
15	Screech	Normal	Status	—	85	40	Normal
18	Supersonic	Normal	Status	—	55	20	Normal
23	Stomp	Normal	Physical	65	100	20	Normal
27	Uproar	Normal	Special	90	100	10	1 Random
32	Roar	Normal	Status	—	—	20	Normal
36	Rest	Psychic	Status	—	—	10	Self
41	Sleep Talk	Normal	Status	—	—	10	Self
45	Hyper Voice	Normal	Special	90	100	10	Many Others
50	Synchronoise	Psychic	Special	120	100	10	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bite	Dark	Physical	60	100	25	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

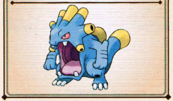
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

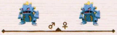
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Exploud

Loud Noise Pokémon



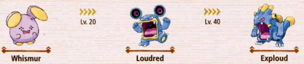
National Pokédex 295 NORMAL
Alola Pokédex —
Height: 4'11" | Weight: 185.2 lbs.


♂ ♀
Same form for male/female

X Its howls can be heard over six miles away. It emits all sorts of noises from the ports on its body.

Y Its roar in battle shakes the ground like a tremor—or like an earthquake has struck.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Loudred, then level it up to Lv. 40 or higher to evolve it into Exploud.

ABILITY

Soundproof

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Crunch	Dark	Physical	80	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Boomburst	Normal	Special	140	100	10	Adjacent
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Echoed Voice	Normal	Special	40	100	15	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Howl	Normal	Status	—	—	40	Self
4	Echoed Voice	Normal	Special	40	100	15	Normal
9	Astonish	Ghost	Physical	30	100	15	Normal
11	Howl	Normal	Status	—	—	40	Self
15	Screech	Normal	Status	—	85	40	Normal
18	Supersonic	Normal	Status	—	55	20	Normal
23	Stomp	Normal	Physical	65	100	20	Normal
27	Uproar	Normal	Special	90	100	10	1 Random
32	Roar	Normal	Status	—	—	20	Normal
36	Rest	Psychic	Status	—	—	10	Self
42	Sleep Talk	Normal	Status	—	—	10	Self
47	Hyper Voice	Normal	Special	90	100	10	Many Others
53	Synchronoise	Psychic	Special	120	100	10	Adjacent
58	Boomburst	Normal	Special	140	100	10	Adjacent
64	Hyper Beam	Normal	Special	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

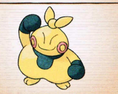
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

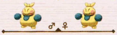
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Makuhita

Guts Pokémon



National Pokédex 296 FIGHTING
Alola Pokédex 068
Height: 3'03" | Weight: 190.5 lbs.
Black Belt


♂ ♀
Same form for male/female

☀ It practices its slaps by repeatedly slapping tree trunks. It has been known to slap an Exeggutor and get flung away.

☾ There's a rumor of a traditional recipe for stew that Trainers can use to raise strong Makuhita.

EVOLUTION

Makuhita
Lv. 24
Hariyama

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 2 (south and middle), especially during the day.

ABILITY

Thick Fat
Guts

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Arm Thrust	Fighting	Physical	15	100	20	Normal
10	Fake Out	Normal	Physical	40	100	10	Normal
13	Force Palm	Fighting	Physical	60	100	10	Normal
16	Whirlwind	Normal	Status	—	—	20	Normal
19	Knock Off	Dark	Physical	65	100	20	Normal
22	Vital Throw	Fighting	Physical	70	—	10	Normal
25	Belly Drum	Normal	Status	—	—	10	Self
28	Smelling Salts	Normal	Physical	70	100	10	Normal
31	Seismic Toss	Fighting	Physical	—	100	20	Normal
34	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
37	Endure	Normal	Status	—	—	10	Self
40	Close Combat	Fighting	Physical	120	100	5	Normal
43	Reversal	Fighting	Physical	—	100	15	Normal
46	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

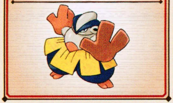
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Feint Attack	Dark	Physical	60	—	20	Normal
Detect	Fighting	Status	—	—	5	Self
Foresight	Normal	Status	—	—	40	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Cross Chop	Fighting	Physical	100	80	5	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Dynamic Punch	Fighting	Physical	100	50	5	Normal
Counter	Fighting	Physical	—	100	20	Varies
Wake-Up Slap	Fighting	Physical	70	100	10	Normal
Bullet Punch	Steel	Physical	40	100	30	Normal
Feint	Normal	Physical	30	100	10	Normal
Wide Guard	Rock	Status	—	—	10	Your Side
Focus Punch	Fighting	Physical	150	100	20	Normal
Chip Away	Normal	Physical	70	100	20	Normal

✓ Hariyama

Arm Thrust Pokémon



National Pokédex 297 FIGHTING
Alola Pokédex 069

Height: 7'07" | Weight: 559.5 lbs.

King's Rock

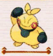
♂ ♀

Same form for male/female

Although they enjoy comparing their strength, they're also kind. They value etiquette, praising opponents they battle.

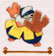
Hariyama that are big and fat aren't necessarily strong. There are some small ones that move nimbly and use moves skillfully.

EVOLUTION



Makuhita

Lv. 24



Hariyama

MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass in the Poni Plains. Or obtain a Makuhita, then level it up to Lv. 24 or higher to evolve it into Hariyama.

ABILITY

Thick Fat
Guts

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
! FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
! ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Brine	Water	Special	65	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Arm Thrust	Fighting	Physical	15	100	20	Normal
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Arm Thrust	Fighting	Physical	15	100	20	Normal
10	Fake Out	Normal	Physical	40	100	10	Normal
13	Force Palm	Fighting	Physical	60	100	10	Normal
16	Whirlwind	Normal	Status	—	—	20	Normal
19	Knock Off	Dark	Physical	65	100	20	Normal
22	Vital Throw	Fighting	Physical	70	—	10	Normal
26	Belly Drum	Normal	Status	—	—	10	Self
30	Smelling Salts	Normal	Physical	70	100	10	Normal
34	Seismic Toss	Fighting	Physical	—	100	20	Normal
38	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
42	Endure	Normal	Status	—	—	10	Self
46	Close Combat	Fighting	Physical	120	100	5	Normal
50	Reversal	Fighting	Physical	—	100	15	Normal
54	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

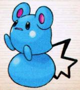
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

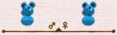
✓ Azurill

Polka Dot Pokémon



National Pokédex 298 NORMAL
Alola Pokédex — FAIRY

Height: 0'08" | Weight: 4.4 lbs.



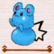
♂ ♀

Same form for male/female

A Pokémon that lives by water. It moves quickly on land by bouncing on its big tail.

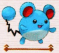
It swings its large, nutrient-filled tail around to fight opponents bigger than itself.

EVOLUTION



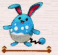
Azurill

Level up with high friendship



Marill (p. 136)

Lv. 18



Azumarill (p. 136)

MAIN WAY TO OBTAIN

Obtain a Marill or Azumarill and have it hold a Sea Incense, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Thick Fat
Huge Power

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
! GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
! ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
1	Water Gun	Water	Special	40	100	25	Normal
2	Tail Whip	Normal	Status	—	100	30	Many Others
5	Water Sport	Water	Status	—	—	15	Both Sides
7	Bubble	Water	Special	40	100	30	Many Others
10	Charm	Fairy	Status	—	100	20	Normal
13	Bubble Beam	Water	Special	65	100	20	Normal
16	Helping Hand	Normal	Status	—	—	20	1 Ally
20	Slam	Normal	Physical	80	75	20	Normal
23	Bounce	Flying	Physical	85	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

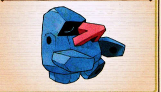
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Encore	Normal	Status	—	100	5	Normal
Sing	Normal	Status	—	55	15	Normal
Refresh	Normal	Status	—	—	20	Self
Slam	Normal	Physical	80	75	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Soak	Water	Status	—	100	20	Normal
Muddy Water	Water	Special	90	85	10	Many Others
Copycat	Normal	Status	—	—	20	Self
Camouflage	Normal	Status	—	—	20	Self

✓ Nosepass

Compass Pokémon

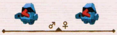


National Pokédex	299
Alola Pokédex	254

ROCK

Height: 3'03" | Weight: 213.8 lbs.

Magnet



♂ ♀

Same form for male/female

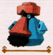
It moves less than an inch a year, but when it's in a jam, it will spin and drill down into the ground in a split second.

It hunts without twitching a muscle by pulling in its prey with powerful magnetism. But sometimes it pulls natural enemies in close.

EVOLUTION

Nosepass

Level up on Blush Mountain / in Vast Poni Canyon



Probopass (p. 302)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Akala Outskirts.

ABILITY

Sturdy
Magnet Pull

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
4	Harden	Normal	Status	—	—	30	Self
7	Block	Normal	Status	—	—	5	Normal
10	Rock Throw	Rock	Physical	50	90	15	Normal
13	Thunder Wave	Electric	Status	—	90	20	Normal
16	Rest	Psychic	Status	—	—	10	Self
19	Spark	Electric	Physical	65	100	20	Normal
22	Rock Slide	Rock	Physical	75	90	10	Many Others
25	Power Gem	Rock	Special	80	100	20	Normal
28	Rock Blast	Rock	Physical	25	90	10	Normal
31	Discharge	Electric	Special	80	100	15	Adjacent
34	Sandstorm	Rock	Status	—	—	10	Both Sides
37	Earth Power	Ground	Special	90	100	10	Normal
40	Stone Edge	Rock	Physical	100	80	5	Normal
43	Lock-On	Normal	Status	—	—	5	Normal
43	Zap Cannon	Electric	Special	120	50	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

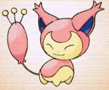
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magnitude	Ground	Physical	—	100	30	Adjacent
Rollout	Rock	Physical	30	90	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Endure	Normal	Status	—	—	10	Self
Wide Guard	Rock	Status	—	—	10	Your Side

✓ Skitty

Kitten Pokémon



National Pokédex	300
Alola Pokédex	—

NORMAL

Height: 2'00" | Weight: 24.3 lbs.

♂ ♀

Same form for male/female

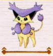
It can't stop itself from chasing moving things, and it runs in a circle, chasing its own tail.

It shows its cute side by chasing its own tail until it gets dizzy.

EVOLUTION

Skitty

Use Moon Stone



Delcatty

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Cute Charm
Normalize

HIDDEN ABILITY

Wonder Skin

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fake Out	Normal	Physical	40	100	10	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
4	Foresight	Normal	Status	—	—	40	Normal
7	Sing	Normal	Status	—	55	15	Normal
10	Attract	Normal	Status	—	100	15	Normal
13	Disarming Voice	Fairy	Special	40	—	15	Many Others
16	Double Slap	Normal	Physical	15	85	10	Normal
19	Copycat	Normal	Status	—	—	20	Self
22	Feint Attack	Dark	Physical	60	—	20	Normal
25	Charm	Fairy	Status	—	100	20	Normal
28	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
31	Assist	Normal	Status	—	—	20	Self
34	Covet	Normal	Physical	60	100	25	Normal
37	Heal Bell	Normal	Status	—	—	5	Your Party
40	Double-Edge	Normal	Physical	120	100	15	Normal
43	Captivate	Normal	Status	—	100	20	Many Others
46	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

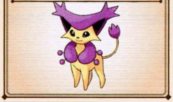
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Uproar	Normal	Special	90	100	10	1 Random
Fake Tears	Dark	Status	—	100	20	Normal
Wish	Normal	Status	—	—	10	Self
Baton Pass	Normal	Status	—	—	40	Self
Tickle	Normal	Status	—	100	20	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Mud Bomb	Ground	Special	65	85	10	Normal
Simple Beam	Normal	Status	—	100	15	Normal
Captivate	Normal	Status	—	100	20	Many Others
Cosmic Power	Psychic	Status	—	—	20	Self

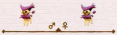
✓ Delcatty

Prim Pokémon



National Pokédex	301	NORMAL
Alola Pokédex	—	

Height: 3'07" | Weight: 71.9 lbs.



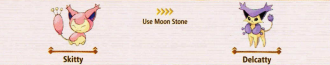
♂ ♀

Same form for male/female

It dislikes dirty places. It often searches for a comfortable place in which to groom itself.

It is highly popular among female Trainers for its sublime fur. It does not keep a nest.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Skitty, then use a Moon Stone on it to evolve it into Delcatty.

ABILITY

Cute Charm
Normalize

HIDDEN ABILITY

Wonder Skin

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fake Out	Normal	Physical	40	100	10	Normal
1	Sing	Normal	Status	—	55	15	Normal
1	Attract	Normal	Status	—	100	15	Normal
1	Double Slap	Normal	Physical	15	85	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

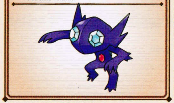
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Sableye

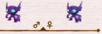
Darkness Pokémon



National Pokédex	302	DARK
Alola Pokédex	124	GHOST

Height: 1'08" | Weight: 24.3 lbs.

Wide Lens



♂ ♀

Same form for male/female

It digs through the ground with its hard claws and crunches down gems with its thick pointy teeth. Carbink is its favorite food.

Materials from gems it has eaten float to the surface of its body and can form an infinite number of patterns among individuals.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Carbink in Ten Carat Hill.

ABILITY

Keen Eye
Stall

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Scratch	Normal	Physical	40	100	35	Normal
4	Foresight	Normal	Status	—	—	40	Normal
6	Night Shade	Ghost	Special	—	100	15	Normal
9	Astonish	Ghost	Physical	30	100	15	Normal
11	Fury Swipes	Normal	Physical	18	80	15	Normal
14	Detect	Fighting	Status	—	—	5	Self
16	Shadow Sneak	Ghost	Physical	40	100	30	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
21	Fake Out	Normal	Physical	40	100	10	Normal
24	Punishment	Dark	Physical	—	100	5	Normal
26	Knock Off	Dark	Physical	65	100	20	Normal
29	Shadow Claw	Ghost	Physical	70	100	15	Normal
31	Confuse Ray	Ghost	Status	—	100	10	Normal
34	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Power Gem	Rock	Special	80	100	20	Normal
39	Shadow Ball	Ghost	Special	80	100	15	Normal
41	Foul Play	Dark	Physical	95	100	15	Normal
44	Quash	Dark	Status	—	100	15	Normal
46	Mean Look	Normal	Status	—	—	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

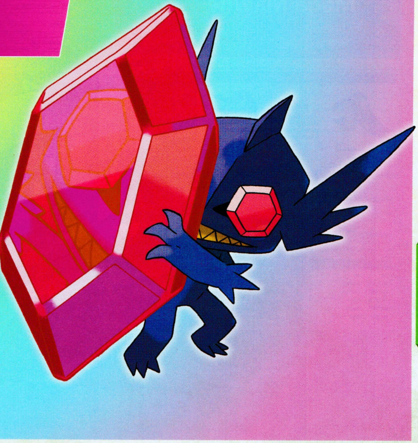
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Recover	Normal	Status	—	—	10	Self
Moonlight	Fairy	Status	—	—	5	Self
Nasty Plot	Dark	Status	—	—	20	Self
Flatter	Dark	Status	—	100	15	Normal
Feint	Normal	Physical	30	100	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Trick	Psychic	Status	—	100	10	Normal
Captivate	Normal	Status	—	100	20	Many Others
Mean Look	Normal	Status	—	—	5	Normal
Metal Burst	Steel	Physical	—	100	10	Varies
Imprison	Psychic	Status	—	—	10	Self

Mega Sableye

Darkness Pokémon

DARK GHOST

Height: 1'08"
Weight: 354.9 lbs.



MEGA EVOLUTION

Sableye

Have Sableye hold Sablenite, and Mega Evolve it during battle.

Mega Sableye

Same form for male/female

ABILITY

Magic Bounce

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆

Damage taken in normal battles

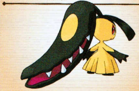
NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

Required Mega Stone

Sablenite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Mawile

Deceiver Pokémon



National Pokédex	303	STEEL
Alola Pokédex	125	FAIRY

Height: 2'00" | Weight: 25.4 lbs.

Iron Ball

♂ ♀

Same form for male/female

A cunning and terrifying Pokémon, its cuteness makes opponents let down their guard—and then it swallows them whole with its huge jaws.

It has two mouths. The big jaws on the back of its head can't taste anything, so that's the mouth it uses to eat foods it doesn't like.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the caves in Ten Carat Hill.

ABILITY

Hyper Cutter
Intimidate

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×0	STEEL	×1
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Play Rough	Fairy	Physical	90	90	10	Normal
1	Iron Head	Steel	Physical	80	100	15	Normal
1	Taunt	Dark	Status	—	100	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Fairy Wind	Fairy	Special	40	100	30	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
5	Fake Tears	Dark	Status	—	100	20	Normal
9	Bite	Dark	Physical	60	100	25	Normal
13	Sweet Scent	Normal	Status	—	100	20	Many Others
17	Vice Grip	Normal	Physical	55	100	30	Normal
21	Feint Attack	Dark	Physical	60	—	20	Normal
25	Baton Pass	Normal	Status	—	—	40	Self
29	Crunch	Dark	Physical	80	100	15	Normal
33	Iron Defense	Steel	Status	—	—	15	Self
37	Sucker Punch	Dark	Physical	70	100	5	Normal
41	Stockpile	Normal	Status	—	—	20	Self
41	Swallow	Normal	Status	—	—	10	Self
41	Spit Up	Normal	Special	—	100	10	Normal
45	Iron Head	Steel	Physical	80	100	15	Normal
49	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

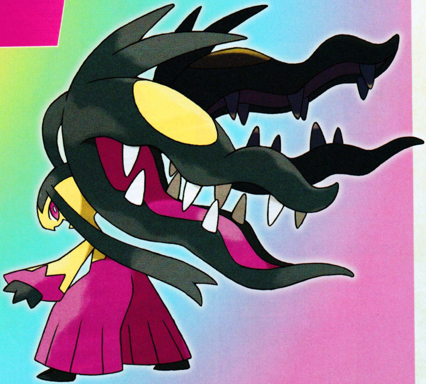
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Poison Fang	Poison	Physical	50	100	15	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Tickle	Normal	Status	—	100	20	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Punishment	Dark	Physical	—	100	5	Normal
Guard Swap	Psychic	Status	—	—	10	Normal
Captivate	Normal	Status	—	100	20	Many Others
Slam	Normal	Physical	80	75	20	Normal
Metal Burst	Steel	Physical	—	100	10	Varies
Misty Terrain	Fairy	Status	—	—	10	Both Sides
Seismic Toss	Fighting	Physical	—	100	20	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

Mega Mawile

Deceiver Pokémon

STEEL FAIRY

Height: 3'03"
Weight: 51.8 lbs.



MEGA EVOLUTION

Mawile

Have Mawile hold Mawilite, and Mega Evolve it during battle.

Mega Mawile

Same form for male/female

ABILITY

Huge Power

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×0	STEEL	×1
GROUND	×2	FAIRY	×0.5

Required Mega Stone

Mawilite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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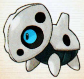
✓ Aron

Iron Armor Pokémon



National Pokédex	304	STEEL
Alola Pokédex	—	ROCK

Height: 1'04" | Weight: 132.3 lbs.

♂ ♀

Same form for male/female

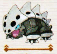
X It usually lives deep in mountains. However, hunger may drive it to eat railroad tracks and cars.

Y When it evolves, it sheds the steel carapace that covered its whole body and develops a new one.

EVOLUTION

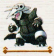
Aron

Lv. 32



Lairon

Lv. 42



Aggron

MAIN WAY TO OBTAIN

Obtain a Lairon or Aggron, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Sturdy
Rock Head

HIDDEN ABILITY

Heavy Metal

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×0.25	FLYING	×0.25
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×4	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
4	Mud-Slap	Ground	Special	20	100	10	Normal
7	Headbutt	Normal	Physical	70	100	15	Normal
10	Metal Claw	Steel	Physical	50	95	35	Normal
13	Rock Tomb	Rock	Physical	60	95	15	Normal
16	Protect	Normal	Status	—	—	10	Self
19	Roar	Normal	Status	—	—	20	Normal
22	Iron Head	Steel	Physical	80	100	15	Normal
25	Rock Slide	Rock	Physical	75	90	10	Many Others
28	Take Down	Normal	Physical	90	85	20	Normal
31	Metal Sound	Steel	Status	—	85	40	Normal
34	Iron Tail	Steel	Physical	100	75	15	Normal
37	Iron Defense	Steel	Status	—	—	15	Self
40	Double-Edge	Normal	Physical	120	100	15	Normal
43	Autotomize	Steel	Status	—	—	15	Self
46	Heavy Slam	Steel	Physical	—	100	10	Normal
49	Metal Burst	Steel	Physical	—	100	10	Varies

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

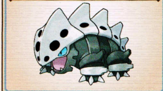
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Stomp	Normal	Physical	65	100	20	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Curse	Ghost	Status	—	—	10	Varies
Screech	Normal	Status	—	85	40	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Dragon Rush	Dragon	Physical	100	75	10	Normal
Head Smash	Rock	Physical	150	80	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Reversal	Fighting	Physical	—	100	15	Normal

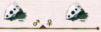
✓ Lairon

Iron Armor Pokémon



National Pokédex 305 STEEL
Alola Pokédex — ROCK

Height: 2'11" | Weight: 264.6 lbs.

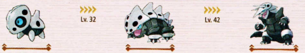


Same form for male/female

X It loves iron ore. Groups of them fight for territory by bashing one another with their steel bodies.

Y It habitually shows off its strength with the size of sparks it creates by ramming its steel body into boulders.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Aron, then level it up to Lv. 32 or higher to evolve it into Lairon.

ABILITY

Sturdy
Rock Head

HIDDEN ABILITY

Heavy Metal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×0.25	FLYING	×0.25
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
4	Mud-Slap	Ground	Special	20	100	10	Normal
7	Headbutt	Normal	Physical	70	100	15	Normal
10	Metal Claw	Steel	Physical	50	95	35	Normal
13	Rock Tomb	Rock	Physical	60	95	15	Normal
16	Protect	Normal	Status	—	—	10	Self
19	Roar	Normal	Status	—	—	20	Normal
22	Iron Head	Steel	Physical	80	100	15	Normal
25	Rock Slide	Rock	Physical	75	90	10	Many Others
28	Take Down	Normal	Physical	90	85	20	Normal
31	Metal Sound	Steel	Status	—	85	40	Normal
35	Iron Tail	Steel	Physical	100	75	15	Normal
39	Iron Defense	Steel	Status	—	—	15	Self
43	Double-Edge	Normal	Physical	120	100	15	Normal
47	Autotomize	Steel	Status	—	—	15	Self
51	Heavy Slam	Steel	Physical	—	100	10	Normal
55	Metal Burst	Steel	Physical	—	100	10	Varies

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

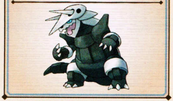
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Aggron

Iron Armor Pokémon



National Pokédex 306 STEEL
Alola Pokédex — ROCK

Height: 6'11" | Weight: 793.7 lbs.

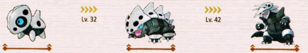
Hard Stone

Same form for male/female

X It claims an entire mountain as its own. The more wounds it has, the more it has battled, so don't take it lightly.

Y While seeking iron for food, it digs tunnels by breaking through bedrock with its steel horns.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the Poni Plains by using Island Scan on Poni Island on a Monday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Sturdy
Rock Head

HIDDEN ABILITY

Heavy Metal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0.25	FLYING	×0.25
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
4	Mud-Slap	Ground	Special	20	100	10	Normal
7	Headbutt	Normal	Physical	70	100	15	Normal
10	Metal Claw	Steel	Physical	50	95	35	Normal
13	Rock Tomb	Rock	Physical	60	95	15	Normal
16	Protect	Normal	Status	—	—	10	Self
19	Roar	Normal	Status	—	—	20	Normal
22	Iron Head	Steel	Physical	80	100	15	Normal
25	Rock Slide	Rock	Physical	75	90	10	Many Others
28	Take Down	Normal	Physical	90	85	20	Normal
31	Metal Sound	Steel	Status	—	85	40	Normal
35	Iron Tail	Steel	Physical	100	75	15	Normal
39	Iron Defense	Steel	Status	—	—	15	Self
45	Double-Edge	Normal	Physical	120	100	15	Normal
51	Autotomize	Steel	Status	—	—	15	Self
57	Heavy Slam	Steel	Physical	—	100	10	Normal
63	Metal Burst	Steel	Physical	—	100	10	Varies

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

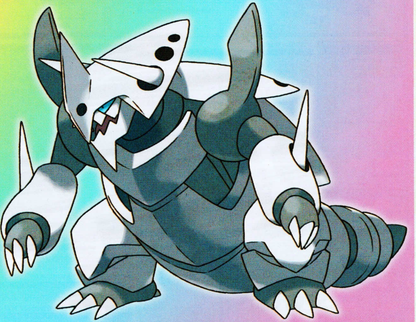
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Aggron

Iron Armor Pokémon

STEEL

Height: 7'03"
Weight: 870.8 lbs.



MEGA EVOLUTION

Aggron

Have Aggron hold Aggronite, and Mega Evolve it during battle.

Mega Aggron

Same form for male/female

ABILITY

Filter

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
! FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
! FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
! GROUND	×2	FAIRY	×0.5

Required Mega Stone

Aggronite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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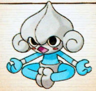
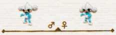
✓ Meditite

Meditate Pokémon



National Pokédex	307	FIGHTING
Alola Pokédex	—	PSYCHIC

Height: 2'00" | Weight: 24.7 lbs.



The bumps on the male's head are located higher. The bumps on the female's head are located lower.

X It always trains deep in mountains. It levitates when it heightens its spiritual power through meditation.

Y It eats just one berry a day. By enduring hunger, its spirit is tempered and made sharper.

EVOLUTION

Meditite

Lv. 37

Medicham

MAIN WAY TO OBTAIN

Obtain a Medicham, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Pure Power

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bide	Normal	Physical	—	—	10	Self
4	Meditate	Psychic	Status	—	—	40	Self
7	Confusion	Psychic	Special	50	100	25	Normal
9	Detect	Fighting	Status	—	—	5	Self
12	Endure	Normal	Status	—	—	10	Self
15	Feint	Normal	Physical	30	100	10	Normal
17	Force Palm	Fighting	Physical	60	100	10	Normal
20	Hidden Power	Normal	Special	60	100	15	Normal
23	Calm Mind	Psychic	Status	—	—	20	Self
25	Mind Reader	Normal	Status	—	—	5	Normal
28	High Jump Kick	Fighting	Physical	130	90	10	Normal
31	Psych Up	Normal	Status	—	—	10	Normal
33	Acupressure	Normal	Status	—	—	30	Self/Ally
36	Power Trick	Psychic	Status	—	—	10	Self
39	Reversal	Fighting	Physical	—	100	15	Normal
41	Recover	Normal	Status	—	—	10	Self
44	Counter	Fighting	Physical	—	100	20	Varies

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

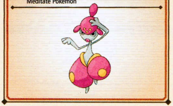
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Punch	Fire	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foresight	Normal	Status	—	—	40	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Baton Pass	Normal	Status	—	—	40	Self
Dynamic Punch	Fighting	Physical	100	50	5	Normal
Power Swap	Psychic	Status	—	—	10	Normal
Guard Swap	Psychic	Status	—	—	10	Normal
Psycho Cut	Psychic	Physical	70	100	20	Normal
Bullet Punch	Steel	Physical	40	100	30	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Secret Power	Normal	Physical	70	100	20	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side

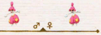
✓ Medicham

Meditate Pokémon



National Pokédex	308	FIGHTING	
Alola Pokédex	—	PSYCHIC	

Height: 4'03" | Weight: 69.4 lbs.

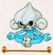


The male has a larger bulb on top of its head. The female has a smaller bulb on top of its head.

X It elegantly avoids attacks with dance-like steps, then launches a devastating blow in the same motion.

Y Through yoga training, it gained the psychic power to predict its foe's next move.

EVOLUTION



Meditite

Lv. 37

Medicham

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a yellow warp hole while using Ultra Warp Ride.

ABILITY

Pure Power

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Zen Headbutt	Psychic	Physical	80	90	15	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Bide	Normal	Physical	—	—	10	Self
1	Meditate	Psychic	Status	—	—	40	Self
1	Confusion	Psychic	Special	50	100	25	Normal
1	Detect	Fighting	Status	—	—	5	Self
4	Meditate	Psychic	Status	—	—	40	Self
7	Confusion	Psychic	Special	50	100	25	Normal
9	Detect	Fighting	Status	—	—	5	Self
12	Endure	Normal	Status	—	—	10	Self
15	Feint	Normal	Physical	30	100	10	Normal
17	Force Palm	Fighting	Physical	60	100	10	Normal
20	Hidden Power	Normal	Special	60	100	15	Normal
23	Calm Mind	Psychic	Status	—	—	20	Self
25	Mind Reader	Normal	Status	—	—	5	Normal
28	High Jump Kick	Fighting	Physical	130	90	10	Normal
31	Psych Up	Normal	Status	—	—	10	Normal
33	Acupressure	Normal	Status	—	—	30	Self/Ally
36	Power Trick	Psychic	Status	—	—	10	Self
42	Reversal	Fighting	Physical	—	100	15	Normal
47	Recover	Normal	Status	—	—	10	Self
53	Counter	Fighting	Physical	—	100	20	Varies

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Medicham

Meditate Pokémon

FIGHTING PSYCHIC

Height: 4'03"
Weight: 69.4 lbs.

MEGA EVOLUTION

Medicham

Have Medicham hold Medichamite, and Mega Evolve it during battle.

Mega Medicham

Same form for male/female

ABILITY

Pure Power

SPECIES STRENGTHS

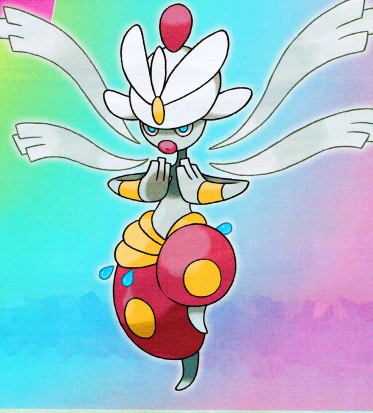
HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

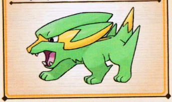
Required Mega Stone

Medichamite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



✓ Electrike

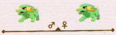
Lightning Pokémon



National Pokédex	309
Alola Pokédex	293

ELECTRIC

Height: 2'00" | Weight: 33.5 lbs.



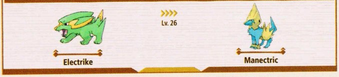
♂ ♀

Same form for male/female

Friction between the air and its fur produces static electricity. When Electrike runs, it makes a crackling sound.

Static electricity builds up all over its body as strands of its long fur rub together. This Pokémon boasts incredible speed.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Manectric, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Static
Lightning Rod

HIDDEN ABILITY

Minus

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Howl	Normal	Status	—	—	40	Self
10	Quick Attack	Normal	Physical	40	100	30	Normal
13	Spark	Electric	Physical	65	100	20	Normal
16	Odor Sleuth	Normal	Status	—	—	40	Normal
19	Thunder Fang	Electric	Physical	65	95	15	Normal
24	Bite	Dark	Physical	60	100	25	Normal
29	Discharge	Electric	Special	80	100	15	Adjacent
34	Roar	Normal	Status	—	—	20	Normal
39	Wild Charge	Electric	Physical	90	100	15	Normal
44	Charge	Electric	Status	—	—	20	Self
49	Thunder	Electric	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

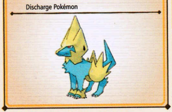
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magnet Rise	Electric	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Curse	Ghost	Status	—	—	10	Varies
Swift	Normal	Special	60	—	20	Many Others
Discharge	Electric	Special	80	100	15	Adjacent
Ice Fang	Ice	Physical	65	95	15	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Electro Ball	Electric	Special	—	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Flame Burst	Fire	Special	70	100	15	Normal
Eerie Impulse	Electric	Status	—	100	15	Normal

✓ Manectric

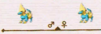
Discharge Pokémon



National Pokédex	310
Alola Pokédex	294

ELECTRIC

Height: 4'11" | Weight: 88.6 lbs.



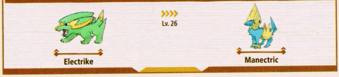
♂ ♀

Same form for male/female

Manectric can be found beneath unnatural thunderclouds. People say it can run at the same speed as lightning striking.

It stimulates its own muscles with electricity, so it can move quickly. It eases its soreness with electricity, too, so it can recover quickly as well.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears in the tall grass on Route 12 in *Pokémon Ultra Moon*.

ABILITY

Static
Lightning Rod

HIDDEN ABILITY

Minus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Electric Terrain	Electric	Status	—	—	10	Both Sides
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Howl	Normal	Status	—	—	40	Self
4	Leer	Normal	Status	—	100	30	Many Others
7	Howl	Normal	Status	—	—	40	Self
10	Quick Attack	Normal	Physical	40	100	30	Normal
13	Spark	Electric	Physical	65	100	20	Normal
16	Odor Sleuth	Normal	Status	—	—	40	Normal
19	Thunder Fang	Electric	Physical	65	95	15	Normal
24	Bite	Dark	Physical	60	100	25	Normal
30	Discharge	Electric	Special	80	100	15	Adjacent
36	Roar	Normal	Status	—	—	20	Normal
42	Wild Charge	Electric	Physical	90	100	15	Normal
48	Charge	Electric	Status	—	—	20	Self
54	Thunder	Electric	Special	110	70	10	Normal
60	Electric Terrain	Electric	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magnet Rise	Electric	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Manectric

Discharge Pokémon

ELECTRIC

Height: 5'11"
Weight: 97.0 lbs.

MEGA EVOLUTION

Manectric

Have Manectric hold Manectite, and Mega Evolve it during battle.

Mega Manectric

Same form for male/female

ABILITY

Intimidate

SPECIES STRENGTHS

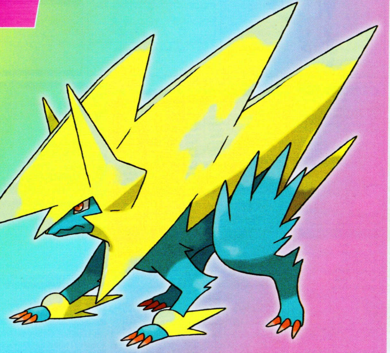
HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

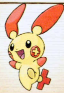
Required Mega Stone

Manectite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



Plusle

Cheering Pokémon



National Pokédex 311
Alola Pokédex —
ELECTRIC

Height: 1'04" | Weight: 9.3 lbs.

♂ ♀

Same form for male/female

X It cheers on friends with pom-poms made of sparks. It drains power from telephone poles.

Y It absorbs electricity from telephone poles. It shorts out its body to create crackling noises.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Plus

HIDDEN ABILITY

Lightning Rod

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Nuzzle	Electric	Physical	20	100	20	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Helping Hand	Normal	Status	—	—	20	1 Ally
7	Spark	Electric	Physical	65	100	20	Normal
10	Encore	Normal	Status	—	100	5	Normal
13	Bestow	Normal	Status	—	—	15	Normal
16	Swift	Normal	Special	60	—	20	Many Others
19	Electro Ball	Electric	Special	—	100	10	Normal
22	Copycat	Normal	Status	—	—	20	Self
25	Charm	Fairy	Status	—	100	20	Normal
28	Charge	Electric	Status	—	—	20	Self
31	Discharge	Electric	Special	80	100	15	Adjacent
34	Baton Pass	Normal	Status	—	—	40	Self
37	Agility	Psychic	Status	—	—	30	Self
40	Last Resort	Normal	Physical	140	100	5	Normal
43	Thunder	Electric	Special	110	70	10	Normal
46	Nasty Plot	Dark	Status	—	—	20	Self
49	Entrainment	Normal	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

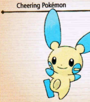
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wish	Normal	Status	—	—	10	Self
Sing	Normal	Status	—	55	15	Normal
Sweet Kiss	Fairy	Status	—	75	10	Normal
Discharge	Electric	Special	80	100	15	Adjacent
Lucky Chant	Normal	Status	—	—	30	Your Side
Charm	Fairy	Status	—	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Tearful Look	Normal	Status	—	—	20	Normal

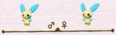
Minun

Cheering Pokémon



National Pokédex	312	ELECTRIC
Alola Pokédex	—	

Height: 1'04" | Weight: 9.3 lbs.



♂ ♀

Same form for male/female

X: Exposure to electricity from Minun and Plusle promotes blood circulation and relaxes muscles.

Y: It cheers on friends. If its friends are losing, its body lets off more and more sparks.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Minus

HIDDEN ABILITY

Volt Absorb

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Nuzzle	Electric	Physical	20	100	20	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Helping Hand	Normal	Status	—	—	20	1 Ally
7	Spark	Electric	Physical	65	100	20	Normal
10	Encore	Normal	Status	—	100	5	Normal
13	Switcheroo	Dark	Status	—	100	10	Normal
16	Swift	Normal	Special	60	—	20	Many Others
19	Electro Ball	Electric	Special	—	100	10	Normal
22	Copycat	Normal	Status	—	—	20	Self
25	Fake Tears	Dark	Status	—	100	20	Normal
28	Charge	Electric	Status	—	—	20	Self
31	Discharge	Electric	Special	80	100	15	Adjacent
34	Baton Pass	Normal	Status	—	—	40	Self
37	Agility	Psychic	Status	—	—	30	Self
40	Trump Card	Normal	Special	—	—	5	Normal
43	Thunder	Electric	Special	110	70	10	Normal
46	Nasty Plot	Dark	Status	—	—	20	Self
49	Entrainment	Normal	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

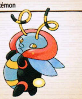
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wish	Normal	Status	—	—	10	Self
Sing	Normal	Status	—	55	15	Normal
Sweet Kiss	Fairy	Status	—	75	10	Normal
Discharge	Electric	Special	80	100	15	Adjacent
Lucky Chant	Normal	Status	—	—	30	Your Side
Charm	Fairy	Status	—	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Tearful Look	Normal	Status	—	—	20	Normal

Volbeat

Firefly Pokémon



National Pokédex	313	BUG
Alola Pokédex	—	

Height: 2'04" | Weight: 39.0 lbs.

♂ ♀

Male only

X: It communicates with others by lighting up its rear at night. It loves Illumise's sweet aroma.

Y: It lives around clean ponds. At night, its rear lights up. It converses with others by flashing its light.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Illuminate
Swarm

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Bug
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Flash	Normal	Status	—	100	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Double Team	Normal	Status	—	—	15	Self
8	Confuse Ray	Ghost	Status	—	100	10	Normal
12	Quick Attack	Normal	Physical	40	100	30	Normal
15	Struggle Bug	Bug	Special	50	100	20	Many Others
19	Moonlight	Fairy	Status	—	—	5	Self
22	Tail Glow	Bug	Status	—	—	20	Self
26	Signal Beam	Bug	Special	75	100	15	Normal
29	Protect	Normal	Status	—	—	10	Self
33	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Helping Hand	Normal	Status	—	—	20	1 Ally
40	Bug Buzz	Bug	Special	90	100	10	Normal
43	Play Rough	Fairy	Physical	90	90	10	Normal
47	Double-Edge	Normal	Physical	120	100	15	Normal
50	Infestation	Bug	Special	20	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

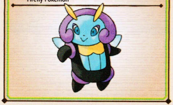
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Baton Pass	Normal	Status	—	—	40	Self
Silver Wind	Bug	Special	60	100	5	Normal
Trick	Psychic	Status	—	100	10	Normal
Encore	Normal	Status	—	100	5	Normal
Bug Buzz	Bug	Special	90	100	10	Normal
Dizzy Punch	Normal	Physical	70	100	10	Normal
Seismic Toss	Fighting	Physical	—	100	20	Normal
Lunge	Bug	Physical	80	100	15	Normal

✓ Illumise

Firefly Pokémon



National Pokédex	314	BUG
Alola Pokédex	—	

Height: 2'00" | Weight: 39.0 lbs.

♂ ♀

Female only

X Its fragrance attracts a swarm of Volbeat, so they draw over 200 patterns in the night sky.

Y With its sweet aroma, it guides Volbeat to draw signs with light in the night sky.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Oblivious
Tinted Lens

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Bug
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Play Nice	Normal	Status	—	—	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Sweet Scent	Normal	Status	—	100	20	Many Others
9	Charm	Fairy	Status	—	100	20	Normal
12	Quick Attack	Normal	Physical	40	100	30	Normal
15	Struggle Bug	Bug	Special	50	100	20	Many Others
19	Moonlight	Fairy	Status	—	—	5	Self
22	Wish	Normal	Status	—	—	10	Self
26	Encore	Normal	Status	—	100	5	Normal
29	Flatter	Dark	Status	—	100	15	Normal
33	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Helping Hand	Normal	Status	—	—	20	1 Ally
40	Bug Buzz	Bug	Special	90	100	10	Normal
43	Play Rough	Fairy	Physical	90	90	10	Normal
47	Covet	Normal	Physical	60	100	25	Normal
50	Infestation	Bug	Special	20	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Covet	Normal	Physical	60	100	25	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

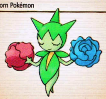
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Baton Pass	Normal	Status	—	—	40	Self
Silver Wind	Bug	Special	60	100	5	Normal
Growth	Normal	Status	—	—	20	Self
Encore	Normal	Status	—	100	5	Normal
Bug Buzz	Bug	Special	90	100	10	Normal
Captivate	Normal	Status	—	100	20	Many Others
Fake Tears	Dark	Status	—	100	20	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Aromatherapy	Grass	Status	—	—	5	Your Party

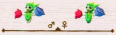
✓ Roselia

Thorn Pokémon



National Pokédex	315	GRASS
Alola Pokédex	—	POISON

Height: 1'00" | Weight: 4.4 lbs.



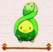
♂ ♀

The male has a smaller leaf on its front.
The female has a larger leaf on its front.

X It uses the different poisons in each hand separately when it attacks. The stronger its aroma, the healthier it is.

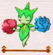
Y Roselia that drink nutritionally rich springwater are said to reveal rare coloration when they bloom.

EVOLUTION



Budew (p. 263)

Level up during the day with high friendship



Roselia

Use Shiny Stone

Roserade (p. 264)

MAIN WAY TO OBTAIN

Find it in Ula'ula Meadow by using Island Scan on Ula'ula Island on a Wednesday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Natural Cure
Poison Point

HIDDEN ABILITY

Leaf Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
4	Growth	Normal	Status	—	—	20	Self
7	Poison Sting	Poison	Physical	15	100	35	Normal
10	Stun Spore	Grass	Status	—	75	30	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
16	Leech Seed	Grass	Status	—	90	10	Normal
19	Magical Leaf	Grass	Special	60	—	20	Normal
22	Grass Whistle	Grass	Status	—	55	15	Normal
25	Giga Drain	Grass	Special	75	100	10	Normal
28	Toxic Spikes	Poison	Status	—	—	20	Other Side
31	Sweet Scent	Normal	Status	—	100	20	Many Others
34	Ingrain	Grass	Status	—	—	20	Self
37	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
40	Toxic	Poison	Status	—	90	10	Normal
43	Aromatherapy	Grass	Status	—	—	5	Your Party
46	Synthesis	Grass	Status	—	—	5	Self
50	Petal Dance	Grass	Special	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

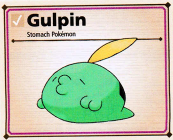
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spikes	Ground	Status	—	—	20	Other Side
Synthesis	Grass	Status	—	—	5	Self
Pin Missile	Bug	Physical	25	95	20	Normal
Cotton Spore	Grass	Status	—	100	40	Many Others
Sleep Powder	Grass	Status	—	75	15	Normal
Razor Leaf	Grass	Physical	55	95	25	Many Others
Mind Reader	Normal	Status	—	—	5	Normal
Leaf Storm	Grass	Special	130	90	5	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Grass Whistle	Grass	Status	—	55	15	Normal
Bullet Seed	Grass	Physical	25	100	30	Normal
Power Whip	Grass	Physical	120	85	10	Normal

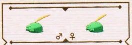
✓ Gulpin

Stomach Pokémon



National Pokédex	316	POISON
Alola Pokédex	—	

Height: 1'04" | Weight: 22.7 lbs.

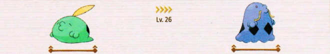


The male has a longer antenna. The female has a shorter antenna.

X It has a small heart and brain. Its stomach comprises most of its body, with enzymes to dissolve anything.

Y There is nothing its stomach can't digest. While it is digesting, vile, overpowering gases are expelled.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Liquid Ooze
Sticky Hold

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
5	Yawn	Normal	Status	—	—	10	Normal
8	Poison Gas	Poison	Status	—	90	40	Many Others
10	Sludge	Poison	Special	65	100	20	Normal
12	Amnesia	Psychic	Status	—	—	20	Self
17	Acid Spray	Poison	Special	40	100	20	Normal
20	Encore	Normal	Status	—	100	5	Normal
25	Toxic	Poison	Status	—	90	10	Normal
28	Stockpile	Normal	Status	—	—	20	Self
28	Spit Up	Normal	Special	—	100	10	Normal
28	Swallow	Normal	Status	—	—	10	Self
33	Sludge Bomb	Poison	Special	90	100	10	Normal
36	Gastro Acid	Poison	Status	—	100	10	Normal
41	Belch	Poison	Special	120	90	10	Normal
44	Wring Out	Normal	Special	—	100	5	Normal
49	Gunk Shot	Poison	Physical	120	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

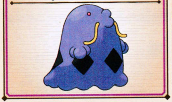
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Acid Armor	Poison	Status	—	—	20	Self
Smog	Poison	Special	30	70	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Destiny Bond	Ghost	Status	—	—	5	Self
Mud-Slap	Ground	Special	20	100	10	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Venom Drench	Poison	Status	—	100	20	Many Others

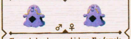
✓ Swalot

Poison Bag Pokémon



National Pokédex	317	POISON
Alola Pokédex	—	

Height: 5'07" | Weight: 176.4 lbs.

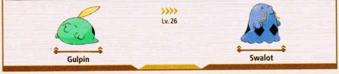


The male has longer whiskers. The female has shorter whiskers.

X It swallows anything whole. It sweats toxic fluids from its follicles to douse foes.

Y It gulps anything that fits in its mouth. Its special enzymes can dissolve anything.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Gulpin, then level it up to Lv. 26 or higher to evolve it into Swalot.

ABILITY

Liquid Ooze
Sticky Hold

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Body Slam	Normal	Physical	85	100	15	Normal
1	Venom Drench	Poison	Status	—	100	20	Many Others
1	Gunk Shot	Poison	Physical	120	80	5	Normal
1	Wring Out	Normal	Special	—	100	5	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Yawn	Normal	Status	—	—	10	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Sludge	Poison	Special	65	100	20	Normal
5	Yawn	Normal	Status	—	—	10	Normal
8	Poison Gas	Poison	Status	—	90	40	Many Others
10	Sludge	Poison	Special	65	100	20	Normal
12	Amnesia	Psychic	Status	—	—	20	Self
17	Acid Spray	Poison	Special	40	100	20	Normal
20	Encore	Normal	Status	—	100	5	Normal
25	Toxic	Poison	Status	—	90	10	Normal
30	Stockpile	Normal	Status	—	—	20	Self
30	Spit Up	Normal	Special	—	100	10	Normal
30	Swallow	Normal	Status	—	—	10	Self
37	Sludge Bomb	Poison	Special	90	100	10	Normal
42	Gastro Acid	Poison	Status	—	100	10	Normal
49	Belch	Poison	Special	120	90	10	Normal
54	Wring Out	Normal	Special	—	100	5	Normal
61	Gunk Shot	Poison	Physical	120	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Body Slam	Normal	Physical	85	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

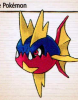
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Carvanha

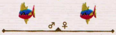
Savage Pokémon



National Pokédex	318	WATER
Alola Pokédex	345	DARK

Height: 2'07" | Weight: 45.9 lbs.

Deep Sea Tooth


♂ ♀

Same form for male/female

They're such cowards that they won't hunt alone. When five or so of them get together, they suddenly turn ferocious!

With its sturdy jaws and fangs, it can easily chomp wooden boats to splinters. It fights with Basculin over food.

EVOLUTION

Lv. 30
Carvanha
Sharpedo

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot at Poni Breaker Coast, especially at a bubbling rare fishing spot.

ABILITY

Rough Skin

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Bite	Dark	Physical	60	100	25	Normal
4	Rage	Normal	Physical	20	100	20	Normal
8	Focus Energy	Normal	Status	—	—	30	Self
11	Aqua Jet	Water	Physical	40	100	20	Normal
15	Assurance	Dark	Physical	60	100	10	Normal
18	Screech	Normal	Status	—	85	40	Normal
22	Swagger	Normal	Status	—	85	15	Normal
25	Ice Fang	Ice	Physical	65	95	15	Normal
29	Scary Face	Normal	Status	—	100	10	Normal
32	Poison Fang	Poison	Physical	50	100	15	Normal
36	Crunch	Dark	Physical	80	100	15	Normal
39	Agility	Psychic	Status	—	—	30	Self
43	Take Down	Normal	Physical	90	85	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

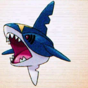
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hydro Pump	Water	Special	110	80	5	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Ancient Power	Rock	Special	60	100	5	Normal
Swift	Normal	Special	60	—	20	Many Others
Brine	Water	Special	65	100	10	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Psychic Fangs	Psychic	Physical	85	100	10	Normal

✓ Sharpedo

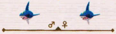
Brutal Pokémon



National Pokédex	319	WATER
Alola Pokédex	346	DARK

Height: 5'11" | Weight: 195.8 lbs.

Deep Sea Tooth

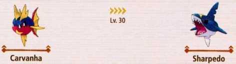

♂ ♀

Same form for male/female

People believe that carrying one of its discarded fangs will prevent mishaps at sea, so the fangs are made into accessories.

It drinks in seawater and jets it from its rear to propel itself. It's very sensitive to the scent of blood.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Carvanha at Poni Breaker Coast. Or obtain a Carvanha, then level it up to Lv. 30 or higher to evolve it into Sharpedo.

ABILITY

Rough Skin

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Slash	Normal	Physical	70	100	20	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Feint	Normal	Physical	30	100	10	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bite	Dark	Physical	60	100	25	Normal
1	Rage	Normal	Physical	20	100	20	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
4	Rage	Normal	Physical	20	100	20	Normal
8	Focus Energy	Normal	Status	—	—	30	Self
11	Aqua Jet	Water	Physical	40	100	20	Normal
15	Assurance	Dark	Physical	60	100	10	Normal
18	Screech	Normal	Status	—	85	40	Normal
22	Swagger	Normal	Status	—	85	15	Normal
25	Ice Fang	Ice	Physical	65	95	15	Normal
29	Scary Face	Normal	Status	—	100	10	Normal
34	Poison Fang	Poison	Physical	50	100	15	Normal
40	Crunch	Dark	Physical	80	100	15	Normal
45	Agility	Psychic	Status	—	—	30	Self
51	Skull Bash	Normal	Physical	130	100	10	Normal
56	Taunt	Dark	Status	—	100	20	Normal
62	Night Slash	Dark	Physical	70	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Slash	Normal	Physical	70	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EGG MOVES

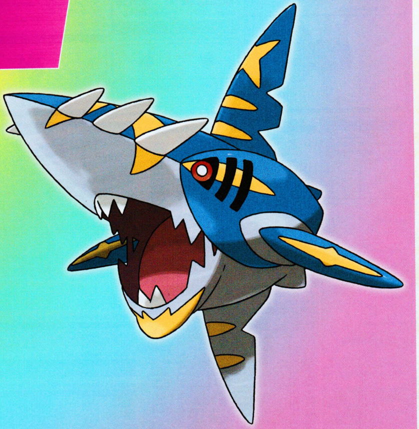
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Sharpedo

Brutal Pokémon

WATER DARK

Height: 8'02"
Weight: 287.3 lbs.



MEGA EVOLUTION

Sharpedo

Have Sharpedo hold Sharpedonite, and Mega Evolve it during battle.

Mega Sharpedo

Same form for male/female

ABILITY

Strong Jaw

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

Required Mega Stone

Sharpedonite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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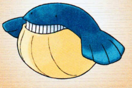
✓ Wailmer

Ball Whale Pokémon



National Pokédex	320	WATER
Alola Pokédex	351	

Height: 6'07" | Weight: 286.6 lbs.

♂ ♀

Same form for male/female

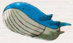
It swims along with its mouth open and swallows down seawater along with its food. It sprays excess water out of its nostrils.

Due to their memories of when they once lived on land, pods of them will, very rarely, wash up on shore.

EVOLUTION

Wailmer

Lv. 40



Wailord

MAIN WAY TO OBTAIN

Catch it when it appears at the fishing spot in Seafolk Village.

ABILITY

Water Veil
Oblivious

HIDDEN ABILITY

Pressure

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
4	Growl	Normal	Status	—	100	40	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
10	Rollout	Rock	Physical	30	90	20	Normal
13	Whirlpool	Water	Special	35	85	15	Normal
16	Astonish	Ghost	Physical	30	100	15	Normal
19	Water Pulse	Water	Special	60	100	20	Normal
22	Mist	Ice	Status	—	—	30	Your Side
25	Brine	Water	Special	65	100	10	Normal
29	Rest	Psychic	Status	—	—	10	Self
33	Water Spout	Water	Special	150	100	5	Many Others
37	Amnesia	Psychic	Status	—	—	20	Self
41	Dive	Water	Physical	80	100	10	Normal
45	Bounce	Flying	Physical	85	85	5	Normal
49	Hydro Pump	Water	Special	110	80	5	Normal
53	Heavy Slam	Steel	Physical	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

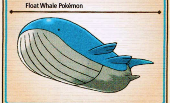
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double-Edge	Normal	Physical	120	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Curse	Ghost	Status	—	—	10	Varies
Fissure	Ground	Physical	—	30	5	Normal
Tickle	Normal	Status	—	100	20	Normal
Defense Curl	Normal	Status	—	—	40	Self
Body Slam	Normal	Physical	85	100	15	Normal
Aqua Ring	Water	Status	—	—	20	Self
Soak	Water	Status	—	100	20	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Clear Smog	Poison	Special	50	—	15	Normal

✓ Wailord

Float Whale Pokémon



National Pokédex 321 WATER
Alola Pokédex 352

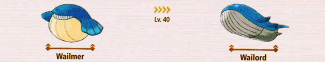
Height: 47'07" | Weight: 877.4 lbs.

They eat so many fish Pokémon that when Wailord become too numerous, fishermen have to chase them off.

When a small Wailmer is attacked by Sharpedo or Dhelmise, its whole pod works together to protect it.

Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in a water splash at Poni Breaker Coast.

ABILITY

Water Veil
Oblivious

HIDDEN ABILITY

Pressure

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Soak	Water	Status	—	100	20	Normal
1	Noble Roar	Normal	Status	—	100	30	Normal
1	Heavy Slam	Steel	Physical	—	100	10	Normal
1	Splash	Normal	Status	—	—	40	Self
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Rollout	Rock	Physical	30	90	20	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
10	Rollout	Rock	Physical	30	90	20	Normal
13	Whirlpool	Water	Special	35	85	15	Normal
16	Astonish	Ghost	Physical	30	100	15	Normal
19	Water Pulse	Water	Special	60	100	20	Normal
22	Mist	Ice	Status	—	—	30	Your Side
25	Brine	Water	Special	65	100	10	Normal
29	Rest	Psychic	Status	—	—	10	Self
33	Water Spout	Water	Special	150	100	5	Many Others
37	Amnesia	Psychic	Status	—	—	20	Self
44	Dive	Water	Physical	80	100	10	Normal
51	Bounce	Flying	Physical	85	85	5	Normal
58	Hydro Pump	Water	Special	110	80	5	Normal
65	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

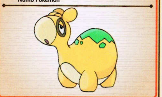
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Numel

Numb Pokémon

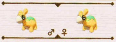


National Pokédex 322 FIRE
Alola Pokédex — GROUND

Height: 2'04" | Weight: 52.9 lbs.

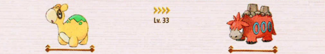
Its humped back stores intensely hot magma. In rain, the magma cools, slowing its movement.

The magma in its body reaches 2,200 degrees Fahrenheit. Its hump gets smaller when it uses Fire-type moves.



The male has a smaller hump. The female has a larger hump.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Oblivious
Simple

HIDDEN ABILITY

Own Tempo

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
5	Ember	Fire	Special	40	100	25	Normal
8	Focus Energy	Normal	Status	—	—	30	Self
12	Magnitude	Ground	Physical	—	100	30	Adjacent
15	Flame Burst	Fire	Special	70	100	15	Normal
19	Amnesia	Psychic	Status	—	—	20	Self
22	Lava Plume	Fire	Special	80	100	15	Adjacent
26	Earth Power	Ground	Special	90	100	10	Normal
29	Curse	Ghost	Status	—	—	10	Varies
31	Take Down	Normal	Physical	90	85	20	Normal
36	Yawn	Normal	Status	—	—	10	Normal
40	Earthquake	Ground	Physical	100	100	10	Adjacent
43	Flamethrower	Fire	Special	90	100	15	Normal
47	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
After You	Normal	Status	—	—	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

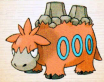
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Howl	Normal	Status	—	—	40	Self
Scary Face	Normal	Status	—	100	10	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Rollout	Rock	Physical	30	90	20	Normal
Defense Curl	Normal	Status	—	—	40	Self
Stomp	Normal	Physical	65	100	20	Normal
Yawn	Normal	Status	—	—	10	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Mud Bomb	Ground	Special	65	85	10	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Endure	Normal	Status	—	—	10	Self
Iron Head	Steel	Physical	80	100	15	Normal
Growth	Normal	Status	—	—	20	Self
Heavy Slam	Steel	Physical	—	100	10	Normal

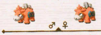
✓ Camerupt

Eruption Pokémon



National Pokédex	323	FIRE
Alola Pokédex	—	GROUND

Height: 6'03" | Weight: 485.0 lbs.

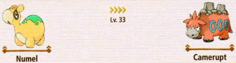


The male has smaller humps. The female has larger humps.

X The volcanoes on its back have a major eruption every 10 years--or whenever it becomes really angry.

Y If angered, the humps on its back erupt in a shower of molten lava. It lives in the craters of volcanoes.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Numel, then level it up to Lv. 33 or higher to evolve it into Camerupt.

ABILITY

Magma Armor
Solid Rock

HIDDEN ABILITY

Anger Point

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×4	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
! GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rock Slide	Rock	Physical	75	90	10	Many Others
1	Fissure	Ground	Physical	—	30	5	Normal
1	Eruption	Fire	Special	150	100	5	Many Others
1	Growl	Normal	Status	—	100	40	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Ember	Fire	Special	40	100	25	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
8	Ember	Fire	Special	40	100	25	Normal
8	Focus Energy	Normal	Status	—	—	30	Self
12	Magnitude	Ground	Physical	—	100	30	Adjacent
15	Flame Burst	Fire	Special	70	100	15	Normal
19	Amnesia	Psychic	Status	—	—	20	Self
22	Lava Plume	Fire	Special	80	100	15	Adjacent
26	Earth Power	Ground	Special	90	100	10	Normal
29	Curse	Ghost	Status	—	—	10	Varies
31	Take Down	Normal	Physical	90	85	20	Normal
39	Yawn	Normal	Status	—	—	10	Normal
46	Earthquake	Ground	Physical	100	100	10	Adjacent
52	Eruption	Fire	Special	150	100	5	Many Others
59	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Rock Slide	Rock	Physical	75	90	10	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
After You	Normal	Status	—	—	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

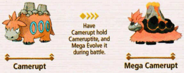
Mega Camerupt

Eruption Pokémon

FIRE GROUND

Height: 8'02"
Weight: 706.6 lbs.

MEGA EVOLUTION


Have Camerupt hold Cameruptite, and Mega Evolve it during battle.
Camerupt
Mega Camerupt

Same form for male/female

ABILITY

Sheer Force

SPECIES STRENGTHS

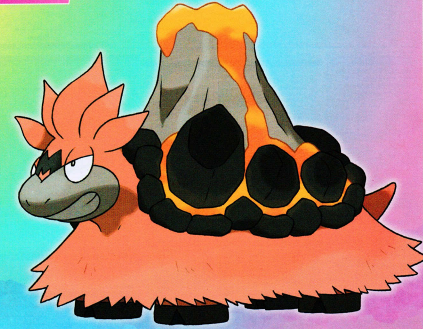
HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

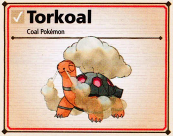
Required Mega Stone

Cameruptite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



✓ Torkoal

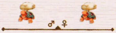
Coal Pokémon



National Pokédex	324	FIRE
Alola Pokédex	287	

Height: 1'08" | Weight: 177.2 lbs.

Charcoal



♂ ♀

Same form for male/female

You can tell how it's feeling by the smoke spouting from its shell. Tremendous velocity is a sign of good health.

It burns coal to produce energy. When it has burned through all of its coal, it becomes unable to move.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 12.

ABILITY

White Smoke
Drought

HIDDEN ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
4	Smog	Poison	Special	30	70	20	Normal
7	Withdraw	Water	Status	—	—	40	Self
10	Rapid Spin	Normal	Physical	20	100	40	Normal
13	Fire Spin	Fire	Special	35	85	15	Normal
15	Smokescreen	Normal	Status	—	100	20	Normal
18	Flame Wheel	Fire	Physical	60	100	25	Normal
22	Curse	Ghost	Status	—	—	10	Varies
25	Lava Plume	Fire	Special	80	100	15	Adjacent
27	Body Slam	Normal	Physical	85	100	15	Normal
30	Protect	Normal	Status	—	—	10	Self
34	Flamethrower	Fire	Special	90	100	15	Normal
38	Iron Defense	Steel	Status	—	—	15	Self
40	Amnesia	Psychic	Status	—	—	20	Self
42	Flail	Normal	Physical	—	100	15	Normal
45	Heat Wave	Fire	Special	95	90	10	Many Others
47	Shell Smash	Normal	Status	—	—	15	Self
50	Inferno	Fire	Special	100	50	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

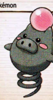
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
After You	Normal	Status	—	—	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Eruption	Fire	Special	150	100	5	Many Others
Endure	Normal	Status	—	—	10	Self
Sleep Talk	Normal	Status	—	—	10	Self
Yawn	Normal	Status	—	—	10	Normal
Fissure	Ground	Physical	—	30	5	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Flame Burst	Fire	Special	70	100	15	Normal
Clear Smog	Poison	Special	50	—	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal

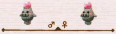
✓ Spoink

Bounce Pokémon



National Pokédex	325	PSYCHIC
Alola Pokédex	—	

Height: 2'04" | Weight: 67.5 lbs.



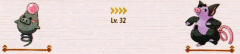
♂ ♀

Same form for male/female

It bounces constantly, using its tail like a spring. The shock of bouncing keeps its heart beating.

It bounces around on its tail to keep its heart pumping. It carries a pearl from Clamperl on its head.

EVOLUTION



Lv. 32

Spoink

Grumpig

MAIN WAY TO OBTAIN

Obtain a Grumpig, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Thick Fat
Own Tempo

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
7	Psywave	Psychic	Special	—	100	15	Normal
10	Odor Sleuth	Normal	Status	—	—	40	Normal
14	Psybeam	Psychic	Special	65	100	20	Normal
15	Psych Up	Normal	Status	—	—	10	Normal
18	Confuse Ray	Ghost	Status	—	100	10	Normal
21	Magic Coat	Psychic	Status	—	—	15	Self
26	Zen Headbutt	Psychic	Physical	80	90	15	Normal
29	Power Gem	Rock	Special	80	100	20	Normal
29	Rest	Psychic	Status	—	—	10	Self
33	Snore	Normal	Special	50	100	15	Normal
38	Psyshock	Psychic	Special	80	100	10	Normal
40	Payback	Dark	Physical	50	100	10	Normal
44	Psychic	Psychic	Special	90	100	10	Normal
50	Bounce	Flying	Physical	85	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

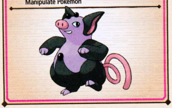
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Future Sight	Psychic	Special	120	100	10	Normal
Extrasensory	Psychic	Special	80	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Amnesia	Psychic	Status	—	—	20	Self
Mirror Coat	Psychic	Special	—	100	20	Varies
Skill Swap	Psychic	Status	—	—	10	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Lucky Chant	Normal	Status	—	—	30	Your Side
Endure	Normal	Status	—	—	10	Self
Simple Beam	Normal	Status	—	100	15	Normal

GRUMPIG
326

✓ Grumpig

Manipulate Pokémon



National Pokédex	326	PSYCHIC
Alola Pokédex	—	

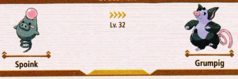
Height: 2'11" | Weight: 157.6 lbs.

Same form for male/female

It uses black pearls to amplify its psychic power. It does a strange dance to control foes' minds.

It uses black pearls to amplify its psychic power. It does an odd dance to gain control over foes.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a green warp hole while using Ultra Warp Ride.

ABILITY

Thick Fat
Own Tempo

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Teeter Dance	Normal	Status	—	100	20	Adjacent
1	Belch	Poison	Special	120	90	10	Normal
1	Splash	Normal	Status	—	—	40	Self
1	Psywave	Psychic	Special	—	100	15	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Psybeam	Psychic	Special	65	100	20	Normal
7	Psywave	Psychic	Special	—	100	15	Normal
10	Odor Sleuth	Normal	Status	—	—	40	Normal
14	Psybeam	Psychic	Special	65	100	20	Normal
15	Psych Up	Normal	Status	—	—	10	Normal
18	Confuse Ray	Ghost	Status	—	100	10	Normal
21	Magic Coat	Psychic	Status	—	—	15	Self
26	Zen Headbutt	Psychic	Physical	80	90	15	Normal
29	Power Gem	Rock	Special	80	100	20	Normal
35	Rest	Psychic	Status	—	—	10	Self
35	Snore	Normal	Special	50	100	15	Normal
42	Psyshock	Psychic	Special	80	100	10	Normal
46	Payback	Dark	Physical	50	100	10	Normal
52	Psychic	Psychic	Special	90	100	10	Normal
60	Bounce	Flying	Physical	85	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Teeter Dance	Normal	Status	—	100	20	Adjacent

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

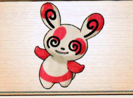
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

SPINDA
327

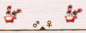
✓ Spinda

Spot Panda Pokémon



National Pokédex	327	NORMAL
Alola Pokédex	128	

Height: 3'07" | Weight: 11.0 lbs.



Same form for male/female

Its steps are shaky and stumbling. Walking for a long time makes it feel sick.

Each Spinda's spot pattern is different. With its stumbling movements, it evades opponents' attacks brilliantly!

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Ten Carat Hill's Farthest Hollow.

ABILITY

Own Tempo
Tangled Feet

HIDDEN ABILITY

Contrary

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Copycat	Normal	Status	—	—	20	Self
10	Feint Attack	Dark	Physical	60	—	20	Normal
14	Psybeam	Psychic	Special	65	100	20	Normal
19	Hypnosis	Psychic	Status	—	60	20	Normal
23	Dizzy Punch	Normal	Physical	70	100	10	Normal
28	Sucker Punch	Dark	Physical	70	100	5	Normal
32	Teeter Dance	Normal	Status	—	100	20	Adjacent
37	Uproar	Normal	Special	90	100	10	1 Random
41	Psych Up	Normal	Status	—	—	10	Normal
46	Double-Edge	Normal	Physical	120	100	15	Normal
50	Flail	Normal	Physical	—	100	15	Normal
55	Thrash	Normal	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

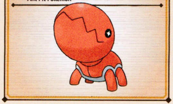
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Encore	Normal	Status	—	100	5	Normal
Assist	Normal	Status	—	—	20	Self
Disable	Normal	Status	—	100	20	Normal
Baton Pass	Normal	Status	—	—	40	Self
Wish	Normal	Status	—	—	10	Self
Trick	Psychic	Status	—	100	10	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Role Play	Psychic	Status	—	—	10	Normal
Psycho Cut	Psychic	Physical	70	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Rapid Spin	Normal	Physical	20	100	40	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Water Pulse	Water	Special	60	100	20	Normal
Psycho Shift	Psychic	Status	—	100	10	Normal
Guard Split	Psychic	Status	—	—	10	Normal
Spotlight	Normal	Status	—	—	15	Normal

✓ Trapinch

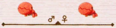
Ant Pit Pokémon



National Pokédex 328 GROUND
Alola Pokédex 304

Height: 2'04" | Weight: 33.1 lbs.

Soft Sand



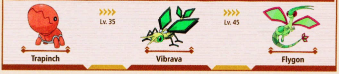
♂ ♀

Same form for male/female

Its jaws are strong enough to crush rocks but so heavy that it can't get up if it flips over. Sandile seize those moments as their chance.

It builds nests that double as traps, lying in wait for its prey to get caught. When night falls, it digs itself a spot beneath the sand to sleep.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in a sand cloud in Haina Desert.

ABILITY

Hyper Cutter
Arena Trap

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Feint Attack	Dark	Physical	60	—	20	Normal
1	Bide	Normal	Physical	—	—	10	Self
5	Mud-Slap	Ground	Special	20	100	10	Normal
8	Bulldoze	Ground	Physical	60	100	20	Adjacent
12	Sand Tomb	Ground	Physical	35	85	15	Normal
15	Rock Slide	Rock	Physical	75	90	10	Many Others
19	Dig	Ground	Physical	80	100	10	Normal
22	Crunch	Dark	Physical	80	100	15	Normal
26	Earth Power	Ground	Special	90	100	10	Normal
29	Feint	Normal	Physical	30	100	10	Normal
33	Earthquake	Ground	Physical	100	100	10	Adjacent
36	Sandstorm	Rock	Status	—	—	10	Both Sides
40	Superpower	Fighting	Physical	120	100	5	Normal
43	Hyper Beam	Normal	Special	150	90	5	Normal
47	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

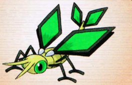
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Energy	Normal	Status	—	—	30	Self
Quick Attack	Normal	Physical	40	100	30	Normal
Gust	Flying	Special	40	100	35	Normal
Flail	Normal	Physical	—	100	15	Normal
Fury Cutter	Bug	Physical	40	95	20	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Endure	Normal	Status	—	—	10	Self
Earth Power	Ground	Special	90	100	10	Normal
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal

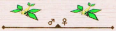
✓ Vibrava

Vibration Pokémon



National Pokédex 329 GROUND
Alola Pokédex 305 DRAGON

Height: 3'07" | Weight: 33.7 lbs.



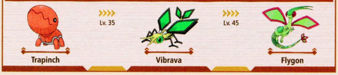
♂ ♀

Same form for male/female

It vibrates its wings to generate ultrasonic waves, causing its prey to faint. Then it buries the prey alive in the sand to preserve it.

It vibrates its wings to send out odd sound waves. Trainers who are with it need earplugs.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Trapinch, then level it up to Lv. 35 or higher to evolve it into Vibrava.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Sonic Boom	Normal	Special	—	90	20	Normal
1	Feint Attack	Dark	Physical	60	—	20	Normal
1	Bide	Normal	Physical	—	—	10	Self
5	Mud-Slap	Ground	Special	20	100	10	Normal
8	Bulldoze	Ground	Physical	60	100	20	Adjacent
12	Sand Tomb	Ground	Physical	35	85	15	Normal
15	Rock Slide	Rock	Physical	75	90	10	Many Others
19	Supersonic	Normal	Status	—	55	20	Normal
22	Screech	Normal	Status	—	85	40	Normal
26	Earth Power	Ground	Special	90	100	10	Normal
29	Bug Buzz	Bug	Special	90	100	10	Normal
33	Earthquake	Ground	Physical	100	100	10	Adjacent
36	Sandstorm	Rock	Status	—	—	10	Both Sides
40	Uproar	Normal	Special	90	100	10	1 Random
43	Hyper Beam	Normal	Special	150	90	5	Normal
47	Boomburst	Normal	Special	140	100	10	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Breath	Dragon	Special	60	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

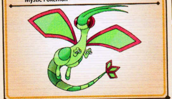
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

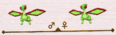
✓ Flygon

Mystic Pokémon



National Pokédex	330	GROUND
Alola Pokédex	306	DRAGON

Height: 6'07" | **Weight:** 180.8 lbs.

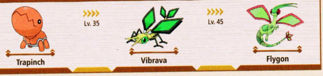


Same form for male/female

By flapping their wings, Flygon cause sandstorms that conceal Krookodile. The team then splits the prey they catch.

People continue to have their hearts stolen by its enchanting songs and find themselves stranded in the desert.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Vibrava, then level it up to Lv. 45 or higher to evolve it into Flygon.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Claw	Dragon	Physical	80	100	15	Normal
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Dragon Dance	Dragon	Status	—	—	20	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Sonic Boom	Normal	Special	—	90	20	Normal
1	Feint Attack	Dark	Physical	60	—	20	Normal
1	Bide	Normal	Physical	—	—	10	Self
5	Mud-Slap	Ground	Special	20	100	10	Normal
8	Bulldoze	Ground	Physical	60	100	20	Adjacent
12	Sand Tomb	Ground	Physical	35	85	15	Normal
15	Rock Slide	Rock	Physical	75	90	10	Many Others
19	Supersonic	Normal	Status	—	55	20	Normal
22	Screech	Normal	Status	—	85	40	Normal
26	Earth Power	Ground	Special	90	100	10	Normal
29	Dragon Tail	Dragon	Physical	60	90	10	Normal
33	Earthquake	Ground	Physical	100	100	10	Adjacent
36	Sandstorm	Rock	Status	—	—	10	Both Sides
40	Uproar	Normal	Special	90	100	10	1 Random
43	Hyper Beam	Normal	Special	150	90	5	Normal
47	Dragon Rush	Dragon	Physical	100	75	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Claw	Dragon	Physical	80	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal

EXCLUSIVE Z-MOVE

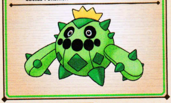
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cacnea

Cactus Pokémon



National Pokédex	331	GRASS
Alola Pokédex	—	

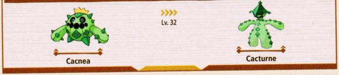
Height: 1'04" | **Weight:** 113.1 lbs.

Same form for male/female

It lives in arid locations. Its yellow flowers bloom once a year.

It prefers harsh environments such as deserts. It can survive for 30 days on water stored in its body.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sand Veil

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Grass

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
! WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
4	Absorb	Grass	Special	20	100	25	Normal
7	Growth	Normal	Status	—	—	20	Self
10	Leech Seed	Grass	Status	—	90	10	Normal
13	Sand Attack	Ground	Status	—	100	15	Normal
16	Needle Arm	Grass	Physical	60	100	15	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Ingrain	Grass	Status	—	—	20	Self
26	Payback	Dark	Physical	50	100	10	Normal
30	Spikes	Ground	Status	—	—	20	Other Side
34	Sucker Punch	Dark	Physical	70	100	5	Normal
38	Pin Missile	Bug	Physical	25	95	20	Normal
42	Energy Ball	Grass	Special	90	100	10	Normal
46	Cotton Spore	Grass	Status	—	100	40	Many Others
50	Sandstorm	Rock	Status	—	—	10	Both Sides
54	Destiny Bond	Ghost	Status	—	—	5	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal

EXCLUSIVE Z-MOVE

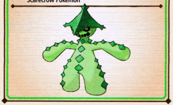
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Whistle	Grass	Status	—	55	15	Normal
Acid	Poison	Special	40	100	30	Many Others
Teeter Dance	Normal	Status	—	100	20	Adjacent
Dynamic Punch	Fighting	Physical	100	50	5	Normal
Counter	Fighting	Physical	—	100	20	Varies
Low Kick	Fighting	Physical	—	100	20	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Magical Leaf	Grass	Special	60	—	20	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Disable	Normal	Status	—	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Fell Stinger	Bug	Physical	50	100	25	Normal
Belch	Poison	Special	120	90	10	Normal
Rototiller	Ground	Status	—	—	10	Adjacent
Power-Up Punch	Fighting	Physical	40	100	20	Normal

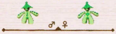
✓ Cacturne

Scarecrow Pokémon



National Pokédex	332	GRASS
Alola Pokédex	—	DARK

Height: 4'03" | Weight: 170.6 lbs.



The male has four small diamonds on its front. The female has two small diamonds and one large diamond on its front.

X: It becomes active at night, seeking prey that is exhausted from the day's desert heat.

Y: Packs of them follow travelers through the desert until the travelers can no longer move.

EVOLUTION

Lv. 32
Cacnea
Cacturne

MAIN WAY TO OBTAIN

Obtain a Cacnea, then level it up to Lv. 32 or higher to evolve it into Cacturne.

ABILITY

Sand Veil

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Egg groups: Grass, Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×0
! WATER	×0.5	BUG	×4
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Spiky Shield	Grass	Status	—	—	10	Self
1	Destiny Bond	Ghost	Status	—	—	5	Self
1	Revenge	Fighting	Physical	60	100	10	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
1	Growth	Normal	Status	—	—	20	Self
4	Absorb	Grass	Special	20	100	25	Normal
7	Growth	Normal	Status	—	—	20	Self
10	Leech Seed	Grass	Status	—	90	10	Normal
13	Sand Attack	Ground	Status	—	100	15	Normal
16	Needle Arm	Grass	Physical	60	100	15	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Ingrain	Grass	Status	—	—	20	Self
26	Payback	Dark	Physical	50	100	10	Normal
30	Spikes	Ground	Status	—	—	20	Other Side
35	Sucker Punch	Dark	Physical	70	100	5	Normal
38	Pin Missile	Bug	Physical	25	95	20	Normal
44	Energy Ball	Grass	Special	90	100	10	Normal
49	Cotton Spore	Grass	Status	—	100	40	Many Others
54	Sandstorm	Rock	Status	—	—	10	Both Sides
59	Destiny Bond	Ghost	Status	—	—	5	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spiky Shield	Grass	Status	—	—	10	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

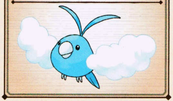
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Swablu

Cotton Bird Pokémon



National Pokédex	333	NORMAL
Alola Pokédex	—	FLYING

Height: 1'04" | Weight: 2.6 lbs.

Same form for male/female

X: For some reason, it likes to land on people's heads softly and act like it's a hat.

Y: It constantly grooms its cotton-like wings. It takes a shower to clean itself if it becomes dirty.

EVOLUTION

Lv. 35
Swablu
Altaria

MAIN WAY TO OBTAIN

Obtain an Altaria, then leave it at the Pokémon Nursery and hatch the Pokémon Egg that is found.

ABILITY

Natural Cure

HIDDEN ABILITY

Cloud Nine

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Egg groups: Flying, Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
3	Astonish	Ghost	Physical	30	100	15	Normal
5	Sing	Normal	Status	—	55	15	Normal
7	Fury Attack	Normal	Physical	15	85	20	Normal
9	Safeguard	Normal	Status	—	—	25	Your Side
11	Disarming Voice	Fairy	Special	40	—	15	Many Others
14	Mist	Ice	Status	—	—	30	Your Side
17	Round	Normal	Special	60	100	15	Normal
20	Natural Gift	Normal	Physical	—	100	15	Normal
23	Take Down	Normal	Physical	90	85	20	Normal
26	Refresh	Normal	Status	—	—	20	Self
30	Mirror Move	Flying	Status	—	—	20	Normal
34	Cotton Guard	Grass	Status	—	—	10	Self
38	Dragon Pulse	Dragon	Special	85	100	10	Normal
42	Perish Song	Normal	Status	—	—	5	Adjacent
46	Moonblast	Fairy	Special	95	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Heal Bell	Normal	Status	—	—	5	Your Party
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

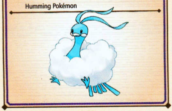
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Agility	Psychic	Status	—	—	30	Self
Haze	Ice	Status	—	—	30	Both Sides
Pursuit	Dark	Physical	40	100	20	Normal
Rage	Normal	Physical	20	100	20	Normal
Feather Dance	Flying	Status	—	100	15	Normal
Dragon Rush	Dragon	Physical	100	75	10	Normal
Power Swap	Psychic	Status	—	—	10	Normal
Roost	Flying	Status	—	—	10	Self
Hyper Voice	Normal	Special	90	100	10	Many Others
Steel Wing	Steel	Physical	70	90	25	Normal
Play Rough	Fairy	Physical	90	90	10	Normal

ALTARIA

334

✓ Altaria

Humming Pokémon



National Pokédex	334	DRAGON
Alola Pokédex	—	FLYING

Height: 3'07" | Weight: 45.4 lbs.

Same form for male/female

X It flies gracefully through the sky. Its melodic humming makes you feel like you're in a dream.

Y On sunny days, it flies freely through the sky and blends into the clouds. It sings in a beautiful soprano.

EVOLUTION

Lv. 35
Swablu
Altaria

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a red warp hole while using Ultra Warp Ride.

ABILITY

Natural Cure

HIDDEN ABILITY

Cloud Nine

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Flying
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Sky Attack	Flying	Physical	140	90	5	Normal
1	Pluck	Flying	Physical	60	100	20	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Sing	Normal	Status	—	55	15	Normal
3	Astonish	Ghost	Physical	30	100	15	Normal
5	Sing	Normal	Status	—	55	15	Normal
7	Fury Attack	Normal	Physical	15	85	20	Normal
9	Safeguard	Normal	Status	—	—	25	Your Side
11	Disarming Voice	Fairy	Special	40	—	15	Many Others
14	Mist	Ice	Status	—	—	30	Your Side
17	Round	Normal	Special	60	100	15	Normal
20	Natural Gift	Normal	Physical	—	100	15	Normal
23	Take Down	Normal	Physical	90	85	20	Normal
26	Refresh	Normal	Status	—	—	20	Self
30	Dragon Dance	Dragon	Status	—	—	20	Self
34	Cotton Guard	Grass	Status	—	—	10	Self
40	Dragon Pulse	Dragon	Special	85	100	10	Normal
46	Perish Song	Normal	Status	—	—	5	Adjacent
52	Moonblast	Fairy	Special	95	100	15	Normal
59	Sky Attack	Flying	Physical	140	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Breath	Dragon	Special	60	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Heal Bell	Normal	Status	—	—	5	Your Party
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MEGA ALTARIA

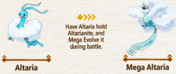
Mega Altaria

Humming Pokémon

DRAGON FAIRY

Height: 4'11"
Weight: 45.4 lbs.

MEGA EVOLUTION



Have Altaria hold Altarianite, and Mega Evolve it during battle.

Same form for male/female

ABILITY

Pixilate

SPECIES STRENGTHS

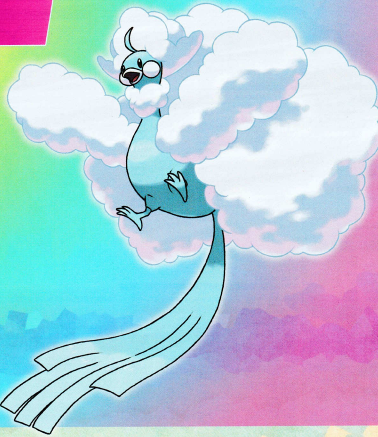
HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×2

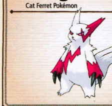
Required Mega Stone

Altarianite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

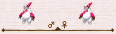


✓ Zangoose

Cat Ferret Pokémon



National Pokédex 335 NORMAL
Alola Pokédex —
Height: 4'03" | Weight: 88.8 lbs.



♂ ♀
Same form for male/female

X It has feuded with Seviper for many generations. Its sharp claws are its biggest weapons.

Y Its fur would all stand on end if it smelled a Seviper nearby. Its sharp claws tear up its foes.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby*, *Pokémon X*, and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Immunity

HIDDEN ABILITY

Toxic Boost

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Quick Attack	Normal	Physical	40	100	30	Normal
8	Fury Cutter	Bug	Physical	40	95	20	Normal
12	Pursuit	Dark	Physical	40	100	20	Normal
15	Hone Claws	Dark	Status	—	—	15	Self
19	Slash	Normal	Physical	70	100	20	Normal
22	Revenge	Fighting	Physical	60	100	10	Normal
26	Crush Claw	Normal	Physical	75	95	10	Normal
29	False Swipe	Normal	Physical	40	100	40	Normal
33	Embargo	Dark	Status	—	100	15	Normal
36	Detect	Fighting	Status	—	—	5	Self
40	X-Scissor	Bug	Physical	80	100	15	Normal
43	Taunt	Dark	Status	—	100	20	Normal
47	Swords Dance	Normal	Status	—	—	20	Self
50	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

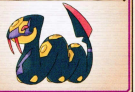
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

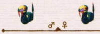
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flail	Normal	Physical	—	100	15	Normal
Double Kick	Fighting	Physical	30	100	30	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Counter	Fighting	Physical	—	100	20	Varies
Curse	Ghost	Status	—	—	10	Varies
Fury Swipes	Normal	Physical	18	80	15	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Metal Claw	Steel	Physical	50	95	35	Normal
Double Hit	Normal	Physical	35	90	10	Normal
Disable	Normal	Status	—	100	20	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Final Gambit	Fighting	Special	—	100	5	Normal
Feint	Normal	Physical	30	100	10	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side
Belly Drum	Normal	Status	—	—	10	Self

✓ Seviper

Fang Snake Pokémon



National Pokédex 336 POISON
Alola Pokédex —
Height: 8'10" | Weight: 115.7 lbs.



♂ ♀
Same form for male/female

X In battle, it uses its bladed tail to counter any Zangoose. It secretes a deadly venom in its tail.

Y Constant polishing makes the edge of the blade on its tail extremely sharp. It's Zangoose's archrival.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Alpha Sapphire*, *Pokémon X*, and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Shed Skin

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wrap	Normal	Physical	15	90	20	Normal
1	Swagger	Normal	Status	—	85	15	Normal
4	Bite	Dark	Physical	60	100	25	Normal
6	Lick	Ghost	Physical	30	100	30	Normal
9	Poison Tail	Poison	Physical	50	100	25	Normal
11	Feint	Normal	Physical	30	100	10	Normal
14	Screech	Normal	Status	—	85	40	Normal
16	Venoshock	Poison	Special	65	100	10	Normal
19	Glare	Normal	Status	—	100	30	Normal
21	Poison Fang	Poison	Physical	50	100	15	Normal
24	Venom Drench	Poison	Status	—	100	20	Many Others
26	Night Slash	Dark	Physical	70	100	15	Normal
29	Gastro Acid	Poison	Status	—	100	10	Normal
31	Poison Jab	Poison	Physical	80	100	20	Normal
34	Haze	Ice	Status	—	—	30	Both Sides
36	Swords Dance	Normal	Status	—	—	20	Self
39	Crunch	Dark	Physical	80	100	15	Normal
41	Belch	Poison	Special	120	90	10	Normal
44	Coil	Poison	Status	—	—	20	Self
46	Wring Out	Normal	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

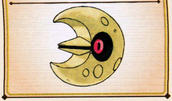
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Scary Face	Normal	Status	—	100	10	Normal
Assurance	Dark	Physical	60	100	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Wring Out	Normal	Special	—	100	5	Normal
Punishment	Dark	Physical	—	100	5	Normal
Final Gambit	Fighting	Special	—	100	5	Normal

LUNATONE

337

✓ Lunatone

Meteorite Pokémon



National Pokédex 337 ROCK

Alola Pokédex — PSYCHIC

Height: 3'03" | Weight: 370.4 lbs.

Gender unknown

X Because it turns active on nights of the full moon, it is said to have some link to the lunar phases.

Y It was discovered at the site of a meteor strike 40 years ago. Its stare can lull its foes to sleep.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Alpha Sapphire*, *Pokémon X*, and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×0.5
WATER	×2	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×2
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Power Gem	Rock	Special	80	100	20	Normal
1	Psyshock	Psychic	Special	80	100	10	Normal
1	Moonblast	Fairy	Special	95	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Confusion	Psychic	Special	50	100	25	Normal
1	Rock Throw	Rock	Physical	50	90	15	Normal
5	Hypnosis	Psychic	Status	—	60	20	Normal
9	Rock Polish	Rock	Status	—	—	20	Self
13	Psywave	Psychic	Special	—	100	15	Normal
17	Embargo	Dark	Status	—	100	15	Normal
21	Rock Slide	Rock	Physical	75	90	10	Many Others
25	Cosmic Power	Psychic	Status	—	—	20	Self
29	Psychic	Psychic	Special	90	100	10	Normal
33	Heal Block	Psychic	Status	—	100	15	Many Others
37	Stone Edge	Rock	Physical	100	80	5	Normal
41	Future Sight	Psychic	Special	120	100	10	Normal
45	Explosion	Normal	Physical	250	100	5	Adjacent
49	Magic Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

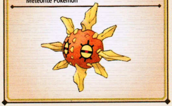
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

SOLROCK

338

✓ Solrock

Meteorite Pokémon



National Pokédex 338 ROCK

Alola Pokédex — PSYCHIC

Height: 3'11" | Weight: 339.5 lbs.

Gender unknown

X Solar energy is the source of its power, so it is strong during the daytime. When it spins, its body shines.

Y It absorbs solar energy during the day. Always expressionless, it can sense what its foe is thinking.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby*, *Pokémon X*, and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×0.5
WATER	×2	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×2
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Flare Blitz	Fire	Physical	120	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Confusion	Psychic	Special	50	100	25	Normal
1	Rock Throw	Rock	Physical	50	90	15	Normal
5	Fire Spin	Fire	Special	35	85	15	Normal
9	Rock Polish	Rock	Status	—	—	20	Self
13	Psywave	Psychic	Special	—	100	15	Normal
17	Embargo	Dark	Status	—	100	15	Normal
21	Rock Slide	Rock	Physical	75	90	10	Many Others
25	Cosmic Power	Psychic	Status	—	—	20	Self
29	Psychic	Psychic	Special	90	100	10	Normal
33	Heal Block	Psychic	Status	—	100	15	Many Others
37	Stone Edge	Rock	Physical	100	80	5	Normal
41	Solar Beam	Grass	Special	120	100	10	Normal
45	Explosion	Normal	Physical	250	100	5	Adjacent
49	Wonder Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

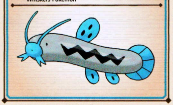
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Barboach

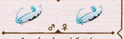
Whiskers Pokémon



National Pokédex 339 WATER
Alola Pokédex 113 GROUND
Height: 1'04" | **Weight:** 4.2 lbs.

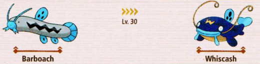
Its entire body is gooey. When pecked at by bird Pokémon, it slips and slides its way to freedom.

Its whiskers are filled with nerves. They can sense smells and flavors just as a person's nose or tongue would.



Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Seaward Cave, especially when it's bubbling.

ABILITY

Oblivious
Anticipation

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud-Slap	Ground	Special	20	100	10	Normal
6	Mud Sport	Ground	Status	—	—	15	Both Sides
6	Water Sport	Water	Status	—	—	15	Both Sides
9	Water Gun	Water	Special	40	100	25	Normal
13	Mud Bomb	Ground	Special	65	85	10	Normal
15	Amnesia	Psychic	Status	—	—	20	Self
17	Water Pulse	Water	Special	60	100	20	Normal
20	Magnitude	Ground	Physical	—	100	30	Adjacent
25	Rest	Psychic	Status	—	—	10	Self
25	Snore	Normal	Special	50	100	15	Normal
28	Aqua Tail	Water	Physical	90	90	10	Normal
32	Earthquake	Ground	Physical	100	100	10	Adjacent
35	Muddy Water	Water	Special	90	85	10	Many Others
39	Future Sight	Psychic	Special	120	100	10	Normal
44	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

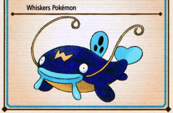
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thrash	Normal	Physical	120	100	10	1 Random
Whirlpool	Water	Special	35	85	15	Normal
Spark	Electric	Physical	65	100	20	Normal
Hydro Pump	Water	Special	110	80	5	Normal
Flail	Normal	Physical	—	100	15	Normal
Take Down	Normal	Physical	90	85	20	Normal
Dragon Dance	Dragon	Status	—	—	20	Self
Earth Power	Ground	Special	90	100	10	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Muddy Water	Water	Special	90	85	10	Many Others

✓ Whiscash

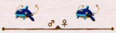
Whiskers Pokémon



National Pokédex 340 WATER
Alola Pokédex 114 GROUND
Height: 2'11" | **Weight:** 52.0 lbs.

Whiscash shakes the ground at high intensities to intimidate its opponents. It swallows its prey whole—along with mud from the swamp floor.

Its vision is not that good. It senses vibrations in the water with its whiskers to determine the location of its prey.



Same form for male/female

EVOLUTION

Lv. 30
Barboach
Whiscash

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Barboach in Seaward Cave. Or obtain a Barboach, then level it up to Lv. 30 or higher to evolve it into Whiscash.

ABILITY

Oblivious
Anticipation

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Belch	Poison	Special	120	90	10	Normal
1	Zen Headbutt	Psychic	Physical	80	90	15	Normal
1	Tickle	Normal	Status	—	100	20	Normal
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Water Gun	Water	Special	40	100	25	Normal
6	Mud Sport	Ground	Status	—	—	15	Both Sides
6	Water Sport	Water	Status	—	—	15	Both Sides
9	Water Gun	Water	Special	40	100	25	Normal
13	Mud Bomb	Ground	Special	65	85	10	Normal
15	Amnesia	Psychic	Status	—	—	20	Self
17	Water Pulse	Water	Special	60	100	20	Normal
20	Magnitude	Ground	Physical	—	100	30	Adjacent
25	Rest	Psychic	Status	—	—	10	Self
25	Snore	Normal	Special	50	100	15	Normal
28	Aqua Tail	Water	Physical	90	90	10	Normal
34	Earthquake	Ground	Physical	100	100	10	Adjacent
39	Muddy Water	Water	Special	90	85	10	Many Others
45	Future Sight	Psychic	Special	120	100	10	Normal
52	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thrash	Normal	Physical	120	100	10	1 Random

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

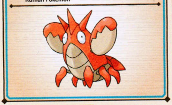
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

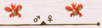
✓ Corphish

Ruffian Pokémon



National Pokédex 341 WATER
Alola Pokédex 357

Height: 2'00" | Weight: 25.4 lbs.



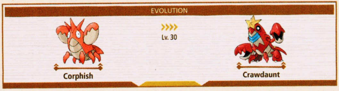
♂ ♀

Same form for male/female

Individuals that have been set free by Trainers who could no longer raise them have become common, and they can now be found in Alola.

It can adapt very well to its environment. Feebas and Corphish are about the only Pokémon to live in stagnant ditches.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Vast Poni Canyon's third cave, especially at a bubbling rare fishing spot.

ABILITY

Hyper Cutter
Shell Armor

HIDDEN ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
5	Harden	Normal	Status	—	—	30	Self
7	Vice Grip	Normal	Physical	55	100	30	Normal
10	Leer	Normal	Status	—	100	30	Many Others
14	Bubble Beam	Water	Special	65	100	20	Normal
17	Protect	Normal	Status	—	—	10	Self
20	Double Hit	Normal	Physical	35	90	10	Normal
23	Knock Off	Dark	Physical	65	100	20	Normal
26	Night Slash	Dark	Physical	70	100	15	Normal
31	Razor Shell	Water	Physical	75	95	10	Normal
34	Taunt	Dark	Status	—	100	20	Normal
37	Swords Dance	Normal	Status	—	—	20	Self
39	Crunch	Dark	Physical	80	100	15	Normal
43	Crabhammer	Water	Physical	100	90	10	Normal
48	Guillotine	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

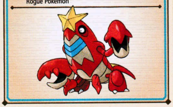
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mud Sport	Ground	Status	—	—	15	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Metal Claw	Steel	Physical	50	95	35	Normal
Dragon Dance	Dragon	Status	—	—	20	Self
Trump Card	Normal	Special	—	—	5	Normal
Chip Away	Normal	Physical	70	100	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Aqua Jet	Water	Physical	40	100	20	Normal
Switcheroo	Dark	Status	—	100	10	Normal

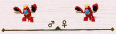
✓ Crawdaunt

Rogue Pokémon



National Pokédex 342 WATER
Alola Pokédex 358 DARK

Height: 3'07" | Weight: 72.3 lbs.



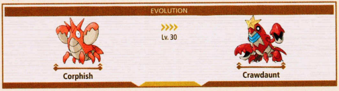
♂ ♀

Same form for male/female

Its temperament is rough and it loves to fight, but as soon as its pincers break off, it turns cowardly. It stays timid until they grow back.

Its pincers often fall off. Unlike with Crabrawler or Clauncher, the meat in its claws is utterly nasty and stinking.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Corphish in Vast Poni Canyon. Or obtain a Corphish, then level it up to Lv. 30 or higher to evolve it into Crawdaunt.

ABILITY

Hyper Cutter
Shell Armor

HIDDEN ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Swift	Normal	Special	60	—	20	Many Others
1	Bubble	Water	Special	40	100	30	Many Others
1	Harden	Normal	Status	—	—	30	Self
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Harden	Normal	Status	—	—	30	Self
7	Vice Grip	Normal	Physical	55	100	30	Normal
10	Leer	Normal	Status	—	100	30	Many Others
14	Bubble Beam	Water	Special	65	100	20	Normal
17	Protect	Normal	Status	—	—	10	Self
20	Double Hit	Normal	Physical	35	90	10	Normal
23	Knock Off	Dark	Physical	65	100	20	Normal
26	Night Slash	Dark	Physical	70	100	15	Normal
32	Razor Shell	Water	Physical	75	95	10	Normal
36	Taunt	Dark	Status	—	100	20	Normal
40	Swords Dance	Normal	Status	—	—	20	Self
43	Crunch	Dark	Physical	80	100	15	Normal
48	Crabhammer	Water	Physical	100	90	10	Normal
54	Guillotine	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swift	Normal	Special	60	—	20	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

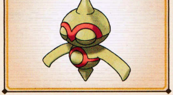
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Baltoy

Clay Doll Pokémon



National Pokédex	343	GROUND
Alola Pokédex	310	PSYCHIC

Height: 1'08" | Weight: 47.4 lbs.

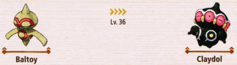
Light Clay

Gender unknown

Depictions of Pokémon similar to Baltoy have been found on the walls of caves where primitive humans lived.

When they find others of their kind, they cry out loudly and gather together. Large numbers of them can be found in old graveyards.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears as an SOS ally when the weather is neither rain, hail, nor sandstorm in Haina Desert in *Pokémon Ultra Moon*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×2
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Harden	Normal	Status	—	—	30	Self
1	Confusion	Psychic	Special	50	100	25	Normal
4	Rapid Spin	Normal	Physical	20	100	40	Normal
7	Mud-Slap	Ground	Special	20	100	10	Normal
10	Heal Block	Psychic	Status	—	100	15	Many Others
13	Rock Tomb	Rock	Physical	60	95	15	Normal
16	Psybeam	Psychic	Special	65	100	20	Normal
19	Ancient Power	Rock	Special	60	100	5	Normal
22	Cosmic Power	Psychic	Status	—	—	20	Self
25	Power Trick	Psychic	Status	—	—	10	Self
28	Self-Destruct	Normal	Physical	200	100	5	Adjacent
31	Extrasensory	Psychic	Special	80	100	20	Normal
34	Guard Split	Psychic	Status	—	—	10	Normal
34	Power Split	Psychic	Status	—	—	10	Normal
37	Earth Power	Ground	Special	90	100	10	Normal
40	Sandstorm	Rock	Status	—	—	10	Both Sides
43	Imprison	Psychic	Status	—	—	10	Self
46	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Trick	Psychic	Status	—	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

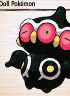
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Claydol

Clay Doll Pokémon



National Pokédex	344	GROUND
Alola Pokédex	311	PSYCHIC

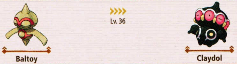
Height: 4'11" | Weight: 238.1 lbs.

Gender unknown

If it gets wet, its body melts. When rain starts to fall, it wraps its whole body up with its psychic powers to protect itself.

The ancient people who made it apparently modeled it after something that descended from the sky. It fires beams from both arms.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Baltoy, then level it up to Lv. 36 or higher to evolve it into Claydol.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×2
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hyper Beam	Normal	Special	150	90	5	Normal
1	Teleport	Psychic	Status	—	—	20	Self
1	Harden	Normal	Status	—	—	30	Self
1	Confusion	Psychic	Special	50	100	25	Normal
1	Rapid Spin	Normal	Physical	20	100	40	Normal
4	Rapid Spin	Normal	Physical	20	100	40	Normal
7	Mud-Slap	Ground	Special	20	100	10	Normal
10	Heal Block	Psychic	Status	—	100	15	Many Others
13	Rock Tomb	Rock	Physical	60	95	15	Normal
16	Psybeam	Psychic	Special	65	100	20	Normal
19	Ancient Power	Rock	Special	60	100	5	Normal
22	Cosmic Power	Psychic	Status	—	—	20	Self
25	Power Trick	Psychic	Status	—	—	10	Self
28	Self-Destruct	Normal	Physical	200	100	5	Adjacent
31	Extrasensory	Psychic	Special	80	100	20	Normal
34	Guard Split	Psychic	Status	—	—	10	Normal
34	Power Split	Psychic	Status	—	—	10	Normal
40	Earth Power	Ground	Special	90	100	10	Normal
46	Sandstorm	Rock	Status	—	—	10	Both Sides
52	Imprison	Psychic	Status	—	—	10	Self
58	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hyper Beam	Normal	Special	150	90	5	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Trick	Psychic	Status	—	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

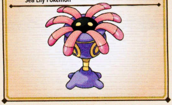
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

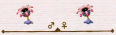
✓ Lileep

Sea Lily Pokémon



National Pokédex	345	ROCK
Alola Pokédex	231	GRASS

Height: 3'03" | Weight: 52.5 lbs.



Same form for male/female

In ancient times, it lived in warm seas. It disguised itself as seaweed to ambush its prey and devoured them whole when they got close.

It sticks to rocks with its powerful suckers and can't be washed away no matter how rough the surf gets.

EVOLUTION

Lv. 40
Lileep
Cradily

MAIN WAY TO OBTAIN

Obtain a Root Fossil, then have it restored to Lileep at the Fossil Restoration Center on Route 8.

ABILITY

Suction Cups

HIDDEN ABILITY

Storm Drain

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆

Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×1	PSYCHIC	×1
! WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
5	Acid	Poison	Special	40	100	30	Many Others
9	Ingrain	Grass	Status	—	—	20	Self
13	Confuse Ray	Ghost	Status	—	100	10	Normal
17	Ancient Power	Rock	Special	60	100	5	Normal
21	Brine	Water	Special	65	100	10	Normal
26	Giga Drain	Grass	Special	75	100	10	Normal
31	Gastro Acid	Poison	Status	—	100	10	Normal
36	Amnesia	Psychic	Status	—	—	20	Self
41	Energy Ball	Grass	Special	90	100	10	Normal
46	Stockpile	Normal	Status	—	—	20	Self
46	Spit Up	Normal	Special	—	100	10	Normal
46	Swallow	Normal	Status	—	—	10	Self
52	Wring Out	Normal	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

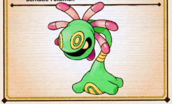
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Barrier	Psychic	Status	—	—	20	Self
Recover	Normal	Status	—	—	10	Self
Mirror Coat	Psychic	Special	—	100	20	Varies
Wring Out	Normal	Special	—	100	5	Normal
Tickle	Normal	Status	—	100	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Mega Drain	Grass	Special	40	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side

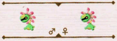
✓ Cradily

Barnacle Pokémon



National Pokédex	346	ROCK
Alola Pokédex	232	GRASS

Height: 4'11" | Weight: 133.2 lbs.



Same form for male/female

Normally, it lived on shallow sea shoals. When the tide went out, this Pokémon came up on land to search for prey.

This carnivorous Pokémon lived in primordial seas. It catches prey in its eight tentacles and dissolves them with digestive fluid as it eats.

EVOLUTION

Lv. 40
Lileep
Cradily

MAIN WAY TO OBTAIN

Obtain Lileep, then level it up to Lv. 40 or higher to evolve it into Cradily.

ABILITY

Suction Cups

HIDDEN ABILITY

Storm Drain

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×1	PSYCHIC	×1
! WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wring Out	Normal	Special	—	100	5	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
1	Acid	Poison	Special	40	100	30	Many Others
1	Ingrain	Grass	Status	—	—	20	Self
5	Acid	Poison	Special	40	100	30	Many Others
9	Ingrain	Grass	Status	—	—	20	Self
13	Confuse Ray	Ghost	Status	—	100	10	Normal
17	Ancient Power	Rock	Special	60	100	5	Normal
21	Brine	Water	Special	65	100	10	Normal
26	Giga Drain	Grass	Special	75	100	10	Normal
31	Gastro Acid	Poison	Status	—	100	10	Normal
36	Amnesia	Psychic	Status	—	—	20	Self
44	Energy Ball	Grass	Special	90	100	10	Normal
52	Stockpile	Normal	Status	—	—	20	Self
52	Spit Up	Normal	Special	—	100	10	Normal
52	Swallow	Normal	Status	—	—	10	Self
61	Wring Out	Normal	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

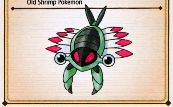
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Anorith

Old Shrimp Pokémon



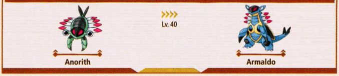
National Pokédex 347 ROCK
Alola Pokédex 233 BUG
Height: 2'04" | Weight: 27.6 lbs.

♂ ♀
Same form for male/female

When restored Anorith are released into the ocean, they don't thrive, because the water composition has changed since their era.

This is one kind of primeval bug Pokémon. With eight wings, it could apparently swim a lot faster than you'd expect.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Claw Fossil, then have it restored to Anorith at the Fossil Restoration Center on Route 8.

ABILITY

Battle Armor

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
4	Mud Sport	Ground	Status	—	—	15	Both Sides
7	Water Gun	Water	Special	40	100	25	Normal
10	Fury Cutter	Bug	Physical	40	95	20	Normal
13	Smack Down	Rock	Physical	50	100	15	Normal
17	Metal Claw	Steel	Physical	50	95	35	Normal
21	Ancient Power	Rock	Special	60	100	5	Normal
25	Bug Bite	Bug	Physical	60	100	20	Normal
29	Brine	Water	Special	65	100	10	Normal
34	Slash	Normal	Physical	70	100	20	Normal
39	Crush Claw	Normal	Physical	75	95	10	Normal
44	X-Scissor	Bug	Physical	80	100	15	Normal
49	Protect	Normal	Status	—	—	10	Self
55	Rock Blast	Rock	Physical	25	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

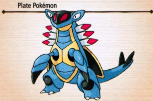
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

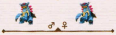
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Rapid Spin	Normal	Physical	20	100	40	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Screech	Normal	Status	—	85	40	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Cross Poison	Poison	Physical	70	100	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Iron Defense	Steel	Status	—	—	15	Self
Water Pulse	Water	Special	60	100	20	Normal
Aqua Jet	Water	Physical	40	100	20	Normal

✓ Armaldo

Plate Pokémon



National Pokédex 348 ROCK
Alola Pokédex 234 BUG
Height: 4'11" | Weight: 150.4 lbs.

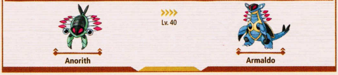


♂ ♀
Same form for male/female

It lived on land and went out into the sea to hunt for prey. Its sharp claws were its greatest weapon.

Armaldo adapted from living in water to living on land. It has been determined that it is the ancestor of some bug Pokémon.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Anorith, then level it up to Lv. 40 or higher to evolve it into Armaldo.

ABILITY

Battle Armor

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Water Gun	Water	Special	40	100	25	Normal
4	Mud Sport	Ground	Status	—	—	15	Both Sides
7	Water Gun	Water	Special	40	100	25	Normal
10	Fury Cutter	Bug	Physical	40	95	20	Normal
13	Smack Down	Rock	Physical	50	100	15	Normal
17	Metal Claw	Steel	Physical	50	95	35	Normal
21	Ancient Power	Rock	Special	60	100	5	Normal
25	Bug Bite	Bug	Physical	60	100	20	Normal
29	Brine	Water	Special	65	100	10	Normal
34	Slash	Normal	Physical	70	100	20	Normal
39	Crush Claw	Normal	Physical	75	95	10	Normal
46	X-Scissor	Bug	Physical	80	100	15	Normal
53	Protect	Normal	Status	—	—	10	Self
61	Rock Blast	Rock	Physical	25	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Liquidation	Water	Physical	85	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

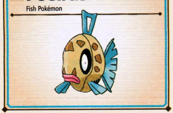
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

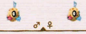
✓ Feebas

Fish Pokémon



National Pokédex	349	WATER
Alola Pokédex	189	

Height: 2'00" | Weight: 16.3 lbs.


♂ ♀

Same form for male/female

They look ragged, so no one catches them. They look like they'd taste bad, so predators won't eat them. And their numbers continue to grow.

Because of its wretched appearance, most people pay it no attention, but there are some who collect Feebas—and Feebas alone!

EVOLUTION

Feebas

Trade while holding Prism Scale

Milotic

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in the first part of Brooklet Hill, accessible from Route 5, and especially at a bubbling rare fishing spot.

ABILITY

Swift Swim
Oblivious

HIDDEN ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
15	Tackle	Normal	Physical	40	100	35	Normal
30	Flail	Normal	Physical	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

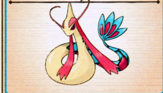
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mirror Coat	Psychic	Special	—	100	20	Varies
Dragon Breath	Dragon	Special	60	100	20	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Hypnosis	Psychic	Status	—	60	20	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Mist	Ice	Status	—	—	30	Your Side
Haze	Ice	Status	—	—	30	Both Sides
Tickle	Normal	Status	—	100	20	Normal
Brine	Water	Special	65	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Captivate	Normal	Status	—	100	20	Many Others

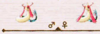
✓ Milotic

Tender Pokémon



National Pokédex	350	WATER
Alola Pokédex	190	

Height: 20'04" | Weight: 357.1 lbs.


♂ ♀

The pink fins on the male's head are shorter. The pink fins on the female's head are longer.

While Milotic is said to be the most beautiful Pokémon, Trainers who like Feebas and have raised it are seemingly disappointed by Milotic.

Its dwelling place is the bottom of big lakes. Those who behold its loveliness are said to have their hearts purified.

EVOLUTION

Feebas

Trade while holding Prism Scale

Milotic

MAIN WAY TO OBTAIN

Receive a Feebas holding a Prism Scale in a trade and it will immediately evolve into Milotic.

ABILITY

Marvel Scale
Competitive

HIDDEN ABILITY

Cute Charm

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Water 1
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Pulse	Water	Special	60	100	20	Normal
1	Wrap	Normal	Physical	15	90	20	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Refresh	Normal	Status	—	—	20	Self
4	Water Sport	Water	Status	—	—	15	Both Sides
7	Refresh	Normal	Status	—	—	20	Self
11	Disarming Voice	Fairy	Special	40	—	15	Many Others
14	Twister	Dragon	Special	40	100	20	Many Others
17	Aqua Ring	Water	Status	—	—	20	Self
21	Captivate	Normal	Status	—	100	20	Many Others
24	Dragon Tail	Dragon	Physical	60	90	10	Normal
27	Recover	Normal	Status	—	—	10	Self
31	Aqua Tail	Water	Physical	90	90	10	Normal
34	Attract	Normal	Status	—	100	15	Normal
37	Safeguard	Normal	Status	—	—	25	Your Side
41	Coil	Poison	Status	—	—	20	Self
44	Hydro Pump	Water	Special	110	80	5	Normal
47	Rain Dance	Water	Status	—	—	5	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

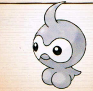
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Castform

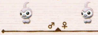
Weather Pokémon



National Pokédex	351	NORMAL
Alola Pokédex	220	

Height: 1'00" | Weight: 1.8 lbs.

Mystic Water



Same form for male/female

Although its form changes with the weather, that is apparently the result of a chemical reaction and not the result of its own free will.

Its form changes depending on the weather. The rougher conditions get, the rougher Castform's disposition!

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally during abnormal weather conditions (sandstorm, rain, hail) in Lush Jungle.

ABILITY

Forecast

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Fairy
Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
10	Water Gun	Water	Special	40	100	25	Normal
10	Ember	Fire	Special	40	100	25	Normal
10	Powder Snow	Ice	Special	40	100	25	Many Others
15	Headbutt	Normal	Physical	70	100	15	Normal
20	Rain Dance	Water	Status	—	—	5	Both Sides
20	Sunny Day	Fire	Status	—	—	5	Both Sides
20	Hail	Ice	Status	—	—	10	Both Sides
25	Weather Ball*	Normal	Special	50	100	10	Normal
35	Hydro Pump	Water	Special	110	80	5	Normal
35	Fire Blast	Fire	Special	110	85	5	Normal
35	Blizzard	Ice	Special	110	70	5	Many Others
45	Hurricane	Flying	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

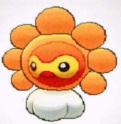
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Future Sight	Psychic	Special	120	100	10	Normal
Lucky Chant	Normal	Status	—	—	30	Your Side
Disable	Normal	Status	—	100	20	Normal
Amnesia	Psychic	Status	—	—	20	Self
Ominous Wind	Ghost	Special	60	100	5	Normal
Hex	Ghost	Special	65	100	10	Normal
Clear Smog	Poison	Special	50	—	15	Normal
Reflect Type	Normal	Status	—	—	15	Normal
Guard Swap	Psychic	Status	—	—	10	Normal
Cosmic Power	Psychic	Status	—	—	20	Self

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

Castform's Different Forms

Castform can be encountered in Lush Jungle, Malie Garden, Tapu Village, Haina Desert, Route 17, Exeggutor Island, and Mount Lanakila when weather conditions differ from the lovely clear weather so often found in Alola. Which form it will appear in will depend on the weather you are experiencing at the time of the encounter. It might be Rainy Form Castform on Route 17 (where it always rains), for example, or Snowy Form Castform in the hail that sometimes falls in Tapu Village. Whatever form it is in when you catch it, though, it will return to its normal form once you've caught it in a Poké Ball. Castform can only appear in its alternate forms during battle and only as long as the weather conditions necessary to cause its transformation last.



Castform (Sunny Form)

FIRE

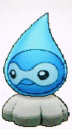
Castform takes this form when the weather conditions change to harsh or extremely harsh sunlight during a battle. It returns to its normal form when the harsh sunlight fades or when the battle ends.

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

This is the form Castform takes on bright days. In an experiment where Castform was placed in front of a heater, it didn't change to this form.

Castform changes to this form when it basks in bright sunlight. When you touch its glowing skin, it feels all dried out!



Castform (Rainy Form)

WATER

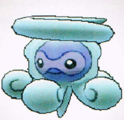
Castform takes this form when the weather conditions change to rain or heavy rain during a battle. It returns to its normal form when the rain lifts or when the battle ends.

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

Castform changes to this form when rain hits it. Its body is soft and slightly swollen with water.

This is Castform's form when pelted by rain. In an experiment where it was placed in a shower, this Pokémon didn't change to this form.



Castform (Snowy Form)

ICE

Castform takes this form when the weather conditions change to hail during a battle. It returns to its normal form when the hail stops or when the battle ends.

Damage taken in normal battles

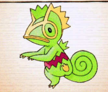
NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

This is the form Castform takes when hit by hail. In an experiment where it was placed in a freezer, it didn't change to this form.

This is Castform's form when caught in a hailstorm. Its whole body is chilled, and its skin is partially frozen!

✓ Kecleon

Color Swap Pokémon



National Pokédex	352	NORMAL
Alola Pokédex	214	

Height: 3'03" | Weight: 48.5 lbs.

♂ ♀

Same form for male/female

It changes its hue to blend into its surroundings. If no one takes notice of it for too long, it will pout and never reveal itself.

Its color changes for concealment and also when its mood or health changes. The darker the color, the healthier it is.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears after you run over a shadow in the Dividing Peak Tunnel.

ABILITY

Color Change

HIDDEN ABILITY

Protean

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thief	Dark	Physical	60	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Lick	Ghost	Physical	30	100	30	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
4	Bind	Normal	Physical	15	85	20	Normal
7	Shadow Sneak	Ghost	Physical	40	100	30	Normal
10	Feint	Normal	Physical	30	100	10	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Feint Attack	Dark	Physical	60	—	20	Normal
18	Psybeam	Psychic	Special	65	100	20	Normal
21	Ancient Power	Rock	Special	60	100	5	Normal
25	Slash	Normal	Physical	70	100	20	Normal
30	Camouflage	Normal	Status	—	—	20	Self
33	Shadow Claw	Ghost	Physical	70	100	15	Normal
38	Screech	Normal	Status	—	85	40	Normal
42	Substitute	Normal	Status	—	—	10	Self
46	Sucker Punch	Dark	Physical	70	100	5	Normal
50	Synchronoise	Psychic	Special	120	100	10	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

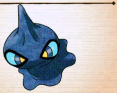
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Disable	Normal	Status	—	100	20	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Trick	Psychic	Status	—	100	10	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Dizzy Punch	Normal	Physical	70	100	10	Normal
Recover	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Snatch	Dark	Status	—	—	10	Self
Foul Play	Dark	Physical	95	100	15	Normal
Camouflage	Normal	Status	—	—	20	Self
Power-Up Punch	Fighting	Physical	40	100	20	Normal

✓ Shuppet

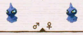
Puppet Pokémon



National Pokédex	353	GHOST
Alola Pokédex	316	

Height: 2'00" | Weight: 5.1 lbs.

Spell Tag



♂ ♀

Same form for male/female

It eats up emotions like malice, jealousy, and resentment, so some people are grateful for its presence.

There's a proverb that says, "Shun the house where Shuppet gather in the growing dusk."

EVOLUTION

Lv. 37
Shuppet
Banette

MAIN WAY TO OBTAIN

Catch it when it appears inside the abandoned Thrifty Megamart off Route 14.

ABILITY

Insomnia
Frisk

HIDDEN ABILITY

Cursed Body

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Knock Off	Dark	Physical	65	100	20	Normal
4	Screech	Normal	Status	—	85	40	Normal
7	Night Shade	Ghost	Special	—	100	15	Normal
10	Spite	Ghost	Status	—	100	10	Normal
13	Shadow Sneak	Ghost	Physical	40	100	30	Normal
16	Will-O-Wisp	Fire	Status	—	85	15	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Hex	Ghost	Special	65	100	10	Normal
26	Curse	Ghost	Status	—	—	10	Varies
30	Shadow Ball	Ghost	Special	80	100	15	Normal
34	Embargo	Dark	Status	—	100	15	Normal
38	Sucker Punch	Dark	Physical	70	100	5	Normal
42	Snatch	Dark	Status	—	—	10	Self
46	Grudge	Ghost	Status	—	—	5	Self
50	Trick	Psychic	Status	—	100	10	Normal
54	Phantom Force	Ghost	Physical	90	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

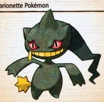
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Disable	Normal	Status	—	100	20	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Foresight	Normal	Status	—	—	40	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Imprison	Psychic	Status	—	—	10	Self
Pursuit	Dark	Physical	40	100	20	Normal
Shadow Sneak	Ghost	Physical	40	100	30	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Ominous Wind	Ghost	Special	60	100	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Phantom Force	Ghost	Physical	90	100	10	Normal

✓ Banette

Marionette Pokémon



National Pokédex	354	GHOST
Alola Pokédex	317	

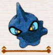
Height: 3'07" | Weight: 27.6 lbs.

Same form for male/female

It's a stuffed toy that was thrown away and became possessed, ever searching for the one who threw it away so it can exact its revenge.

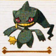
Resentment at being cast off made it spring into being. Some say that treating it well will satisfy it, and it will once more become a stuffed toy.

EVOLUTION



Shuppet

>>>> Lv. 37



Banette

MAIN WAY TO OBTAIN

Obtain a Shuppet, then level it up to Lv. 37 or higher to evolve it into Banette.

ABILITY

Insomnia
Frisk

HIDDEN ABILITY

Cursed Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Phantom Force	Ghost	Physical	90	100	10	Normal
1	Knock Off	Dark	Physical	65	100	20	Normal
1	Screech	Normal	Status	—	85	40	Normal
1	Night Shade	Ghost	Special	—	100	15	Normal
1	Spite	Ghost	Status	—	100	10	Normal
4	Screech	Normal	Status	—	85	40	Normal
7	Night Shade	Ghost	Special	—	100	15	Normal
10	Spite	Ghost	Status	—	100	10	Normal
13	Shadow Sneak	Ghost	Physical	40	100	30	Normal
16	Will-O-Wisp	Fire	Status	—	85	15	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Hex	Ghost	Special	65	100	10	Normal
26	Curse	Ghost	Status	—	—	10	Varies
30	Shadow Ball	Ghost	Special	80	100	15	Normal
34	Embargo	Dark	Status	—	100	15	Normal
40	Sucker Punch	Dark	Physical	70	100	5	Normal
46	Snatch	Dark	Status	—	—	10	Self
52	Grudge	Ghost	Status	—	—	5	Self
58	Trick	Psychic	Status	—	100	10	Normal
64	Phantom Force	Ghost	Physical	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Banette

Marionette Pokémon

GHOST

Height: 3'11"
Weight: 28.7 lbs.

MEGA EVOLUTION

Banette

Have Banette hold Banettite, and Mega Evolve it during battle.

Mega Banette

Same form for male/female

ABILITY

Prankster

SPECIES STRENGTHS

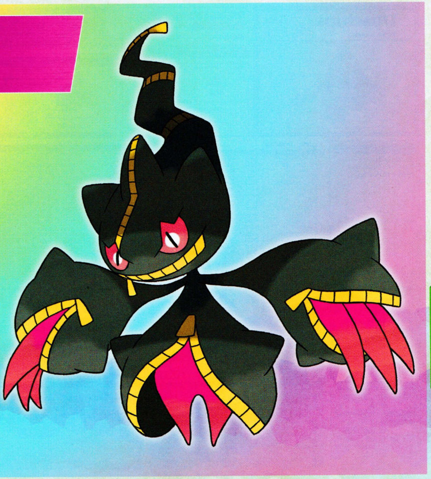
HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

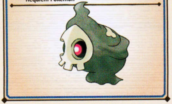
Required Mega Stone

Banettite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



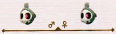
✓ Duskull

Requiem Pokémon



National Pokédex	355	GHOST
Alola Pokédex	—	

Height: 2'07" | Weight: 33.1 lbs.

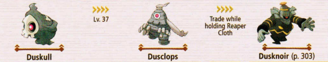


Same form for male/female

It doggedly pursues its prey wherever it goes. However, the chase is abandoned at sunrise.

If it finds bad children who won't listen to their parents, it will spirit them away—or so it's said.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Night Shade	Ghost	Special	—	100	15	Normal
6	Disable	Normal	Status	—	100	20	Normal
9	Astonish	Ghost	Physical	30	100	15	Normal
14	Foresight	Normal	Status	—	—	40	Normal
17	Shadow Sneak	Ghost	Physical	40	100	30	Normal
22	Pursuit	Dark	Physical	40	100	20	Normal
25	Will-O-Wisp	Fire	Status	—	85	15	Normal
30	Confuse Ray	Ghost	Status	—	100	10	Normal
33	Curse	Ghost	Status	—	—	10	Varies
38	Hex	Ghost	Special	65	100	10	Normal
41	Shadow Ball	Ghost	Special	80	100	15	Normal
46	Mean Look	Normal	Status	—	—	5	Normal
49	Payback	Dark	Physical	50	100	10	Normal
54	Future Sight	Psychic	Special	120	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

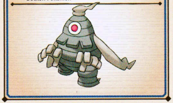
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Imprison	Psychic	Status	—	—	10	Self
Destiny Bond	Ghost	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Grudge	Ghost	Status	—	—	5	Self
Memento	Dark	Status	—	100	10	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Ominous Wind	Ghost	Special	60	100	5	Normal
Dark Pulse	Dark	Special	80	100	15	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Haze	Ice	Status	—	—	30	Both Sides

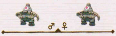
✓ Dusclops

Beckon Pokémon



National Pokédex	356	GHOST
Alola Pokédex	—	

Height: 5'03" | Weight: 67.5 lbs.

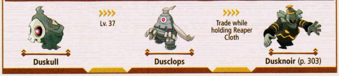


Same form for male/female

Anyone who dares peer into its body to see its spectral ball of fire will have their spirit stolen away.

Its body is hollow. It is said that those who look into its body are sucked into the void.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Duskull, then level it up to Lv. 37 or higher to evolve it into Dusclops.

ABILITY

Pressure

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shadow Punch	Ghost	Physical	60	—	20	Normal
1	Future Sight	Psychic	Special	120	100	10	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Gravity	Psychic	Status	—	—	5	Both Sides
1	Bind	Normal	Physical	15	85	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Night Shade	Ghost	Special	—	100	15	Normal
1	Disable	Normal	Status	—	100	20	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
6	Disable	Normal	Status	—	100	20	Normal
9	Astonish	Ghost	Physical	30	100	15	Normal
14	Foresight	Normal	Status	—	—	40	Normal
17	Shadow Sneak	Ghost	Physical	40	100	30	Normal
22	Pursuit	Dark	Physical	40	100	20	Normal
25	Will-O-Wisp	Fire	Status	—	85	15	Normal
30	Confuse Ray	Ghost	Status	—	100	10	Normal
33	Curse	Ghost	Status	—	—	10	Varies
40	Hex	Ghost	Special	65	100	10	Normal
45	Shadow Ball	Ghost	Special	80	100	15	Normal
52	Mean Look	Normal	Status	—	—	5	Normal
57	Payback	Dark	Physical	50	100	10	Normal
64	Future Sight	Psychic	Special	120	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shadow Punch	Ghost	Physical	60	—	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

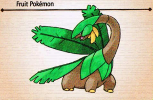
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

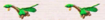
✓ Tropius

Fruit Pokémon



National Pokédex	357	GRASS
Alola Pokédex	354	FLYING

Height: 6'07" | Weight: 220.5 lbs.



♂ ♀

Same form for male/female

The bunches of fruit growing around the necks of Tropius in Alola are especially sweet compared to those in other regions.

Bunches of delicious fruit grow around its neck. In warm areas, many ranches raise Tropius.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Exeggutor Island.

ABILITY

Chlorophyll
Solar Power

HIDDEN ABILITY

Harvest

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leaf Storm	Grass	Special	130	90	5	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Gust	Flying	Special	40	100	35	Normal
1	Growth	Normal	Status	—	—	20	Self
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
6	Sweet Scent	Normal	Status	—	100	20	Many Others
10	Stomp	Normal	Physical	65	100	20	Normal
16	Magical Leaf	Grass	Special	60	—	20	Normal
21	Whirlwind	Normal	Status	—	—	20	Normal
26	Leaf Tornado	Grass	Special	65	90	10	Normal
30	Natural Gift	Normal	Physical	—	100	15	Normal
36	Air Slash	Flying	Special	75	95	15	Normal
41	Body Slam	Normal	Physical	85	100	15	Normal
46	Bestow	Normal	Status	—	—	15	Normal
50	Synthesis	Grass	Status	—	—	5	Self
56	Solar Beam	Grass	Special	120	100	10	Normal
61	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

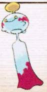
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Headbutt	Normal	Physical	70	100	15	Normal
Slam	Normal	Physical	80	75	20	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Leech Seed	Grass	Status	—	90	10	Normal
Nature Power	Normal	Status	—	—	20	Normal
Leaf Storm	Grass	Special	130	90	5	Normal
Synthesis	Grass	Status	—	—	5	Self
Curse	Ghost	Status	—	—	10	Varies
Leaf Blade	Grass	Physical	90	100	15	Normal
Dragon Dance	Dragon	Status	—	—	20	Self
Bullet Seed	Grass	Physical	25	100	30	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Dragon Hammer	Dragon	Physical	90	100	15	Normal

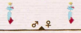
✓ Chimecho

Wind Chime Pokémon



National Pokédex	358	PSYCHIC
Alola Pokédex	—	

Height: 2'00" | Weight: 2.2 lbs.



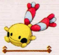
♂ ♀

Same form for male/female

It uses the sucker on its head to hang from a tree or from eaves. It can produce seven different tones.

Emitting ultrasonic cries, it floats on winds to travel great distances.

EVOLUTION



Chingling (p. 279)

Level up at night with high friendship

Chimecho

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Healing Wish	Psychic	Status	—	—	10	Self
1	Synchronoise	Psychic	Special	120	100	10	Adjacent
1	Wrap	Normal	Physical	15	90	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Confusion	Psychic	Special	50	100	25	Normal
13	Yawn	Normal	Status	—	—	10	Normal
16	Psywave	Psychic	Special	—	100	15	Normal
19	Take Down	Normal	Physical	90	85	20	Normal
22	Extrasensory	Psychic	Special	80	100	20	Normal
27	Heal Bell	Normal	Status	—	—	5	Your Party
32	Uproar	Normal	Special	90	100	10	1 Random
37	Safeguard	Normal	Status	—	—	25	Your Side
42	Double-Edge	Normal	Physical	120	100	15	Normal
47	Heal Pulse	Psychic	Status	—	—	10	Normal
52	Synchronoise	Psychic	Special	120	100	10	Adjacent
57	Healing Wish	Psychic	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

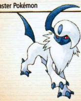
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others

◆ EGG MOVES

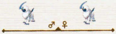
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Disable	Normal	Status	—	100	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Hypnosis	Psychic	Status	—	60	20	Normal
Wish	Normal	Status	—	—	10	Self
Future Sight	Psychic	Special	120	100	10	Normal
Recover	Normal	Status	—	—	10	Self
Stored Power	Psychic	Special	20	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Cosmic Power	Psychic	Status	—	—	20	Self
Crafty Shield	Fairy	Status	—	—	10	Your Side
Perish Song	Normal	Status	—	—	5	Adjacent

✓ Absol

Disaster Pokémon



National Pokédex 359
Alola Pokédex 322
DARK
Height: 3'11" | Weight: 103.6 lbs.



♂ ♀
Same form for male/female

The only thing unlucky about Absol is its appearance. It protects fields and warns people of disaster, so one ought to be grateful for it.

The elderly call it the disaster Pokémon and detest it, but interest in its power to predict disasters is on the rise.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass at the base of Mount Lanakila.

ABILITY

Pressure
Super Luck

HIDDEN ABILITY

Justified

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Perish Song	Normal	Status	—	—	5	Adjacent
1	Future Sight	Psychic	Special	120	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Feint	Normal	Physical	30	100	10	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Quick Attack	Normal	Physical	40	100	30	Normal
10	Pursuit	Dark	Physical	40	100	20	Normal
13	Taunt	Dark	Status	—	100	20	Normal
16	Bite	Dark	Physical	60	100	25	Normal
19	Double Team	Normal	Status	—	—	15	Self
22	Slash	Normal	Physical	70	100	20	Normal
25	Swords Dance	Normal	Status	—	—	20	Self
29	Night Slash	Dark	Physical	70	100	15	Normal
33	Detect	Fighting	Status	—	—	5	Self
37	Psycho Cut	Psychic	Physical	70	100	20	Normal
41	Me First	Normal	Status	—	—	20	Varies
45	Sucker Punch	Dark	Physical	70	100	5	Normal
49	Razor Wind	Normal	Special	80	100	10	Many Others
53	Future Sight	Psychic	Special	120	100	10	Normal
57	Perish Song	Normal	Status	—	—	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Baton Pass	Normal	Status	—	—	40	Self
Feint Attack	Dark	Physical	60	—	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Curse	Ghost	Status	—	—	10	Varies
Mean Look	Normal	Status	—	—	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Punishment	Dark	Physical	—	100	5	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Assurance	Dark	Physical	60	100	10	Normal
Me First	Normal	Status	—	—	20	Varies
Megahorn	Bug	Physical	120	85	10	Normal
Hex	Ghost	Special	65	100	10	Normal
Perish Song	Normal	Status	—	—	5	Adjacent
Play Rough	Fairy	Physical	90	90	10	Normal

Mega Absol

Disaster Pokémon

DARK

Height: 3'11"
Weight: 108.0 lbs.

MEGA EVOLUTION

Have Absol hold Absolite, and Mega Evolve it during battle.

Absol

Mega Absol

Same form for male/female

ABILITY

Magic Bounce

SPECIES STRENGTHS

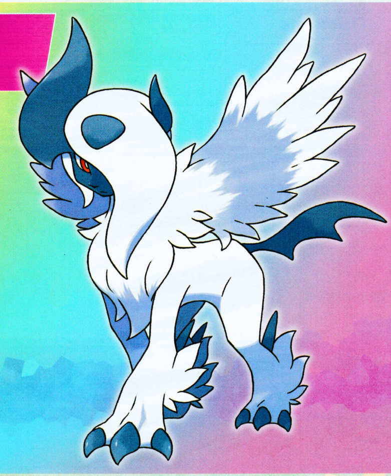
HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

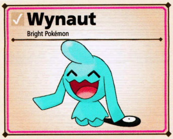
Required Mega Stone

Absolite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

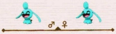


✓ Wynaut

Bright Pokémon



National Pokédex 360 PSYCHIC
Alola Pokédex —
Height: 2'00" | Weight: 30.9 lbs.

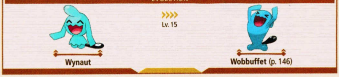


Same form for male/female

X It tends to move in a pack with others. They cluster in a tight group to sleep in a cave.

Y It grows strong by pushing up against others en masse. It loves eating sweet fruit.

EVOLUTION



Wynaut

Wobbuffet (p. 146)

MAIN WAY TO OBTAIN

Obtain a Wobbuffet and have it hold a Lax Incense, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Shadow Tag

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
1	Charm	Fairy	Status	—	100	20	Normal
1	Encore	Normal	Status	—	100	5	Normal
15	Counter	Fighting	Physical	—	100	20	Varies
15	Mirror Coat	Psychic	Special	—	100	20	Varies
15	Safeguard	Normal	Status	—	—	25	Your Side
15	Destiny Bond	Ghost	Status	—	—	5	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM20	Safeguard	Normal	Status	—	—	25	Your Side

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

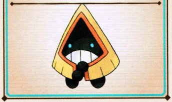
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

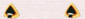
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Snorunt

Snow Hat Pokémon



National Pokédex 361 ICE
Alola Pokédex 323
Height: 2'04" | Weight: 37.0 lbs.
Snowball

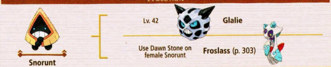


Same form for male/female

It feeds mainly on ice and snow. It's only able to survive in a limited number of places in the warm Alola region.

Rich people from cold areas all share childhood memories of playing with Snorunt.

EVOLUTION



Snorunt

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Tapu Village.

ABILITY

Inner Focus
Ice Body

HIDDEN ABILITY

Moody

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Fairy
Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
5	Double Team	Normal	Status	—	—	15	Self
10	Ice Shard	Ice	Physical	40	100	30	Normal
14	Icy Wind	Ice	Special	55	95	15	Many Others
19	Bite	Dark	Physical	60	100	25	Normal
23	Ice Fang	Ice	Physical	65	95	15	Normal
28	Headbutt	Normal	Physical	70	100	15	Normal
32	Protect	Normal	Status	—	—	10	Self
37	Frost Breath	Ice	Special	60	90	10	Normal
41	Crunch	Dark	Physical	80	100	15	Normal
46	Blizzard	Ice	Special	110	70	5	Many Others
50	Hail	Ice	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

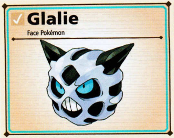
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Spikes	Ground	Status	—	—	20	Other Side
Rollout	Rock	Physical	30	90	20	Normal
Disable	Normal	Status	—	100	20	Normal
Bide	Normal	Physical	—	—	10	Self
Weather Ball*	Normal	Special	50	100	10	Normal
Avalanche	Ice	Physical	60	100	10	Normal
Hex	Ghost	Special	65	100	10	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Switcheroo	Dark	Status	—	100	10	Normal

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

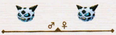
✓ Glalie

Face Pokémon



National Pokédex	362	ICE
Alola Pokédex	324	

Height: 4'11" | Weight: 565.5 lbs.

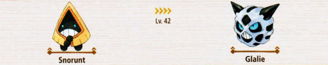


Same form for male/female

It freezes its prey and chews them whole. However, it prefers to eat Pokémon like Vanillite that are already frozen.

Its actual body is a rock that isn't particularly hard. Glalie absorbs moisture from the air and drapes itself in an armor of ice.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in caves on Mount Lanakila.

ABILITY

Inner Focus
Ice Body

HIDDEN ABILITY

Moody

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Fairy
Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Freeze-Dry	Ice	Special	70	100	20	Normal
1	Sheer Cold	Ice	Special	—	30	5	Normal
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
1	Double Team	Normal	Status	—	—	15	Self
1	Ice Shard	Ice	Physical	40	100	30	Normal
5	Double Team	Normal	Status	—	—	15	Self
10	Ice Shard	Ice	Physical	40	100	30	Normal
14	Icy Wind	Ice	Special	55	95	15	Many Others
19	Bite	Dark	Physical	60	100	25	Normal
23	Ice Fang	Ice	Physical	65	95	15	Normal
28	Headbutt	Normal	Physical	70	100	15	Normal
32	Protect	Normal	Status	—	—	10	Self
37	Frost Breath	Ice	Special	60	90	10	Normal
41	Crunch	Dark	Physical	80	100	15	Normal
48	Blizzard	Ice	Special	110	70	5	Many Others
54	Hail	Ice	Status	—	—	10	Both Sides
61	Sheer Cold	Ice	Special	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Freeze-Dry	Ice	Special	70	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

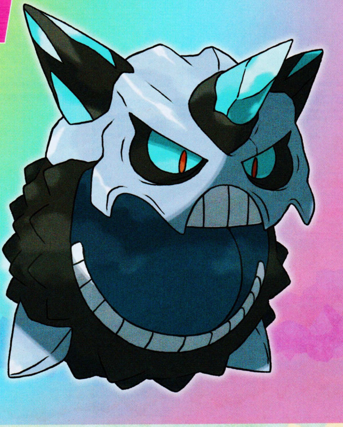
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Glalie

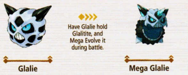
Face Pokémon

ICE

Height: 6'11"
Weight: 772.1 lbs.



MEGA EVOLUTION



Have Glalie hold Glalitite, and Mega Evolve it during battle.

Same form for male/female

ABILITY

Refrigerate

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

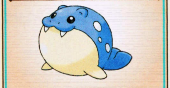
NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

Required Mega Stone

Glalitite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

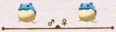
✓ Spheal

Clap Pokémon



National Pokédex 363
Alola Pokédex —
ICE
WATER

Height: 2'07" | Weight: 87.1 lbs.

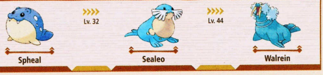


Same form for male/female

X They can't swim well yet, and they move much faster by rolling. When they're happy, they clap fins.

Y Its body is covered in fluffy fur. The fur keeps it from feeling cold while it is rolling on ice.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 7 by using Island Scan on Akala Island on a Monday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Thick Fat
Ice Body

HIDDEN ABILITY

Oblivious

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.25	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Defense Curl	Normal	Status	—	—	40	Self
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
5	Rollout	Rock	Physical	30	90	20	Normal
9	Encore	Normal	Status	—	100	5	Normal
13	Ice Ball	Ice	Physical	30	90	20	Normal
17	Brine	Water	Special	65	100	10	Normal
21	Aurora Beam	Ice	Special	65	100	20	Normal
26	Body Slam	Normal	Physical	85	100	15	Normal
31	Rest	Psychic	Status	—	—	10	Self
31	Snore	Normal	Special	50	100	15	Normal
36	Hail	Ice	Status	—	—	10	Both Sides
41	Blizzard	Ice	Special	110	70	5	Many Others
46	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

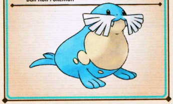
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Sport	Water	Status	—	—	15	Both Sides
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Yawn	Normal	Status	—	—	10	Normal
Curse	Ghost	Status	—	—	10	Varies
Fissure	Ground	Physical	—	30	5	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Aqua Ring	Water	Status	—	—	20	Self
Rollout	Rock	Physical	30	90	20	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Water Pulse	Water	Special	60	100	20	Normal
Belly Drum	Normal	Status	—	—	10	Self

✓ Sealeo

Ball Roll Pokémon



National Pokédex 364
Alola Pokédex —
ICE
WATER

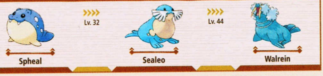
Height: 3'07" | Weight: 193.1 lbs.

Same form for male/female

X It has a very sensitive nose. It touches new things with its nose to examine them.

Y Be it Spheal or Poké Ball, it will spin any round object on its nose with the greatest of ease.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Spheal, then level it up to Lv. 32 or higher to evolve it into Sealeo.

ABILITY

Thick Fat
Ice Body

HIDDEN ABILITY

Oblivious

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.25	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Swagger	Normal	Status	—	85	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
5	Rollout	Rock	Physical	30	90	20	Normal
9	Encore	Normal	Status	—	100	5	Normal
13	Ice Ball	Ice	Physical	30	90	20	Normal
17	Brine	Water	Special	65	100	10	Normal
21	Aurora Beam	Ice	Special	65	100	20	Normal
26	Body Slam	Normal	Physical	85	100	15	Normal
31	Rest	Psychic	Status	—	—	10	Self
31	Snore	Normal	Special	50	100	15	Normal
38	Hail	Ice	Status	—	—	10	Both Sides
45	Blizzard	Ice	Special	110	70	5	Many Others
52	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swagger	Normal	Status	—	85	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

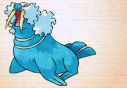
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

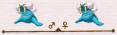
✓ Walrein

Ice Break Pokémon



National Pokédex	365	ICE
Alola Pokédex	—	WATER

Height: 4'07" | Weight: 332.0 lbs.

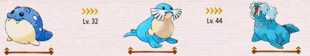


Same form for male/female

It shatters ice with its big tusks. Its thick blubber repels not only the cold, but also enemy attacks.

It shatters drift ice with its strong tusks. Its thick layer of blubber repels enemy attacks.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Sealeo, then level it up to Lv. 44 or higher to evolve it into Walrein.

ABILITY

Thick Fat
Ice Body

HIDDEN ABILITY

Oblivious

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.25	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Swagger	Normal	Status	—	85	15	Normal
1	Crunch	Dark	Physical	80	100	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
7	Rollout	Rock	Physical	30	90	20	Normal
7	Encore	Normal	Status	—	100	5	Normal
13	Ice Ball	Ice	Physical	30	90	20	Normal
19	Brine	Water	Special	65	100	10	Normal
19	Aurora Beam	Ice	Special	65	100	20	Normal
25	Body Slam	Normal	Physical	85	100	15	Normal
31	Rest	Psychic	Status	—	—	10	Self
31	Snore	Normal	Special	50	100	15	Normal
38	Hail	Ice	Status	—	—	10	Both Sides
49	Blizzard	Ice	Special	110	70	5	Many Others
60	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Fang	Ice	Physical	65	95	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

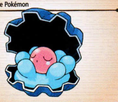
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Clamperl

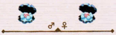
Bivalve Pokémon



National Pokédex	366	WATER
Alola Pokédex	140	

Height: 1'04" | Weight: 115.7 lbs.

Pearl Big Pearl

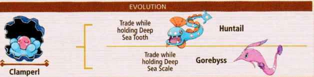


Same form for male/female

Despite its appearance, it's carnivorous. It clamps down on its prey with both sides of its shell and doesn't let go until they stop moving.

Clamperl's pearls are exceedingly precious. They can be more than 10 times as costly as Shellder's pearls.

EVOLUTION



Clamperl
Trade while holding Deep Sea Tooth
Huntail
Trade while holding Deep Sea Scale
Gorebyss

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot on Route 15, especially at a bubbling rare fishing spot.

ABILITY

Shell Armor

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Clamp	Water	Physical	35	85	15	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Whirlpool	Water	Special	35	85	15	Normal
1	Iron Defense	Steel	Status	—	—	15	Self
50	Shell Smash	Normal	Status	—	—	15	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

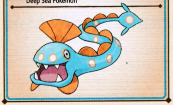
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Refresh	Normal	Status	—	—	20	Self
Mud Sport	Ground	Status	—	—	15	Both Sides
Body Slam	Normal	Physical	85	100	15	Normal
Supersonic	Normal	Status	—	55	20	Normal
Barrier	Psychic	Status	—	—	20	Self
Confuse Ray	Ghost	Status	—	100	10	Normal
Aqua Ring	Water	Status	—	—	20	Self
Muddy Water	Water	Special	90	85	10	Many Others
Water Pulse	Water	Special	60	100	20	Normal
Brine	Water	Special	65	100	10	Normal
Endure	Normal	Status	—	—	10	Self

✓ Huntail

Deep Sea Pokémon



National Pokédex	367	WATER
Alola Pokédex	141	

Height: 5'07" | Weight: 59.5 lbs.

Deep Sea Tooth

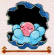
♂ ♀

Same form for male/female

It's not the strongest swimmer. It wags its tail to lure in its prey and then gulps them down as soon as they get close.

Deep seas are their habitat. According to tradition, when Huntail wash up onshore, something unfortunate will happen.

EVOLUTION



Clamperl

»»» Trade while holding Deep Sea Tooth

Huntail

MAIN WAY TO OBTAIN

Catch it when it appears at night as an SOS ally called by Clamperl on Route 15. Or receive a Clamperl holding a Deep Sea Tooth in a trade and it will immediately evolve into Huntail.

ABILITY

Swift Swim

HIDDEN ABILITY

Water Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Whirlpool	Water	Special	35	85	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
5	Screech	Normal	Status	—	85	40	Normal
9	Scary Face	Normal	Status	—	100	10	Normal
11	Feint Attack	Dark	Physical	60	—	20	Normal
14	Water Pulse	Water	Special	60	100	20	Normal
16	Ice Fang	Ice	Physical	65	95	15	Normal
19	Brine	Water	Special	65	100	10	Normal
23	Sucker Punch	Dark	Physical	70	100	5	Normal
26	Dive	Water	Physical	80	100	10	Normal
29	Baton Pass	Normal	Status	—	—	40	Self
34	Crunch	Dark	Physical	80	100	15	Normal
39	Aqua Tail	Water	Physical	90	90	10	Normal
45	Coil	Poison	Status	—	—	20	Self
50	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

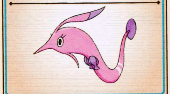
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Gorebyss

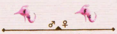
South Sea Pokémon



National Pokédex	368	WATER
Alola Pokédex	142	

Height: 5'11" | Weight: 49.8 lbs.

Deep Sea Scale



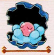
♂ ♀

Same form for male/female

The color of its body changes with the water temperature. The coloration of Gorebyss in Alola is almost blindingly vivid.

It sucks bodily fluids out of its prey. The leftover meat sinks to the seafloor, where it becomes food for other Pokémon.

EVOLUTION



Clamperl

»»» Trade while holding Deep Sea Scale

Gorebyss

MAIN WAY TO OBTAIN

Catch it when it appears during the day as an SOS ally called by Clamperl on Route 15. Or receive a Clamperl in a trade holding a Deep Sea Scale and it will immediately evolve into Gorebyss.

ABILITY

Swift Swim

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Whirlpool	Water	Special	35	85	15	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
5	Water Sport	Water	Status	—	—	15	Both Sides
9	Agility	Psychic	Status	—	—	30	Self
11	Draining Kiss	Fairy	Special	50	100	10	Normal
14	Water Pulse	Water	Special	60	100	20	Normal
16	Amnesia	Psychic	Status	—	—	20	Self
19	Aqua Ring	Water	Status	—	—	20	Self
23	Captivate	Normal	Status	—	100	20	Many Others
26	Dive	Water	Physical	80	100	10	Normal
29	Baton Pass	Normal	Status	—	—	40	Self
34	Psychic	Psychic	Special	90	100	10	Normal
39	Aqua Tail	Water	Physical	90	90	10	Normal
45	Coil	Poison	Status	—	—	20	Self
50	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

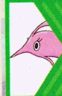
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

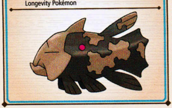
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

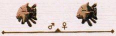


✓ Relicanth

Longevity Pokémon



National Pokédex 369 WATER
Alola Pokédex 343 ROCK
Height: 3'03" | Weight: 51.6 lbs.
Deep Sea Scale



The male's cheeks hang lower than the female's cheeks.

Thought to have gone extinct, Relicanth was given a name that is a variation of the name of the person who discovered it.

The reason it hasn't changed at all in a hundred million years is that it's apparently already a perfect life-form.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot at Poni Breaker Coast, especially at a bubbling rare fishing spot.

ABILITY

Swift Swim
Rock Head

HIDDEN ABILITY

Sturdy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Water 2

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Flail	Normal	Physical	—	100	15	Normal
1	Head Smash	Rock	Physical	150	80	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Water Gun	Water	Special	40	100	25	Normal
6	Mud Sport	Ground	Status	—	—	15	Both Sides
10	Water Gun	Water	Special	40	100	25	Normal
15	Rock Tomb	Rock	Physical	60	95	15	Normal
21	Ancient Power	Rock	Special	60	100	5	Normal
26	Dive	Water	Physical	80	100	10	Normal
31	Take Down	Normal	Physical	90	85	20	Normal
35	Yawn	Normal	Status	—	—	10	Normal
41	Rest	Psychic	Status	—	—	10	Self
46	Hydro Pump	Water	Special	110	80	5	Normal
50	Double-Edge	Normal	Physical	120	100	15	Normal
56	Head Smash	Rock	Physical	150	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomping Tantrum	Ground	Physical	75	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

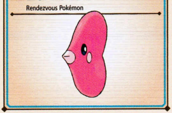
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

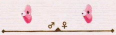
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magnitude	Ground	Physical	—	100	30	Adjacent
Skull Bash	Normal	Physical	130	100	10	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Amnesia	Psychic	Status	—	—	20	Self
Sleep Talk	Normal	Status	—	—	10	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Muddy Water	Water	Special	90	85	10	Many Others
Mud Shot	Ground	Special	55	95	15	Normal
Brine	Water	Special	65	100	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal

✓ Luvdisc

Rendezvous Pokémon



National Pokédex 370 WATER
Alola Pokédex 134
Height: 2'00" | Weight: 19.2 lbs.
Heart Scale



Same form for male/female

There was an era when it was overfished due to the rumor that having one of its heart-shaped scales would enable you to find a sweetheart.

Luvdisc makes its home in coral reefs in warm seas. It especially likes sleeping in the space between Corsola's branches.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears at the fishing spot on Route 9.

ABILITY

Swift Swim

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Charm	Fairy	Status	—	100	20	Normal
4	Water Gun	Water	Special	40	100	25	Normal
7	Agility	Psychic	Status	—	—	30	Self
9	Draining Kiss	Fairy	Special	50	100	10	Normal
13	Lucky Chant	Normal	Status	—	—	30	Your Side
17	Water Pulse	Water	Special	60	100	20	Normal
20	Attract	Normal	Status	—	100	15	Normal
22	Heart Stamp	Psychic	Physical	60	100	25	Normal
26	Flail	Normal	Physical	—	100	15	Normal
31	Sweet Kiss	Fairy	Status	—	75	10	Normal
34	Take Down	Normal	Physical	90	85	20	Normal
37	Captivate	Normal	Status	—	100	20	Many Others
40	Aqua Ring	Water	Status	—	—	20	Self
42	Soak	Water	Status	—	100	20	Normal
46	Hydro Pump	Water	Special	110	80	5	Normal
49	Safeguard	Normal	Status	—	—	25	Your Side

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

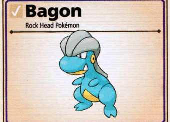
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Splash	Normal	Status	—	—	40	Self
Supersonic	Normal	Status	—	55	20	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Mud Sport	Ground	Status	—	—	15	Both Sides
Captivate	Normal	Status	—	100	20	Many Others
Aqua Ring	Water	Status	—	—	20	Self
Aqua Jet	Water	Physical	40	100	20	Normal
Heal Pulse	Psychic	Status	—	—	10	Normal
Brine	Water	Special	65	100	10	Normal
Entrainment	Normal	Status	—	100	15	Normal

✓ Bagon

Rock Head Pokémon



National Pokédex 371 DRAGON
Alola Pokédex 147

Height: 2'00" | Weight: 92.8 lbs.

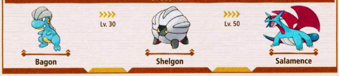
Dragon Fang

Same form for male/female

Whenever it sees bird Pokémon flying through the sky, it becomes envious and smashes its surroundings to bits with headbutts.

Some theories suggest that its behavior of forcefully bashing its head into things stimulates cells that affect its evolution.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Kala'e Bay.

ABILITY

Rock Head

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rage	Normal	Physical	20	100	20	Normal
4	Ember	Fire	Special	40	100	25	Normal
7	Leer	Normal	Status	—	100	30	Many Others
10	Bite	Dark	Physical	60	100	25	Normal
13	Dragon Breath	Dragon	Special	60	100	20	Normal
17	Headbutt	Normal	Physical	70	100	15	Normal
21	Focus Energy	Normal	Status	—	—	30	Self
25	Crunch	Dark	Physical	80	100	15	Normal
29	Dragon Claw	Dragon	Physical	80	100	15	Normal
34	Zen Headbutt	Psychic	Physical	80	90	15	Normal
39	Scary Face	Normal	Status	—	100	10	Normal
44	Flamethrower	Fire	Special	90	100	15	Normal
49	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

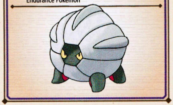
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hydro Pump	Water	Special	110	80	5	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Dragon Rage	Dragon	Special	—	100	10	Normal
Twister	Dragon	Special	40	100	20	Many Others
Dragon Dance	Dragon	Status	—	—	20	Self
Fire Fang	Fire	Physical	65	95	15	Normal
Dragon Rush	Dragon	Physical	100	75	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Endure	Normal	Status	—	—	10	Self
Defense Curl	Normal	Status	—	—	40	Self

✓ Shelgon

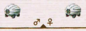
Endurance Pokémon



National Pokédex 372 DRAGON
Alola Pokédex 148

Height: 3'07" | Weight: 243.6 lbs.

Dragon Fang

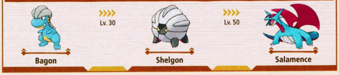


Same form for male/female

The cells within its body are changing at a bewildering pace. Its hard shell is made from the same substance as bone.

Shelgon lives deep within caves. It stays shut up in its hard shell, dreaming of the day it will be able to fly.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Bagon in Kala'e Bay. Or obtain a Bagon, then level it up to Lv. 30 or higher to evolve it into Shelgon.

ABILITY

Rock Head

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Protect	Normal	Status	—	—	10	Self
1	Rage	Normal	Physical	20	100	20	Normal
1	Ember	Fire	Special	40	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bite	Dark	Physical	60	100	25	Normal
4	Ember	Fire	Special	40	100	25	Normal
7	Leer	Normal	Status	—	100	30	Many Others
10	Bite	Dark	Physical	60	100	25	Normal
13	Dragon Breath	Dragon	Special	60	100	20	Normal
17	Headbutt	Normal	Physical	70	100	15	Normal
21	Focus Energy	Normal	Status	—	—	30	Self
25	Crunch	Dark	Physical	80	100	15	Normal
29	Dragon Claw	Dragon	Physical	80	100	15	Normal
35	Zen Headbutt	Psychic	Physical	80	90	15	Normal
42	Scary Face	Normal	Status	—	100	10	Normal
49	Flamethrower	Fire	Special	90	100	15	Normal
56	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Protect	Normal	Status	—	—	10	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

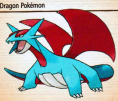
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Salamence

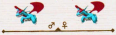
Dragon Pokémon



National Pokédex	373	DRAGON
Alola Pokédex	149	FLYING

Height: 4'11" | Weight: 226.2 lbs.

Dragon Fang

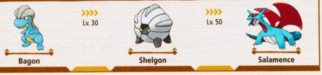


Same form for male/female

Overjoyed at finally being able to fly, it flies all over the place and usually doesn't land until it's completely exhausted and needs to sleep.

Thanks to its fervent wishes, the cells in its body finally mutated, and at last it has its heart's desire—wings.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Bagon at the south end of Route 3. Or obtain a Shelgon, then level it up to Lv. 50 or higher to evolve it into Salamence.

ABILITY

Intimidate

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fly	Flying	Physical	90	95	15	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Dragon Tail	Dragon	Physical	60	90	10	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Rage	Normal	Physical	20	100	20	Normal
1	Ember	Fire	Special	40	100	25	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bite	Dark	Physical	60	100	25	Normal
4	Ember	Fire	Special	40	100	25	Normal
7	Leer	Normal	Status	—	100	30	Many Others
10	Bite	Dark	Physical	60	100	25	Normal
13	Dragon Breath	Dragon	Special	60	100	20	Normal
17	Headbutt	Normal	Physical	70	100	15	Normal
21	Focus Energy	Normal	Status	—	—	30	Self
25	Crunch	Dark	Physical	80	100	15	Normal
29	Dragon Claw	Dragon	Physical	80	100	15	Normal
35	Zen Headbutt	Psychic	Physical	80	90	15	Normal
42	Scary Face	Normal	Status	—	100	10	Normal
49	Flamethrower	Fire	Special	90	100	15	Normal
63	Double-Edge	Normal	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fly	Flying	Physical	90	95	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

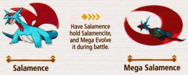
Mega Salamence

Dragon Pokémon

DRAGON FLYING

Height: 5'11"
Weight: 248.2 lbs.

MEGA EVOLUTION


Have Salamence hold Salamencite, and Mega Evolve it during battle.
Salamence
Mega Salamence

Same form for male/female

ABILITY

Aerilate

SPECIES STRENGTHS

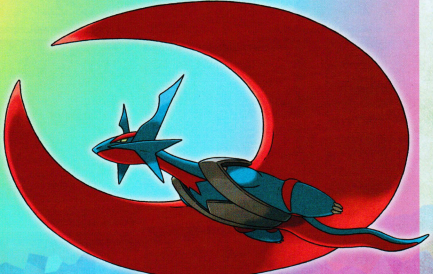
HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

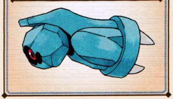
Required Mega Stone

Salamencite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



✓ Beldum

Iron Ball Pokémon



National Pokédex	374	STEEL
Alola Pokédex	278	PSYCHIC

Height: 2'00" | Weight: 209.9 lbs.

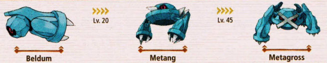
Metal Coat

Gender unknown

Instead of blood, magnetism flows through its body. When it's feeling bad, try giving it a magnet.

If you anger it, it will do more than rampage. It will also burst out strong magnetism, causing nearby machines to break.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass of Mount Hokulani, especially at the north end.

ABILITY

Clear Body

HIDDEN ABILITY

Light Metal

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Take Down	Normal	Physical	90	85	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal

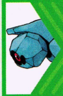
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

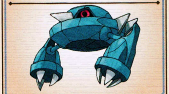
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



✓ Metang

Iron Claw Pokémon



National Pokédex	375	STEEL
Alola Pokédex	279	PSYCHIC

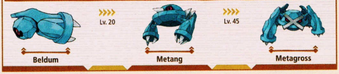
Height: 3'11" | Weight: 446.4 lbs.

Gender unknown

With its two brains, it fires powerful psychic energy to stop its prey in their tracks.

It flies at high speeds around the skies. When it finds its prey, Metang takes a firm grip with its sharp claws and never lets go.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Beldum, then level it up to Lv. 20 or higher to evolve it into Metang.

ABILITY

Clear Body

HIDDEN ABILITY

Light Metal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Confusion	Psychic	Special	50	100	25	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Magnet Rise	Electric	Status	—	—	10	Self
1	Take Down	Normal	Physical	90	85	20	Normal
23	Pursuit	Dark	Physical	40	100	20	Normal
26	Bullet Punch	Steel	Physical	40	100	30	Normal
29	Miracle Eye	Psychic	Status	—	—	40	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
35	Scary Face	Normal	Status	—	100	10	Normal
38	Psychic	Psychic	Special	90	100	10	Normal
41	Agility	Psychic	Status	—	—	30	Self
44	Meteor Mash	Steel	Physical	90	90	10	Normal
47	Iron Defense	Steel	Status	—	—	15	Self
50	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Confusion	Psychic	Special	50	100	25	Normal
Metal Claw	Steel	Physical	50	95	35	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

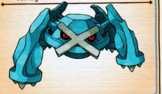
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Metagross

Iron Leg Pokémon



National Pokédex 376
Alola Pokédex 280
STEEL
PSYCHIC

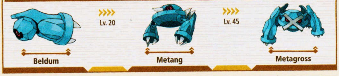
Height: 5'03" | Weight: 1212.5 lbs.

Gender unknown

It boasts not only psychic powers but also fantastic strength. It grabs its prey with its four legs and holds them in place with its claws.

It analyzes its opponents with more accuracy than a supercomputer, which enables it to calmly back them into a corner.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Metang, then level it up to Lv. 45 or higher to evolve it into Metagross.

ABILITY

Clear Body

HIDDEN ABILITY

Light Metal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Magnet Rise	Electric	Status	—	—	10	Self
1	Take Down	Normal	Physical	90	85	20	Normal
23	Pursuit	Dark	Physical	40	100	20	Normal
26	Bullet Punch	Steel	Physical	40	100	30	Normal
29	Miracle Eye	Psychic	Status	—	—	40	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
35	Scary Face	Normal	Status	—	100	10	Normal
38	Psychic	Psychic	Special	90	100	10	Normal
41	Agility	Psychic	Status	—	—	30	Self
44	Meteor Mash	Steel	Physical	90	90	10	Normal
52	Iron Defense	Steel	Status	—	—	15	Self
60	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hammer Arm	Fighting	Physical	100	90	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

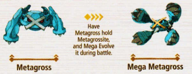
Mega Metagross

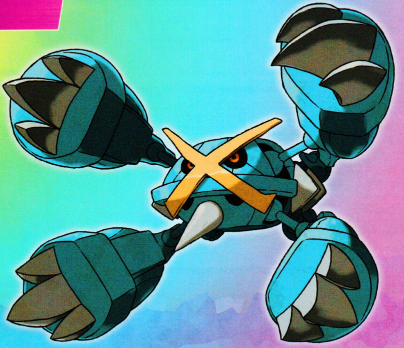
Iron Leg Pokémon

STEEL PSYCHIC

Height: 8'02"
Weight: 2078.7 lbs.

MEGA EVOLUTION


Have Metagross hold Metagrossite, and Mega Evolve it during battle.
Metagross
Mega Metagross



Gender unknown

ABILITY

Tough Claws

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

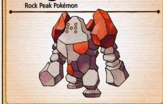
NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

Required Mega Stone

Metagrossite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Regirock

Rock Peak Pokémon



National Pokédex 377 ROCK

Alola Pokédex —

Height: 5'07" | Weight: 507.1 lbs.

Gender unknown

Its entire body is made of rock. If any part chips off in battle, it attaches rocks to repair itself.

The same rocks that form its body have been found in ground layers around the world.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride.

ABILITY

Clear Body

HIDDEN ABILITY

Sturdy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Explosion	Normal	Physical	250	100	5	Adjacent
1	Stomp	Normal	Physical	65	100	20	Normal
1	Rock Throw	Rock	Physical	50	90	15	Normal
1	Charge Beam	Electric	Special	50	90	10	Normal
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
7	Rock Throw	Rock	Physical	50	90	15	Normal
13	Charge Beam	Electric	Special	50	90	10	Normal
19	Bulldoze	Ground	Physical	60	100	20	Adjacent
25	Curse	Ghost	Status	—	—	10	Varies
31	Ancient Power	Rock	Special	60	100	5	Normal
37	Iron Defense	Steel	Status	—	—	15	Self
43	Stone Edge	Rock	Physical	100	80	5	Normal
49	Hammer Arm	Fighting	Physical	100	90	10	Normal
55	Lock-On	Normal	Status	—	—	5	Normal
55	Zap Cannon	Electric	Special	120	50	5	Normal
61	Superpower	Fighting	Physical	120	100	5	Normal
67	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

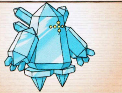
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

REGIROCK

377

✓ Regice

Iceberg Pokémon



National Pokédex 378 ICE

Alola Pokédex —

Height: 5'11" | Weight: 385.8 lbs.

Gender unknown

It is said to have slept in a glacier for thousands of years. Its body can't be melted, even by magma.

Its body is made of ice from the ice age. It controls frigid air of -328 degrees Fahrenheit.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride.

ABILITY

Clear Body

HIDDEN ABILITY

Ice Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Explosion	Normal	Physical	250	100	5	Adjacent
1	Stomp	Normal	Physical	65	100	20	Normal
1	Icy Wind	Ice	Special	55	95	15	Many Others
1	Charge Beam	Electric	Special	50	90	10	Normal
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
7	Icy Wind	Ice	Special	55	95	15	Many Others
13	Charge Beam	Electric	Special	50	90	10	Normal
19	Bulldoze	Ground	Physical	60	100	20	Adjacent
25	Curse	Ghost	Status	—	—	10	Varies
31	Ancient Power	Rock	Special	60	100	5	Normal
37	Amnesia	Psychic	Status	—	—	20	Self
43	Ice Beam	Ice	Special	90	100	10	Normal
49	Hammer Arm	Fighting	Physical	100	90	10	Normal
55	Lock-On	Normal	Status	—	—	5	Normal
55	Zap Cannon	Electric	Special	120	50	5	Normal
61	Superpower	Fighting	Physical	120	100	5	Normal
67	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

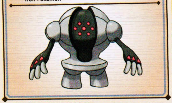
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

REGICE

378

✓ Registeel

Iron Pokémon



National Pokédex	379	STEEL
Alola Pokédex	—	

Height: 6'03" | Weight: 451.9 lbs.

Gender unknown

X Tempered by pressure underground over tens of thousands of years, its body cannot be scratched.

Y Its body is said to be harder than any kind of metal. A study has revealed that its body is hollow.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride.

ABILITY

Clear Body

HIDDEN ABILITY

Light Metal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Explosion	Normal	Physical	250	100	5	Adjacent
1	Stomp	Normal	Physical	65	100	20	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Charge Beam	Electric	Special	50	90	10	Normal
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
7	Metal Claw	Steel	Physical	50	95	35	Normal
13	Charge Beam	Electric	Special	50	90	10	Normal
19	Bulldoze	Ground	Physical	60	100	20	Adjacent
25	Curse	Ghost	Status	—	—	10	Varies
31	Ancient Power	Rock	Special	60	100	5	Normal
37	Iron Defense	Steel	Status	—	—	15	Self
37	Amnesia	Psychic	Status	—	—	20	Self
43	Iron Head	Steel	Physical	80	100	15	Normal
43	Flash Cannon	Steel	Special	80	100	10	Normal
49	Hammer Arm	Fighting	Physical	100	90	10	Normal
55	Lock-On	Normal	Status	—	—	5	Normal
55	Zap Cannon	Electric	Special	120	50	5	Normal
61	Superpower	Fighting	Physical	120	100	5	Normal
67	Hyper Beam	Normal	Special	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal

EXCLUSIVE Z-MOVE

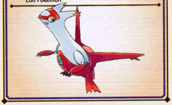
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Latias

Eon Pokémon



National Pokédex	380	DRAGON
Alola Pokédex	—	PSYCHIC

Height: 4'07" | Weight: 88.2 lbs.

♂ ♀

Female only

X It communicates using telepathy. Its body is covered in down that refracts light to make it invisible.

Y It can telepathically communicate with people. It changes its appearance using its down that refracts light.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×2
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Healing Wish	Psychic	Status	—	—	10	Self
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Wish	Normal	Status	—	—	10	Self
1	Psywave	Psychic	Special	—	100	15	Normal
1	Safeguard	Normal	Status	—	—	25	Your Side
4	Water Sport	Water	Status	—	—	15	Both Sides
7	Charm	Fairy	Status	—	100	20	Normal
10	Stored Power	Psychic	Special	20	100	10	Normal
13	Refresh	Normal	Status	—	—	20	Self
16	Heal Pulse	Psychic	Status	—	—	10	Normal
20	Dragon Breath	Dragon	Special	60	100	20	Normal
24	Mist Ball	Psychic	Special	70	100	5	Normal
28	Psycho Shift	Psychic	Status	—	100	10	Normal
32	Recover	Normal	Status	—	—	10	Self
36	Reflect Type	Normal	Status	—	—	15	Normal
41	Zen Headbutt	Psychic	Physical	80	90	15	Normal
46	Guard Split	Psychic	Status	—	—	10	Normal
51	Psychic	Psychic	Special	90	100	10	Normal
56	Dragon Pulse	Dragon	Special	85	100	10	Normal
61	Healing Wish	Psychic	Status	—	—	10	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Outrage	Dragon	Physical	120	100	10	1 Random
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

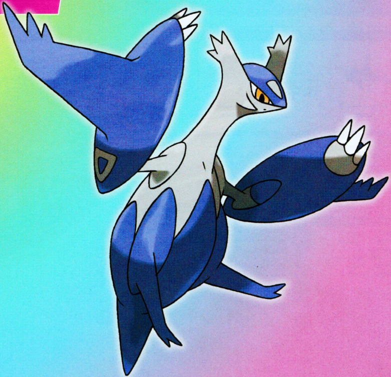
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Latias

Eon Pokémon

DRAGON PSYCHIC

Height: 5'11"
Weight: 114.6 lbs.



MEGA EVOLUTION

Have Latias hold Latiasite, and Mega Evolve it during battle.

Latias

Mega Latias

Female only

ABILITY

Levitate

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

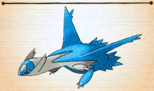
NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×2
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×2

Required Mega Stone

Latiasite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

Latios

Eon Pokémon



National Pokédex 381 DRAGON
Alola Pokédex — PSYCHIC

Height: 6'07" | Weight: 132.3 lbs.

♂ ♀

Male only

X A highly intelligent Pokémon. By folding back its wings in flight, it can overtake jet planes.

Y It understands human speech and is highly intelligent. It is a tender Pokémon that dislikes fighting.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×2
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Memento	Dark	Status	—	100	10	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Heal Block	Psychic	Status	—	100	15	Many Others
1	Psywave	Psychic	Special	—	100	15	Normal
1	Safeguard	Normal	Status	—	—	25	Your Side
4	Protect	Normal	Status	—	—	10	Self
7	Dragon Dance	Dragon	Status	—	—	20	Self
10	Stored Power	Psychic	Special	20	100	10	Normal
13	Refresh	Normal	Status	—	—	20	Self
16	Heal Pulse	Psychic	Status	—	—	10	Normal
20	Dragon Breath	Dragon	Special	60	100	20	Normal
24	Luster Purge	Psychic	Special	70	100	5	Normal
28	Psycho Shift	Psychic	Status	—	100	10	Normal
32	Recover	Normal	Status	—	—	10	Self
36	Telekinesis	Psychic	Status	—	—	15	Normal
41	Zen Headbutt	Psychic	Physical	80	90	15	Normal
46	Power Split	Psychic	Status	—	—	10	Normal
51	Psychic	Psychic	Special	90	100	10	Normal
56	Dragon Pulse	Dragon	Special	85	100	10	Normal
61	Memento	Dark	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Outrage	Dragon	Physical	120	100	10	1 Random
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

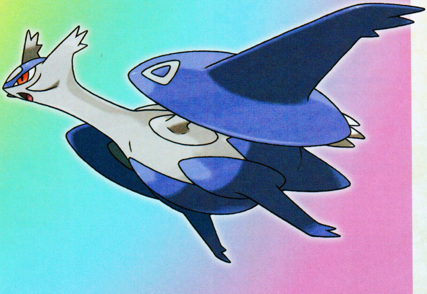
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Latios

Eon Pokémon

DRAGON PSYCHIC

Height: 7'07"
Weight: 154.3 lbs.



MEGA EVOLUTION

Have Latios hold Latiosite, and Mega Evolve it during battle.

Latios → Mega Latios

Male only

ABILITY

Levitate

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×2
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×2

Required Mega Stone

Latiosite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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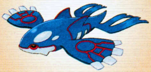
Kyogre

Sea Basin Pokémon



National Pokédex 382
Alola Pokédex —

WATER

Height: 14'09" | Weight: 776.0 lbs.

Gender unknown

X: A mythical Pokémon said to have swelled the seas with rain and tidal waves. It battled with Groudon.

Y: It is said to have widened the seas by causing downpours. It had been asleep in a marine trench.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Drizzle

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ancient Power	Rock	Special	60	100	5	Normal
1	Water Pulse	Water	Special	60	100	20	Normal
5	Scary Face	Normal	Status	—	100	10	Normal
15	Aqua Tail	Water	Physical	90	90	10	Normal
20	Body Slam	Normal	Physical	85	100	15	Normal
30	Aqua Ring	Water	Status	—	—	20	Self
35	Ice Beam	Ice	Special	90	100	10	Normal
45	Origin Pulse	Water	Special	110	85	10	Many Others
50	Calm Mind	Psychic	Status	—	—	20	Self
60	Muddy Water	Water	Special	90	85	10	Many Others
65	Sheer Cold	Ice	Special	—	30	5	Normal
75	Hydro Pump	Water	Special	110	80	5	Normal
80	Double-Edge	Normal	Physical	120	100	15	Normal
90	Water Spout	Water	Special	150	100	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

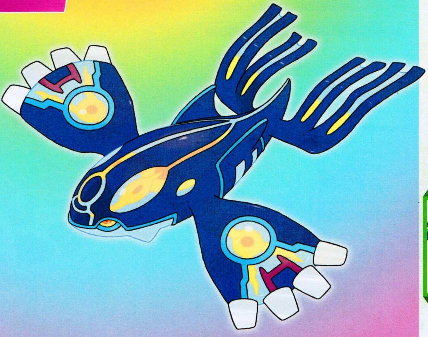
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Primal Kyogre

Sea Basin Pokémon

WATER

Height: 32'02"
Weight: 948.0 lbs.



MEGA EVOLUTION

Kyogre

◆»»»
Have Kyogre hold a Blue Orb, and it will undergo Primal Reversion to take this form when it enters battle.

Primal Kyogre

Gender unknown

ABILITY

Primordial Sea

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

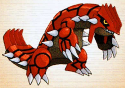
NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

Required Item

Blue Orb
Purchase the Blue Orb at Antiquities of the Ages in the Hau'oli City Shopping District

✓ Groudon

Continent Pokémon



National Pokédex	383	GROUND
Alola Pokédex	—	

Height: 11'06" | Weight: 2094.4 lbs.

Gender unknown

X: Said to have expanded the lands by evaporating water with raging heat. It battled titanically with Kyogre.

Y: This legendary Pokémon is said to represent the land. It went to sleep after dueling Kyogre.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Drought

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ancient Power	Rock	Special	60	100	5	Normal
1	Mud Shot	Ground	Special	55	95	15	Normal
5	Scary Face	Normal	Status	—	100	10	Normal
15	Earth Power	Ground	Special	90	100	10	Normal
20	Lava Plume	Fire	Special	80	100	15	Adjacent
30	Rest	Psychic	Status	—	—	10	Self
35	Earthquake	Ground	Physical	100	100	10	Adjacent
45	Precipice Blades	Ground	Physical	120	85	10	Many Others
50	Bulk Up	Fighting	Status	—	—	20	Self
60	Solar Beam	Grass	Special	120	100	10	Normal
65	Fissure	Ground	Physical	—	30	5	Normal
75	Fire Blast	Fire	Special	110	85	5	Normal
80	Hammer Arm	Fighting	Physical	100	90	10	Normal
90	Eruption	Fire	Special	150	100	5	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

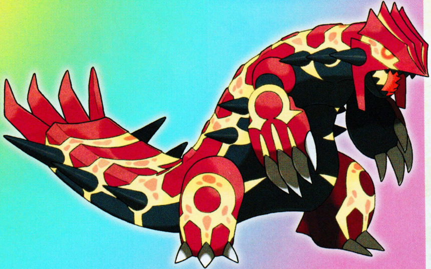
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Primal Groudon

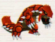
Continent Pokémon

GROUND FIRE

Height: 16'05"
Weight: 2204.0 lbs.

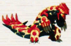


MEGA EVOLUTION



Groudon

Have Groudon hold a Red Orb, and it will undergo Primal Reversion to take this form when it enters battle.



Primal Groudon

Gender unknown

ABILITY

Desolate Land

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×4	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

Required Item

Red Orb
Purchase the Red Orb at Antiquities of the Ages in the Hau'oli City Shopping District

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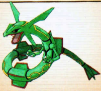
✓ Rayquaza

Sky High Pokémon



National Pokédex	384	DRAGON
Alola Pokédex	—	FLYING

Height: 23'00" | Weight: 455.2 lbs.

Gender unknown

X It lives in the ozone layer far above the clouds and cannot be seen from the ground.

Y It flies in the ozone layer, way up high in the sky. Until recently, no one had ever seen it.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride with Kyogre and Groudon in your party.

ABILITY

Air Lock

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Twister	Dragon	Special	40	100	20	Many Others
5	Scary Face	Normal	Status	—	100	10	Normal
15	Ancient Power	Rock	Special	60	100	5	Normal
20	Crunch	Dark	Physical	80	100	15	Normal
30	Air Slash	Flying	Special	75	95	15	Normal
35	Rest	Psychic	Status	—	—	10	Self
45	Extreme Speed	Normal	Physical	80	100	5	Normal
50	Dragon Pulse	Dragon	Special	85	100	10	Normal
60	Dragon Dance	Dragon	Status	—	—	20	Self
65	Fly	Flying	Physical	90	95	15	Normal
75	Hyper Voice	Normal	Special	90	100	10	Many Others
80	Outrage	Dragon	Physical	120	100	10	1 Random
90	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal
Dragon Ascent	Flying	Physical	120	100	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

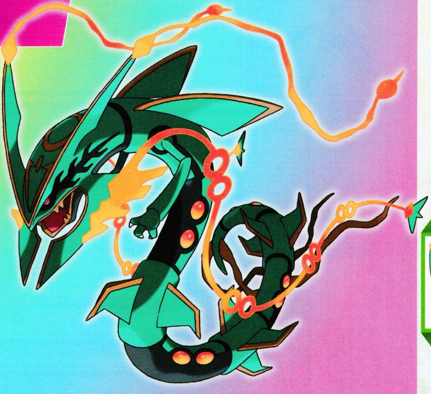
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

Mega Rayquaza

Sky High Pokémon

DRAGON FLYING

Height: 35'05"
Weight: 864.2 lbs.



MEGA EVOLUTION

Rayquaza

Have Rayquaza know the move Dragon Ascent to Mega Evolve during battle.

Mega Rayquaza

Gender unknown

ABILITY

Delta Stream

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	! ROCK	×2
! ELECTRIC	×1	GHOST	×1
! ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

Required Move

After you have obtained a Key Stone, have Rayquaza learn the move Dragon Ascent in Seafolk Village

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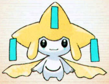
✓ Jirachi

Wish Pokémon



National Pokédex	385	STEEL
Alola Pokédex	—	PSYCHIC

Height: 1'00" | Weight: 2.4 lbs.

Gender unknown

X Generations have believed that any wish written on a note on its head will come true when it awakens.

Y It is said to have the ability to grant any wish for just one week every thousand years.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Serene Grace

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wish	Normal	Status	—	—	10	Self
1	Confusion	Psychic	Special	50	100	25	Normal
5	Rest	Psychic	Status	—	—	10	Self
10	Swift	Normal	Special	60	—	20	Many Others
15	Helping Hand	Normal	Status	—	—	20	1 Ally
20	Psychic	Psychic	Special	90	100	10	Normal
25	Refresh	Normal	Status	—	—	20	Self
30	Lucky Chant	Normal	Status	—	—	30	Your Side
35	Zen Headbutt	Psychic	Physical	80	90	15	Normal
40	Double-Edge	Normal	Physical	120	100	15	Normal
45	Gravity	Psychic	Status	—	—	5	Both Sides
50	Healing Wish	Psychic	Status	—	—	10	Self
55	Future Sight	Psychic	Special	120	100	10	Normal
60	Cosmic Power	Psychic	Status	—	—	20	Self
65	Last Resort	Normal	Physical	140	100	5	Normal
70	Doom Desire	Steel	Special	140	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

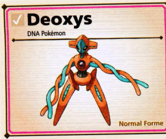
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Deoxys

DNA Pokémon



Normal Forme

National Pokédex 386 PSYCHIC

Alola Pokédex —

Height: 5'07" | Weight: 134.0 lbs.

Gender unknown

X An alien virus that fell to earth on a meteor underwent a DNA mutation to become this Pokémon.

Y DNA from a space virus mutated and became a Pokémon. It appears where auroras are seen.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Wrap	Normal	Physical	15	90	20	Normal
7	Night Shade	Ghost	Special	—	100	15	Normal
13	Teleport	Psychic	Status	—	—	20	Self
19	Knock Off	Dark	Physical	65	100	20	Normal
25	Pursuit	Dark	Physical	40	100	20	Normal
31	Psychic	Psychic	Special	90	100	10	Normal
37	Snatch	Dark	Status	—	—	10	Self
43	Psycho Shift	Psychic	Status	—	100	10	Normal
49	Zen Headbutt	Psychic	Physical	80	90	15	Normal
55	Cosmic Power	Psychic	Status	—	—	20	Self
61	Recover	Normal	Status	—	—	10	Self
67	Psycho Boost	Psychic	Special	140	90	5	Normal
73	Hyper Beam	Normal	Special	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

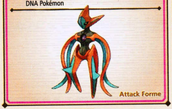
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Deoxys

DNA Pokémon



Attack Forme

National Pokédex 386 PSYCHIC

Alola Pokédex —

Height: 5'07" | Weight: 134.0 lbs.

Gender unknown

X An alien virus that fell to earth on a meteor underwent a DNA mutation to become this Pokémon.

Y DNA from a space virus mutated and became a Pokémon. It appears where auroras are seen.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Have Deoxys in your party and examine the meteorite in the Hokulani Observatory in *Pokémon Ultra Sun* or *Pokémon Ultra Moon* until you see the message, "Deoxys has changed to have superior stats for attacking!"

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆◆◆◆◆◆
DEFENSE	◆
SP. ATK	◆◆◆◆◆◆◆◆◆◆
SP. DEF	◆
SPEED	◆◆◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Wrap	Normal	Physical	15	90	20	Normal
7	Night Shade	Ghost	Special	—	100	15	Normal
13	Teleport	Psychic	Status	—	—	20	Self
19	Taunt	Dark	Status	—	100	20	Normal
25	Pursuit	Dark	Physical	40	100	20	Normal
31	Psychic	Psychic	Special	90	100	10	Normal
37	Superpower	Fighting	Physical	120	100	5	Normal
43	Psycho Shift	Psychic	Status	—	100	10	Normal
49	Zen Headbutt	Psychic	Physical	80	90	15	Normal
55	Cosmic Power	Psychic	Status	—	—	20	Self
61	Zap Cannon	Electric	Special	120	50	5	Normal
67	Psycho Boost	Psychic	Special	140	90	5	Normal
73	Hyper Beam	Normal	Special	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

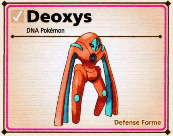
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Deoxys

DNA Pokémon


Defense Forme

National Pokédex	386	PSYCHIC
Alola Pokédex	—	

Height: 5'07" | Weight: 134.0 lbs.

Gender unknown

X: An alien virus that fell to earth on a meteor underwent a DNA mutation to become this Pokémon.

Y: DNA from a space virus mutated and became a Pokémon. It appears where auroras are seen.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Have Deoxys in your party and examine the meteorite in the Hokulani Observatory in *Pokémon Ultra Sun* or *Pokémon Ultra Moon* until you see the message, "Deoxys has changed to have superior stats when defending!"

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Wrap	Normal	Physical	15	90	20	Normal
7	Night Shade	Ghost	Special	—	100	15	Normal
13	Teleport	Psychic	Status	—	—	20	Self
19	Knock Off	Dark	Physical	65	100	20	Normal
25	Spikes	Ground	Status	—	—	20	Other Side
31	Psychic	Psychic	Special	90	100	10	Normal
37	Snatch	Dark	Status	—	—	10	Self
43	Psycho Shift	Psychic	Status	—	100	10	Normal
49	Zen Headbutt	Psychic	Physical	80	90	15	Normal
55	Iron Defense	Steel	Status	—	—	15	Self
55	Amnesia	Psychic	Status	—	—	20	Self
61	Recover	Normal	Status	—	—	10	Self
67	Psycho Boost	Psychic	Special	140	90	5	Normal
73	Counter	Fighting	Physical	—	100	20	Varies
73	Mirror Coat	Psychic	Special	—	100	20	Varies

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

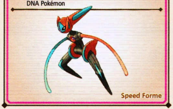
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Deoxys

DNA Pokémon


Speed Forme

National Pokédex	386	PSYCHIC
Alola Pokédex	—	

Height: 5'07" | Weight: 134.0 lbs.

Gender unknown

X: An alien virus that fell to earth on a meteor underwent a DNA mutation to become this Pokémon.

Y: DNA from a space virus mutated and became a Pokémon. It appears where auroras are seen.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Have Deoxys in your party and examine the meteorite in the Hokulani Observatory in *Pokémon Ultra Sun* or *Pokémon Ultra Moon* until you see the message, "Deoxys has changed to have increased Speed!"

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Wrap	Normal	Physical	15	90	20	Normal
7	Night Shade	Ghost	Special	—	100	15	Normal
13	Double Team	Normal	Status	—	—	15	Self
19	Knock Off	Dark	Physical	65	100	20	Normal
25	Pursuit	Dark	Physical	40	100	20	Normal
31	Psychic	Psychic	Special	90	100	10	Normal
37	Swift	Normal	Special	60	—	20	Many Others
43	Psycho Shift	Psychic	Status	—	100	10	Normal
49	Zen Headbutt	Psychic	Physical	80	90	15	Normal
55	Agility	Psychic	Status	—	—	30	Self
61	Recover	Normal	Status	—	—	10	Self
67	Psycho Boost	Psychic	Special	140	90	5	Normal
73	Extreme Speed	Normal	Physical	80	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

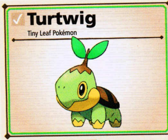
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

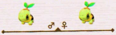
✓ Turtwig

Tiny Leaf Pokémon



National Pokédex 387 GRASS
Alola Pokédex —

Height: 1'04" | Weight: 22.5 lbs.

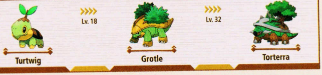


Same form for male/female

X: Photosynthesis occurs across its body under the sun. The shell on its back is actually hardened soil.

Y: It undertakes photosynthesis with its body, making oxygen. The leaf on its head wilts if it is thirsty.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Grotle or Torterra, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Overgrow

HIDDEN ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Withdraw	Water	Status	—	—	40	Self
9	Absorb	Grass	Special	20	100	25	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
17	Curse	Ghost	Status	—	—	10	Varies
21	Bite	Dark	Physical	60	100	25	Normal
25	Mega Drain	Grass	Special	40	100	15	Normal
29	Leech Seed	Grass	Status	—	90	10	Normal
33	Synthesis	Grass	Status	—	—	5	Self
37	Crunch	Dark	Physical	80	100	15	Normal
41	Giga Drain	Grass	Special	75	100	10	Normal
45	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

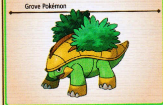
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
Growth	Normal	Status	—	—	20	Self
Tickle	Normal	Status	—	100	20	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Sand Tomb	Ground	Physical	35	85	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Amnesia	Psychic	Status	—	—	20	Self
Superpower	Fighting	Physical	120	100	5	Normal
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Earth Power	Ground	Special	90	100	10	Normal
Wide Guard	Rock	Status	—	—	10	Your Side
Grassy Terrain	Grass	Status	—	—	10	Both Sides
Heavy Slam	Steel	Physical	—	100	10	Normal

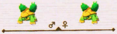
✓ Grotle

Grove Pokémon



National Pokédex 388 GRASS
Alola Pokédex —

Height: 3'07" | Weight: 213.8 lbs.

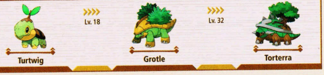


Same form for male/female

X: It lives along water in forests. In the daytime, it leaves the forest to sunbathe its treed shell.

Y: It knows where pure water wells up. It carries fellow Pokémon there on its back.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Ula'ula Meadow by using Island Scan on Ula'ula Island on a Wednesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Overgrow

HIDDEN ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Withdraw	Water	Status	—	—	40	Self
1	Absorb	Grass	Special	20	100	25	Normal
5	Withdraw	Water	Status	—	—	40	Self
9	Absorb	Grass	Special	20	100	25	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
17	Curse	Ghost	Status	—	—	10	Varies
22	Bite	Dark	Physical	60	100	25	Normal
27	Mega Drain	Grass	Special	40	100	15	Normal
32	Leech Seed	Grass	Status	—	90	10	Normal
37	Synthesis	Grass	Status	—	—	5	Self
42	Crunch	Dark	Physical	80	100	15	Normal
47	Giga Drain	Grass	Special	75	100	10	Normal
52	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

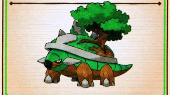
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

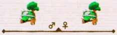
✓ Torterra

Continent Pokémon



National Pokédex	389	GRASS
Alola Pokédex	—	GROUND

Height: 7'03" | Weight: 683.4 lbs.

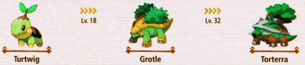


Same form for male/female

X Ancient people imagined that beneath the ground, a gigantic Torterra dwelled.

Y Small Pokémon occasionally gather on its unmoving back to begin building their nests.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Grotle, then level it up to Lv. 32 or higher to evolve it into Torterra.

ABILITY

Overgrow

HIDDEN ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×2
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Earthquake	Ground	Physical	100	100	10	Adjacent
1	Wood Hammer	Grass	Physical	120	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Withdraw	Water	Status	—	—	40	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
5	Withdraw	Water	Status	—	—	40	Self
9	Absorb	Grass	Special	20	100	25	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
17	Curse	Ghost	Status	—	—	10	Varies
22	Bite	Dark	Physical	60	100	25	Normal
27	Mega Drain	Grass	Special	40	100	15	Normal
33	Leech Seed	Grass	Status	—	90	10	Normal
39	Synthesis	Grass	Status	—	—	5	Self
45	Crunch	Dark	Physical	80	100	15	Normal
51	Giga Drain	Grass	Special	75	100	10	Normal
57	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earthquake	Ground	Physical	100	100	10	Adjacent

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Frenzy Plant	Grass	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

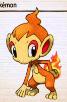
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Chimchar

Chimp Pokémon



National Pokédex	390	FIRE
Alola Pokédex	—	

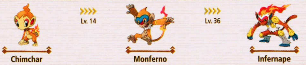
Height: 1'08" | Weight: 13.7 lbs.

Same form for male/female

X Its fiery rear end is fueled by gas made in its belly. Even rain can't extinguish the fire.

Y The gas made in its belly burns from its rear end. The fire burns weakly when it feels sick.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Monferno or Infernape, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Blaze

HIDDEN ABILITY

Iron Fist

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
7	Ember	Fire	Special	40	100	25	Normal
9	Taunt	Dark	Status	—	100	20	Normal
15	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Flame Wheel	Fire	Physical	60	100	25	Normal
23	Nasty Plot	Dark	Status	—	—	20	Self
25	Torment	Dark	Status	—	100	15	Normal
31	Facade	Normal	Physical	70	100	20	Normal
33	Fire Spin	Fire	Special	35	85	15	Normal
39	Acrobatics	Flying	Physical	55	100	15	Normal
41	Slack Off	Normal	Status	—	—	10	Self
47	Flamethrower	Fire	Special	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

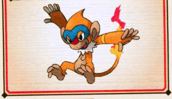
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Punch	Fire	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Double Kick	Fighting	Physical	30	100	30	Normal
Encore	Normal	Status	—	100	5	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Energy	Normal	Status	—	—	30	Self
Helping Hand	Normal	Status	—	—	20	1 Ally
Fake Out	Normal	Physical	40	100	10	Normal
Blaze Kick	Fire	Physical	85	90	10	Normal
Counter	Fighting	Physical	—	100	20	Varies
Assist	Normal	Status	—	—	20	Self
Quick Guard	Fighting	Status	—	—	15	Your Side
Focus Punch	Fighting	Physical	150	100	20	Normal
Submission	Fighting	Physical	80	80	20	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

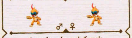
✓ Monferno

Playful Pokémon



National Pokédex	391	FIRE	
Alola Pokédex	—	FIGHTING	

Height: 2'11" | Weight: 48.5 lbs.

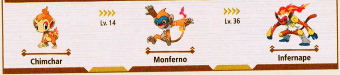


Same form for male/female

It skillfully controls the intensity of the fire on its tail to keep its foes at an ideal distance.

It uses ceilings and walls to launch aerial attacks. Its fiery tail is but one weapon.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 11 by using Island Scan on Ula'ula Island on a Friday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Blaze

HIDDEN ABILITY

Iron Fist

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mach Punch	Fighting	Physical	40	100	30	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
7	Ember	Fire	Special	40	100	25	Normal
9	Taunt	Dark	Status	—	100	20	Normal
16	Fury Swipes	Normal	Physical	18	80	15	Normal
19	Flame Wheel	Fire	Physical	60	100	25	Normal
26	Feint	Normal	Physical	30	100	10	Normal
29	Torment	Dark	Status	—	100	15	Normal
36	Close Combat	Fighting	Physical	120	100	5	Normal
39	Fire Spin	Fire	Special	35	85	15	Normal
46	Acrobatics	Flying	Physical	55	100	15	Normal
49	Slack Off	Normal	Status	—	—	10	Self
56	Flare Blitz	Fire	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mach Punch	Fighting	Physical	40	100	30	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

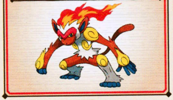
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

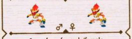
✓ Infernape

Flame Pokémon



National Pokédex	392	FIRE	
Alola Pokédex	—	FIGHTING	

Height: 3'11" | Weight: 121.3 lbs.

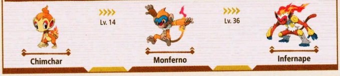


Same form for male/female

Its crown of fire is indicative of its fiery nature. It is beaten by none in terms of quickness.

It tosses its enemies around with agility. It uses all its limbs to fight in its own unique style.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Monferno, then level it up to Lv. 36 or higher to evolve it into Infernape.

ABILITY

Blaze

HIDDEN ABILITY

Iron Fist

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Mach Punch	Fighting	Physical	40	100	30	Normal
1	Flare Blitz	Fire	Physical	120	100	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Taunt	Dark	Status	—	100	20	Normal
7	Ember	Fire	Special	40	100	25	Normal
9	Taunt	Dark	Status	—	100	20	Normal
16	Fury Swipes	Normal	Physical	18	80	15	Normal
19	Flame Wheel	Fire	Physical	60	100	25	Normal
26	Feint	Normal	Physical	30	100	10	Normal
29	Punishment	Dark	Physical	—	100	5	Normal
42	Fire Spin	Fire	Special	35	85	15	Normal
52	Acrobatics	Flying	Physical	55	100	15	Normal
58	Calm Mind	Psychic	Status	—	—	20	Self
68	Flare Blitz	Fire	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Close Combat	Fighting	Physical	120	100	5	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal
Blast Burn	Fire	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

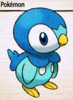
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Piplup

Penguin Pokémon



National Pokédex	393	WATER
Alola Pokédex	—	

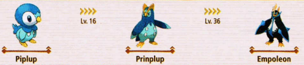
Height: 1'04" | Weight: 11.5 lbs.

Same form for male/female

X It doesn't like to be taken care of. It's difficult to bond with since it won't listen to its Trainer.

Y Because it is very proud, it hates accepting food from people. Its thick down guards it from cold.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Piplup or Empoleon, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Torrent

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Bubble	Water	Special	40	100	30	Many Others
11	Water Sport	Water	Status	—	—	15	Both Sides
15	Peck	Flying	Physical	35	100	35	Normal
18	Bubble Beam	Water	Special	65	100	20	Normal
22	Bide	Normal	Physical	—	—	10	Self
25	Fury Attack	Normal	Physical	15	85	20	Normal
29	Brine	Water	Special	65	100	10	Normal
32	Whirlpool	Water	Special	35	85	15	Normal
36	Mist	Ice	Status	—	—	30	Your Side
39	Drill Peck	Flying	Physical	80	100	20	Normal
43	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

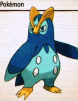
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double Hit	Normal	Physical	35	90	10	Normal
Supersonic	Normal	Status	—	55	20	Normal
Yawn	Normal	Status	—	—	10	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Mud-Slap	Ground	Special	20	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Flail	Normal	Physical	—	100	15	Normal
Agility	Psychic	Status	—	—	30	Self
Aqua Ring	Water	Status	—	—	20	Self
Hydro Pump	Water	Special	110	80	5	Normal
Feather Dance	Flying	Status	—	100	15	Normal
Bide	Normal	Physical	—	—	10	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Power Trip	Dark	Physical	20	100	10	Normal

✓ Prinplup

Penguin Pokémon



National Pokédex	394	WATER
Alola Pokédex	—	

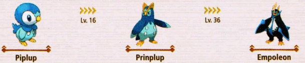
Height: 2'07" | Weight: 50.7 lbs.

Same form for male/female

X It lives alone, away from others. Apparently, every one of them believes it is the most important.

Y It lives a solitary life. Its wings deliver wicked blows that can snap even the thickest of trees.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 16 by using Island Scan on Ula'ula Island on a Tuesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Torrent

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bubble	Water	Special	40	100	30	Many Others
4	Growl	Normal	Status	—	100	40	Many Others
8	Bubble	Water	Special	40	100	30	Many Others
11	Water Sport	Water	Status	—	—	15	Both Sides
15	Peck	Flying	Physical	35	100	35	Normal
19	Bubble Beam	Water	Special	65	100	20	Normal
24	Bide	Normal	Physical	—	—	10	Self
28	Fury Attack	Normal	Physical	15	85	20	Normal
33	Brine	Water	Special	65	100	10	Normal
37	Whirlpool	Water	Special	35	85	15	Normal
42	Mist	Ice	Status	—	—	30	Your Side
46	Drill Peck	Flying	Physical	80	100	20	Normal
50	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Metal Claw	Steel	Physical	50	95	35	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

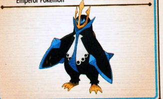
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Empoleon

Emperor Pokémon



National Pokédex 395 WATER
Alola Pokédex — STEEL

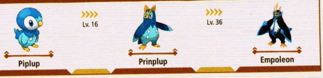
Height: 5'07" | Weight: 186.3 lbs.

♂ ♀ Same form for male/female

X: It swims as fast as a jet boat. The edges of its wings are sharp and can slice apart drifting ice.

Y: The three horns that extend from its beak attest to its power. The leader has the biggest horns.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Prinplup, then level it up to Lv. 36 or higher to evolve it into Empoleon.

ABILITY

Torrent

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×1	PSYCHIC	×0.5
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×2	GHOST	×1
ICE	×0.25	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.25
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aqua Jet	Water	Physical	40	100	20	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bubble	Water	Special	40	100	30	Many Others
4	Growl	Normal	Status	—	100	40	Many Others
8	Bubble	Water	Special	40	100	30	Many Others
11	Swords Dance	Normal	Status	—	—	20	Self
15	Peck	Flying	Physical	35	100	35	Normal
19	Bubble Beam	Water	Special	65	100	20	Normal
24	Swagger	Normal	Status	—	85	15	Normal
28	Fury Attack	Normal	Physical	15	85	20	Normal
33	Brine	Water	Special	65	100	10	Normal
39	Whirlpool	Water	Special	35	85	15	Normal
46	Mist	Ice	Status	—	—	30	Your Side
52	Drill Peck	Flying	Physical	80	100	20	Normal
59	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aqua Jet	Water	Physical	40	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

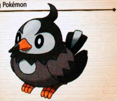
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Starly

Starling Pokémon



National Pokédex 396 NORMAL
Alola Pokédex — FLYING

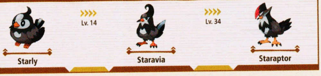
Height: 1'00" | Weight: 4.4 lbs.

♂ ♀ The pattern on the male's forehead is spread out more widely. The pattern on the female's forehead is narrower.

X: They flock in great numbers. Though small, they flap their wings with great power.

Y: They flock around mountains and fields, chasing after bug Pokémon. Their singing is noisy and annoying.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Staravia or Staraptor, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Keen Eye

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Quick Attack	Normal	Physical	40	100	30	Normal
9	Wing Attack	Flying	Physical	60	100	35	Normal
13	Double Team	Normal	Status	—	—	15	Self
17	Endeavor	Normal	Physical	—	100	5	Normal
21	Whirlwind	Normal	Status	—	—	20	Normal
25	Aerial Ace	Flying	Physical	60	—	20	Normal
29	Take Down	Normal	Physical	90	85	20	Normal
33	Agility	Psychic	Status	—	—	30	Self
37	Brave Bird	Flying	Physical	120	100	15	Normal
41	Final Gambit	Fighting	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

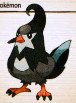
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Feather Dance	Flying	Status	—	100	15	Normal
Fury Attack	Normal	Physical	15	85	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Foresight	Normal	Status	—	—	40	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Roost	Flying	Status	—	—	10	Self
Detect	Fighting	Status	—	—	5	Self
Revenge	Fighting	Physical	60	100	10	Normal
Mirror Move	Flying	Status	—	—	20	Normal

✓ Staravia

Starling Pokémon



National Pokédex	397
Alola Pokédex	—

NORMAL
FLYING

Height: 2'00" | Weight: 34.2 lbs.

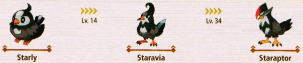
They maintain huge flocks, although fierce scuffles break out between various flocks.

It lives in forests and fields. Squabbles over territory occur when flocks collide.

♂ ♀

The pattern on the male's forehead is spread out more widely. The pattern on the female's forehead is narrower.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 10 by using Island Scan on Ula'ula Island on a Thursday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Intimidate

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
5	Quick Attack	Normal	Physical	40	100	30	Normal
9	Wing Attack	Flying	Physical	60	100	35	Normal
13	Double Team	Normal	Status	—	—	15	Self
18	Endeavor	Normal	Physical	—	100	5	Normal
23	Whirlwind	Normal	Status	—	—	20	Normal
28	Aerial Ace	Flying	Physical	60	—	20	Normal
33	Take Down	Normal	Physical	90	85	20	Normal
38	Agility	Psychic	Status	—	—	30	Self
43	Brave Bird	Flying	Physical	120	100	15	Normal
48	Final Gambit	Fighting	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

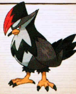
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Staraptor

Predator Pokémon



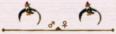
National Pokédex	398
Alola Pokédex	—

NORMAL
FLYING

Height: 3'11" | Weight: 54.9 lbs.

The muscles in its wings and legs are strong. It can easily fly while gripping a small Pokémon.

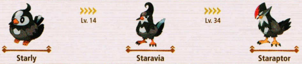
When Staravia evolve into Staraptor, they leave the flock to live alone. They have sturdy wings.



♂ ♀

The pattern on the male's forehead is spread out more widely. The pattern on the female's forehead is narrower.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Staravia, then level it up to Lv. 34 or higher to evolve it into Staraptor.

ABILITY

Intimidate

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Wing Attack	Flying	Physical	60	100	35	Normal
5	Quick Attack	Normal	Physical	40	100	30	Normal
9	Wing Attack	Flying	Physical	60	100	35	Normal
13	Double Team	Normal	Status	—	—	15	Self
18	Endeavor	Normal	Physical	—	100	5	Normal
23	Whirlwind	Normal	Status	—	—	20	Normal
28	Aerial Ace	Flying	Physical	60	—	20	Normal
33	Take Down	Normal	Physical	90	85	20	Normal
41	Agility	Psychic	Status	—	—	30	Self
49	Brave Bird	Flying	Physical	120	100	15	Normal
57	Final Gambit	Fighting	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Close Combat	Fighting	Physical	120	100	5	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

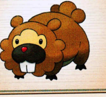
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

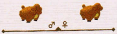
✓ Bidoof

Plump Mouse Pokémon



National Pokédex	399	NORMAL
Alola Pokédex	—	

Height: 1'08" | Weight: 44.1 lbs.

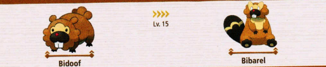


The male has more tufts on its tail. The female has few tufts on its tail.

X With nerves of steel, nothing can perturb it. It is more agile and active than it appears.

Y It constantly gnaws on logs and rocks to whittle down its front teeth. It nests alongside water.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Simple
Unaware

HIDDEN ABILITY

Moody

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Defense Curl	Normal	Status	—	—	40	Self
9	Rollout	Rock	Physical	30	90	20	Normal
13	Headbutt	Normal	Physical	70	100	15	Normal
17	Hyper Fang	Normal	Physical	80	90	15	Normal
21	Yawn	Normal	Status	—	—	10	Normal
25	Crunch	Dark	Physical	80	100	15	Normal
29	Take Down	Normal	Physical	90	85	20	Normal
33	Super Fang	Normal	Physical	—	90	10	Normal
37	Swords Dance	Normal	Status	—	—	20	Self
41	Amnesia	Psychic	Status	—	—	20	Self
45	Superpower	Fighting	Physical	120	100	5	Normal
49	Curse	Ghost	Status	—	—	10	Varies

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

EXCLUSIVE Z-MOVE

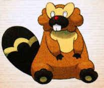
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quick Attack	Normal	Physical	40	100	30	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Double-Edge	Normal	Physical	120	100	15	Normal
Fury Swipes	Normal	Physical	18	80	15	Normal
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Odor Sleuth	Normal	Status	—	—	40	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Endure	Normal	Status	—	—	10	Self
Skull Bash	Normal	Physical	130	100	10	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides

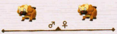
✓ Bibarel

Beaver Pokémon



National Pokédex	400	NORMAL
Alola Pokédex	—	WATER

Height: 3'03" | Weight: 69.4 lbs.

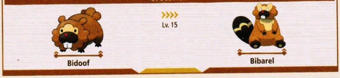


The patch of light fur on the male's face is larger. The patch of light fur on the female's face is smaller.

X It busily makes its nest with stacks of branches and roots it has cut up with its sharp incisors.

Y It makes its nest by damming streams with bark and mud. It is known as an industrious worker.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Bidoof, then level it up to Lv. 15 or higher to evolve it into Bibarel.

ABILITY

Simple
Unaware

HIDDEN ABILITY

Moody

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
1	Aqua Jet	Water	Physical	40	100	20	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Defense Curl	Normal	Status	—	—	40	Self
9	Rollout	Rock	Physical	30	90	20	Normal
13	Headbutt	Normal	Physical	70	100	15	Normal
18	Hyper Fang	Normal	Physical	80	90	15	Normal
23	Yawn	Normal	Status	—	—	10	Normal
28	Crunch	Dark	Physical	80	100	15	Normal
33	Take Down	Normal	Physical	90	85	20	Normal
38	Super Fang	Normal	Physical	—	90	10	Normal
43	Swords Dance	Normal	Status	—	—	20	Self
48	Amnesia	Psychic	Status	—	—	20	Self
53	Superpower	Fighting	Physical	120	100	5	Normal
58	Curse	Ghost	Status	—	—	10	Varies

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Liquidation	Water	Physical	85	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Gun	Water	Special	40	100	25	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

EXCLUSIVE Z-MOVE

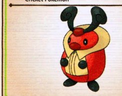
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

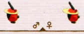
✓ Kricketot

Cricket Pokémon



National Pokédex	401	BUG
Alola Pokédex	—	

Height: 1'00" | Weight: 4.9 lbs.



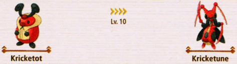
♂ ♀

The male's collar is thinner. The female's collar is thicker.

X: It chats with others using the sounds of its colliding antennae. These sounds are fall hallmarks.

Y: When its antennae hit each other, it sounds like the music of a xylophone.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Kricketune, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Shed Skin

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Bide	Normal	Physical	—	—	10	Self
6	Struggle Bug	Bug	Special	50	100	20	Many Others
16	Bug Bite	Bug	Physical	60	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

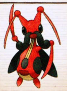
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

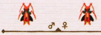
✓ Kricketune

Cricket Pokémon



National Pokédex	402	BUG
Alola Pokédex	—	

Height: 3'03" | Weight: 56.2 lbs.



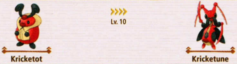
♂ ♀

The male's whiskers are longer. The female's whiskers are shorter.

X: It crosses its knifelike arms in front of its chest when it cries. It can compose melodies ad lib.

Y: It signals its emotions with its melodies. Scientists are studying these melodic patterns.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Swarm

HIDDEN ABILITY

Technician

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bide	Normal	Physical	—	—	10	Self
14	Absorb	Grass	Special	20	100	25	Normal
18	Sing	Normal	Status	—	55	15	Normal
22	Focus Energy	Normal	Status	—	—	30	Self
26	Slash	Normal	Physical	70	100	20	Normal
30	X-Scissor	Bug	Physical	80	100	15	Normal
34	Screech	Normal	Status	—	85	40	Normal
36	Fell Stinger	Bug	Physical	50	100	25	Normal
38	Taunt	Dark	Status	—	100	20	Normal
42	Night Slash	Dark	Physical	70	100	15	Normal
44	Sticky Web	Bug	Status	—	—	20	Other Side
46	Bug Buzz	Bug	Special	90	100	10	Normal
50	Perish Song	Normal	Status	—	—	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fury Cutter	Bug	Physical	40	95	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Endeavor	Normal	Physical	—	100	5	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

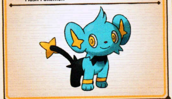
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

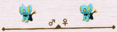
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shinx

Flash Pokémon



National Pokédex 403 ELECTRIC
Alola Pokédex —
Height: 1'08" | **Weight:** 20.9 lbs.

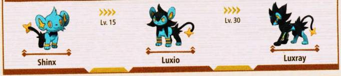


The male has a longer tuft of fur on its head and the black fur on its rear legs extends farther down than on the female's.

X The extension and contraction of its muscles generates electricity. It glows when in trouble.

Y All of its fur dazzles if danger is sensed. It flees while the foe is momentarily blinded.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Luxio or Luxray at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Rivalry
Intimidate

HIDDEN ABILITY

Guts

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Leer	Normal	Status	—	100	30	Many Others
9	Charge	Electric	Status	—	—	20	Self
11	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Spark	Electric	Physical	65	100	20	Normal
17	Bite	Dark	Physical	60	100	25	Normal
21	Roar	Normal	Status	—	—	20	Normal
25	Swagger	Normal	Status	—	85	15	Normal
29	Thunder Fang	Electric	Physical	65	95	15	Normal
33	Crunch	Dark	Physical	80	100	15	Normal
37	Scary Face	Normal	Status	—	100	10	Normal
41	Discharge	Electric	Special	80	100	15	Adjacent
45	Wild Charge	Electric	Physical	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

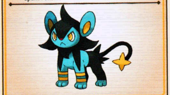
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EGG MOVES

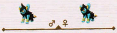
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Fang	Ice	Physical	65	95	15	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Howl	Normal	Status	—	—	40	Self
Take Down	Normal	Physical	90	85	20	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Swift	Normal	Special	60	—	20	Many Others
Double Kick	Fighting	Physical	30	100	30	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Eerie Impulse	Electric	Status	—	100	15	Normal
Fake Tears	Dark	Status	—	100	20	Normal

✓ Luxio

Spark Pokémon



National Pokédex 404 ELECTRIC
Alola Pokédex —
Height: 2'11" | **Weight:** 67.2 lbs.

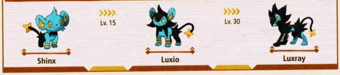


The male has a longer tuft of fur on its head and the black fur on its rear legs extends farther down than on the female's.

X Its claws loose electricity with enough amperage to cause fainting. They live in small groups.

Y Strong electricity courses through the tips of its sharp claws. A light scratch causes fainting in foes.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 8 by using Island Scan on Akala Island on a Tuesday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Rivalry
Intimidate

HIDDEN ABILITY

Guts

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Leer	Normal	Status	—	100	30	Many Others
9	Charge	Electric	Status	—	—	20	Self
13	Spark	Electric	Physical	65	100	20	Normal
18	Bite	Dark	Physical	60	100	25	Normal
23	Roar	Normal	Status	—	—	20	Normal
28	Swagger	Normal	Status	—	85	15	Normal
33	Thunder Fang	Electric	Physical	65	95	15	Normal
38	Crunch	Dark	Physical	80	100	15	Normal
43	Scary Face	Normal	Status	—	100	10	Normal
48	Discharge	Electric	Special	80	100	15	Adjacent
53	Wild Charge	Electric	Physical	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

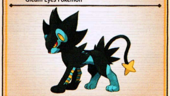
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Luxray

Gleam Eyes Pokémon

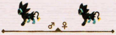


National Pokédex	405	ELECTRIC
Alola Pokédex	—	

Height: 4'07" | Weight: 92.6 lbs.

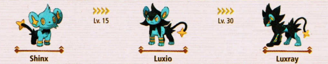
X When its eyes gleam gold, it can spot hiding prey—even those taking shelter behind a wall.

Y Luxray's ability to see through objects comes in handy when it's scouting for danger.



The male has a longer tuft of fur on its head. The female has a shorter tuft of fur on its head.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Luxio, then level it up to Lv. 30 or higher to evolve it into Luxray.

ABILITY

Rivalry
Intimidate

HIDDEN ABILITY

Guts

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Electric Terrain	Electric	Status	—	—	10	Both Sides
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Charge	Electric	Status	—	—	20	Self
5	Leer	Normal	Status	—	100	30	Many Others
9	Charge	Electric	Status	—	—	20	Self
13	Spark	Electric	Physical	65	100	20	Normal
18	Bite	Dark	Physical	60	100	25	Normal
23	Roar	Normal	Status	—	—	20	Normal
28	Swagger	Normal	Status	—	85	15	Normal
35	Thunder Fang	Electric	Physical	65	95	15	Normal
42	Crunch	Dark	Physical	80	100	15	Normal
49	Scary Face	Normal	Status	—	100	10	Normal
56	Discharge	Electric	Special	80	100	15	Adjacent
63	Wild Charge	Electric	Physical	90	100	15	Normal
67	Electric Terrain	Electric	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

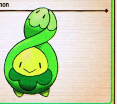
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Budew

Bud Pokémon

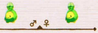


National Pokédex	406	GRASS
Alola Pokédex	—	POISON

Height: 0'08" | Weight: 2.6 lbs.

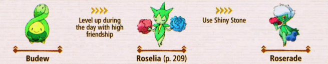
X When it feels the sun's warm touch, it opens its bud to release pollen. It lives alongside clear pools.

Y Over the winter, it closes its bud and endures the cold. In spring, the bud opens and releases pollen.



Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Roselia or Roserade and have it hold a Rose Incense, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Natural Cure
Poison Point

HIDDEN ABILITY

Leaf Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
4	Growth	Normal	Status	—	—	20	Self
7	Water Sport	Water	Status	—	—	15	Both Sides
10	Stun Spore	Grass	Status	—	75	30	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
16	Worry Seed	Grass	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

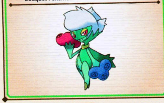
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spikes	Ground	Status	—	—	20	Other Side
Synthesis	Grass	Status	—	—	5	Self
Pin Missile	Bug	Physical	25	95	20	Normal
Cotton Spore	Grass	Status	—	100	40	Many Others
Sleep Powder	Grass	Status	—	75	15	Normal
Razor Leaf	Grass	Physical	55	95	25	Many Others
Mind Reader	Normal	Status	—	—	5	Normal
Leaf Storm	Grass	Special	130	90	5	Normal
Extrasensory	Psychic	Special	80	100	20	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Grass Whistle	Grass	Status	—	55	15	Normal

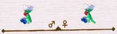
✓ Roserade

Bouquet Pokémon



National Pokédex	407	GRASS
Alola Pokédex	—	POISON

Height: 2'11" | Weight: 32.0 lbs.

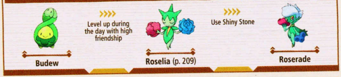


The male has a shorter cape-like attachment. The female has a longer cape-like attachment.

X Luring prey with a sweet scent, it uses poison whips on its arms to poison, bind, and finish off the prey.

Y With the movements of a dancer, it strikes with whips that are densely lined with poison thorns.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Roselia and use a Shiny Stone on it to evolve it into Roserade.

ABILITY

Natural Cure
Poison Point

HIDDEN ABILITY

Technician

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Venom Drench	Poison	Status	—	100	20	Many Others
1	Grassy Terrain	Grass	Status	—	—	10	Both Sides
1	Weather Ball*	Normal	Special	50	100	10	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Mega Drain	Grass	Special	40	100	15	Normal
1	Magical Leaf	Grass	Special	60	—	20	Normal
1	Sweet Scent	Normal	Status	—	100	20	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

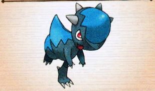
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Cranidos

Head Butt Pokémon



National Pokédex	408	ROCK
Alola Pokédex	235	

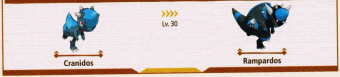
Height: 2'11" | Weight: 69.4 lbs.

Same form for male/female

A primeval Pokémon, it possesses a hard and sturdy skull, lacking any intelligence within.

Its hard skull is its distinguishing feature. It snapped trees by headbutting them, and then it fed on their ripe berries.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Skull Fossil, then have it restored to Cranidos at the Fossil Restoration Center on Route 8.

ABILITY

Mold Breaker

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Headbutt	Normal	Physical	70	100	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
6	Focus Energy	Normal	Status	—	—	30	Self
10	Pursuit	Dark	Physical	40	100	20	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
19	Scary Face	Normal	Status	—	100	10	Normal
24	Assurance	Dark	Physical	60	100	10	Normal
28	Chip Away	Normal	Physical	70	100	20	Normal
33	Ancient Power	Rock	Special	60	100	5	Normal
37	Zen Headbutt	Psychic	Physical	80	90	15	Normal
42	Screech	Normal	Status	—	85	40	Normal
46	Head Smash	Rock	Physical	150	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

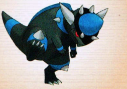
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Double-Edge	Normal	Physical	120	100	15	Normal
Leer	Normal	Status	—	100	30	Many Others
Slam	Normal	Physical	80	75	20	Normal
Stomp	Normal	Physical	65	100	20	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Hammer Arm	Fighting	Physical	100	90	10	Normal
Curse	Ghost	Status	—	—	10	Varies
Iron Tail	Steel	Physical	100	75	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal

✓ Rampardos

Head Butt Pokémon

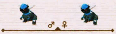


National Pokédex	409	ROCK
Alola Pokédex	236	

Height: 5'03" | Weight: 226.0 lbs.

In ancient times, people would dig up fossils of this Pokémon and use its skull, which is harder than steel, to make helmets.

This ancient Pokémon used headbutts skillfully. Its brain was really small, so some theories suggest that its stupidity led to its extinction.



Same form for male/female

EVOLUTION

Lv. 30

Cranidos → Rampardos

MAIN WAY TO OBTAIN

Obtain Cranidos, then level it up to Lv. 30 or higher to evolve it into Rampardos.

ABILITY

Mold Breaker

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Endeavor	Normal	Physical	—	100	5	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
1	Pursuit	Dark	Physical	40	100	20	Normal
6	Focus Energy	Normal	Status	—	—	30	Self
10	Pursuit	Dark	Physical	40	100	20	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
19	Scary Face	Normal	Status	—	100	10	Normal
24	Assurance	Dark	Physical	60	100	10	Normal
28	Chip Away	Normal	Physical	70	100	20	Normal
36	Ancient Power	Rock	Special	60	100	5	Normal
43	Zen Headbutt	Psychic	Physical	80	90	15	Normal
51	Screech	Normal	Status	—	85	40	Normal
58	Head Smash	Rock	Physical	150	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

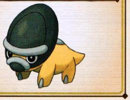
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shieldon

Shield Pokémon

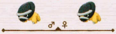


National Pokédex	410	ROCK
Alola Pokédex	237	STEEL

Height: 1'08" | Weight: 125.7 lbs.

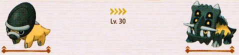
A mild-mannered, herbivorous Pokémon, it used its face to dig up tree roots to eat. The skin on its face was plenty tough.

Although its fossils can be found in layers of primeval rock, nothing but its face has ever been discovered.



Same form for male/female

EVOLUTION



Lv. 30

Shieldon → Bastiodon

MAIN WAY TO OBTAIN

Obtain an Armor Fossil, then have it restored to Shieldon at the Fossil Restoration Center on Route 8.

ABILITY

Sturdy

HIDDEN ABILITY

Soundproof

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×0.25	FLYING	×0.25
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
6	Taunt	Dark	Status	—	100	20	Normal
10	Metal Sound	Steel	Status	—	85	40	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
19	Iron Defense	Steel	Status	—	—	15	Self
24	Swagger	Normal	Status	—	85	15	Normal
28	Ancient Power	Rock	Special	60	100	5	Normal
33	Endure	Normal	Status	—	—	10	Self
37	Metal Burst	Steel	Physical	—	100	10	Varies
42	Iron Head	Steel	Physical	80	100	15	Normal
46	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

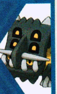
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Headbutt	Normal	Physical	70	100	15	Normal
Scary Face	Normal	Status	—	100	10	Normal
Focus Energy	Normal	Status	—	—	30	Self
Double-Edge	Normal	Physical	120	100	15	Normal
Rock Blast	Rock	Physical	25	90	10	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Screech	Normal	Status	—	85	40	Normal
Curse	Ghost	Status	—	—	10	Varies
Fissure	Ground	Physical	—	30	5	Normal
Counter	Fighting	Physical	—	100	20	Varies
Stealth Rock	Rock	Status	—	—	20	Other Side
Wide Guard	Rock	Status	—	—	10	Your Side
Guard Split	Psychic	Status	—	—	10	Normal

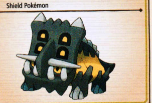
BASTIODON

411



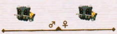
✓ Bastiodon

Shield Pokémon



National Pokédex	411	ROCK
Alola Pokédex	238	STEEL

Height: 4'03" | Weight: 329.6 lbs.



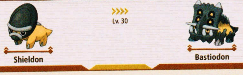
♂ ♀

Same form for male/female

The bones of its face are huge and hard, so they were mistaken for its spine until after this Pokémon was successfully restored.

This Pokémon is from roughly 100 million years ago. Its terrifyingly tough face is harder than steel.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Shieldon, then level it up to Lv. 30 or higher to evolve it into Bastiodon.

ABILITY

Sturdy

HIDDEN ABILITY

Soundproof

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×0.25	FLYING	×0.25
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Block	Normal	Status	—	—	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Taunt	Dark	Status	—	100	20	Normal
1	Metal Sound	Steel	Status	—	85	40	Normal
6	Taunt	Dark	Status	—	100	20	Normal
10	Metal Sound	Steel	Status	—	85	40	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
19	Iron Defense	Steel	Status	—	—	15	Self
24	Swagger	Normal	Status	—	85	15	Normal
28	Ancient Power	Rock	Special	60	100	5	Normal
36	Endure	Normal	Status	—	—	10	Self
43	Metal Burst	Steel	Physical	—	100	10	Varies
51	Iron Head	Steel	Physical	80	100	15	Normal
58	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

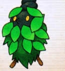
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

BURMY

412

✓ Burmy

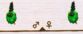
Bagworm Pokémon



Plant Cloak

National Pokédex	412	BUG
Alola Pokédex	—	

Height: 0'08" | Weight: 7.5 lbs.



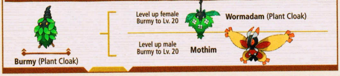
♂ ♀

Same form for male/female

To shelter itself from cold, wintry winds, it covers itself with a cloak made of twigs and leaves.

If its cloak is broken in battle, it quickly remakes the cloak with materials nearby.

EVOLUTION


Burmy (Plant Cloak)
Level up female Burmy to Lv. 20
Wormadam (Plant Cloak)
Level up male Burmy to Lv. 20
Mothim

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Shed Skin

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Protect	Normal	Status	—	—	10	Self
10	Tackle	Normal	Physical	40	100	35	Normal
15	Bug Bite	Bug	Physical	60	100	20	Normal
20	Hidden Power	Normal	Special	60	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

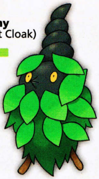
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Burmy's Changing Forms

Burmy takes on different forms after taking part in battle. While some Pokémon immediately change form due to some condition during a battle, Burmy is a bit unusual because it instead changes forms after a battle ends. Depending on the environment that it last battled in, Burmy will be in one of three different forms after the battle. In addition, once it reaches Lv. 20, female Burmy evolve into Wormadam—and that Wormadam will be stuck permanantly in the form that Burmy was in at the time it evolved. Be careful when you level up your female Burmy if you're hoping for a particular form of Wormadam!

Burmy
(Plant Cloak)

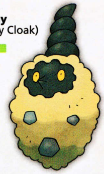
BUG



Burmy takes this form after it appears in battle in grassy locations, like many routes and meadows. It also takes this form after battling in snowy mountains, jungles, ranchland, or on the water's surface.

Burmy
(Sandy Cloak)

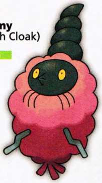
BUG



Burmy takes this form after it appears in battle in sandy areas, like beaches and deserts, as well as rocky areas, like dry mountains, and canyons. It also takes this form after battling in certain man-made areas, like cemeteries, dusty paths, and sandy schoolyards.

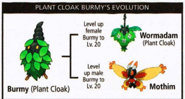
Burmy
(Trash Cloak)

BUG

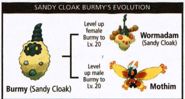


Burmy takes this form after it appears in battle in many areas inhabited by people, including large and small cities, abandoned ruins, and even locations in Ultra Space. It also takes this form after battling in the Pokémon League.

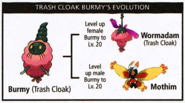
PLANT CLOAK BURMY'S EVOLUTION


Level up female Burmy to Lv. 20
Wormadam (Plant Cloak)
Level up male Burmy to Lv. 20
Mothim
Burmy (Plant Cloak)

SANDY CLOAK BURMY'S EVOLUTION

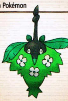

Level up female Burmy to Lv. 20
Wormadam (Sandy Cloak)
Level up male Burmy to Lv. 20
Mothim
Burmy (Sandy Cloak)

TRASH CLOAK BURMY'S EVOLUTION


Level up female Burmy to Lv. 20
Wormadam (Trash Cloak)
Level up male Burmy to Lv. 20
Mothim
Burmy (Trash Cloak)

✓ Wormadam

Bagworm Pokémon



Plant Cloak

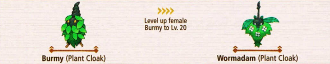
National Pokédex 413
Alola Pokédex —
BUG
GRASS
Height: 1'08" | Weight: 14.3 lbs.

♂ ♀
Female only

Its appearance changes depending on where it evolved. The materials on hand become a part of its body.

When Burmy evolved, its cloak became a part of this Pokémon's body. The cloak is never shed.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a female Burmy, then level it up to Lv. 20 or higher while it is in its Plant Cloak form to evolve it into Plant Cloak Wormadam.

ABILITY

Anticipation

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.25	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Sucker Punch	Dark	Physical	70	100	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Bug Bite	Bug	Physical	60	100	20	Normal
10	Protect	Normal	Status	—	—	10	Self
15	Bug Bite	Bug	Physical	60	100	20	Normal
20	Hidden Power	Normal	Special	60	100	15	Normal
23	Confusion	Psychic	Special	50	100	25	Normal
26	Razor Leaf	Grass	Physical	55	95	25	Many Others
29	Growth	Normal	Status	—	—	20	Self
32	Psybeam	Psychic	Special	65	100	20	Normal
35	Captivate	Normal	Status	—	100	20	Many Others
38	Flail	Normal	Physical	—	100	15	Normal
41	Attract	Normal	Status	—	100	15	Normal
44	Psychic	Psychic	Special	90	100	10	Normal
47	Leaf Storm	Grass	Special	130	90	5	Normal
50	Bug Buzz	Bug	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quiver Dance	Bug	Status	—	—	20	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

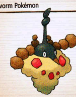
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Wormadam

Bagworm Pokémon



Sandy Cloak

National Pokédex 413 **Alola Pokédex** —

BUG GROUND

Height: 1'08" | Weight: 14.3 lbs.

♂ ♀

Female only

X Its appearance changes depending on where it evolved. The materials on hand become a part of its body.

Y When Burmy evolved, its cloak became a part of this Pokémon's body. The cloak is never shed.

EVOLUTION

Burmy (Sandy Cloak)

Level up female Burmy to Lv. 20

Wormadam (Sandy Cloak)

MAIN WAY TO OBTAIN

Obtain a female Burmy, then level it up to Lv. 20 or higher while it is in its Sandy Cloak form to evolve it into Sandy Cloak Wormadam.

ABILITY

Anticipation

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Sucker Punch	Dark	Physical	70	100	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Bug Bite	Bug	Physical	60	100	20	Normal
10	Protect	Normal	Status	—	—	10	Self
15	Bug Bite	Bug	Physical	60	100	20	Normal
20	Hidden Power	Normal	Special	60	100	15	Normal
23	Confusion	Psychic	Special	50	100	25	Normal
26	Rock Blast	Rock	Physical	25	90	10	Normal
29	Harden	Normal	Status	—	—	30	Self
32	Psybeam	Psychic	Special	65	100	20	Normal
35	Captivate	Normal	Status	—	100	20	Many Others
38	Flail	Normal	Physical	—	100	15	Normal
41	Attract	Normal	Status	—	100	15	Normal
44	Psychic	Psychic	Special	90	100	10	Normal
47	Fissure	Ground	Physical	—	30	5	Normal
50	Bug Buzz	Bug	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quiver Dance	Bug	Status	—	—	20	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

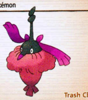
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Wormadam

Bagworm Pokémon



Trash Cloak

National Pokédex 413 **Alola Pokédex** —

BUG STEEL

Height: 1'08" | Weight: 14.3 lbs.

♂ ♀

Female only

X Its appearance changes depending on where it evolved. The materials on hand become a part of its body.

Y When Burmy evolved, its cloak became a part of this Pokémon's body. The cloak is never shed.

EVOLUTION

Burmy (Trash Cloak)

Level up female Burmy to Lv. 20

Wormadam (Trash Cloak)

MAIN WAY TO OBTAIN

Obtain a female Burmy, then level it up to Lv. 20 or higher while it is in its Trash Cloak form to evolve it into Trash Cloak Wormadam.

ABILITY

Anticipation

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Metal Burst	Steel	Physical	—	100	10	Varies
1	Sucker Punch	Dark	Physical	70	100	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Bug Bite	Bug	Physical	60	100	20	Normal
10	Protect	Normal	Status	—	—	10	Self
15	Bug Bite	Bug	Physical	60	100	20	Normal
20	Hidden Power	Normal	Special	60	100	15	Normal
23	Confusion	Psychic	Special	50	100	25	Normal
26	Mirror Shot	Steel	Special	65	85	10	Normal
29	Metal Sound	Steel	Status	—	85	40	Normal
32	Psybeam	Psychic	Special	65	100	20	Normal
35	Captivate	Normal	Status	—	100	20	Many Others
38	Flail	Normal	Physical	—	100	15	Normal
41	Attract	Normal	Status	—	100	15	Normal
44	Psychic	Psychic	Special	90	100	10	Normal
47	Iron Head	Steel	Physical	80	100	15	Normal
50	Bug Buzz	Bug	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quiver Dance	Bug	Status	—	—	20	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

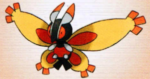
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Mothim

Moth Pokémon



National Pokédex	414	BUG	
Alola Pokédex	—	FLYING	

Height: 2'11" | Weight: 51.4 lbs.

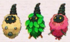
♂ ♀

Male only

X It loves the honey of flowers and steals honey collected by Combee.

Y It flutters around at night and steals honey from the Combee hive.

EVOLUTION



Burmy

Level up male Burmy to Lv. 20

Mothim

MAIN WAY TO OBTAIN

Obtain a male Burmy, then level it up to Lv. 20 or higher to evolve it into Mothim.

ABILITY

Swarm

HIDDEN ABILITY

Tinted Lens

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Bug Bite	Bug	Physical	60	100	20	Normal
10	Protect	Normal	Status	—	—	10	Self
15	Bug Bite	Bug	Physical	60	100	20	Normal
20	Hidden Power	Normal	Special	60	100	15	Normal
23	Confusion	Psychic	Special	50	100	25	Normal
26	Gust	Flying	Special	40	100	35	Normal
29	Poison Powder	Poison	Status	—	75	35	Normal
32	Psybeam	Psychic	Special	65	100	20	Normal
35	Camouflage	Normal	Status	—	—	20	Self
38	Silver Wind	Bug	Special	60	100	5	Normal
41	Air Slash	Flying	Special	75	95	15	Normal
44	Psychic	Psychic	Special	90	100	10	Normal
47	Lunge	Bug	Physical	80	100	15	Normal
50	Bug Buzz	Bug	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quiver Dance	Bug	Status	—	—	20	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

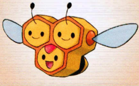
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Combee

Tiny Bee Pokémon



National Pokédex	415	BUG	
Alola Pokédex	—	FLYING	

Height: 1'00" | Weight: 12.1 lbs.

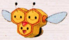
♂ ♀

The male has no markings on its forehead. The female has a red mark on one forehead.

X The trio is together from birth. It constantly gathers honey from flowers to please Vespiquen.

Y It collects and delivers honey to its colony. At night, they cluster to form a beehive and sleep.

EVOLUTION



Combee

Level up female Combee to Lv. 21

Vespiquen

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Honey Gather

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Gust	Flying	Special	40	100	35	Normal
13	Bug Bite	Bug	Physical	60	100	20	Normal
29	Bug Buzz	Bug	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

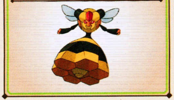
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Endeavor	Normal	Physical	—	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Vespiquen

Beehive Pokémon



National Pokédex 416 BUG FLYING
Alola Pokédex —

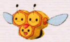
Height: 3'11" | Weight: 84.9 lbs.

♂ ♀
Female only

X It houses its colony in cells in its body and releases various pheromones to make those grubs do its bidding.

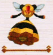
Y Its abdomen is a honeycomb for grubs. It raises its grubs on honey collected by Combee.

EVOLUTION



Combee

Level up female Combee to Lv. 21



Vespiquen

MAIN WAY TO OBTAIN

Obtain a female Combee, then level it up to Lv. 21 or higher to evolve it into Vespiquen.

ABILITY

Pressure

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Slash	Normal	Physical	70	100	20	Normal
1	Fell Stinger	Bug	Physical	50	100	25	Normal
1	Destiny Bond	Ghost	Status	—	—	5	Self
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Gust	Flying	Special	40	100	35	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
5	Fury Cutter	Bug	Physical	40	95	20	Normal
9	Pursuit	Dark	Physical	40	100	20	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Defend Order	Bug	Status	—	—	10	Self
25	Power Gem	Rock	Special	80	100	20	Normal
29	Heal Order	Bug	Status	—	—	10	Self
33	Toxic	Poison	Status	—	90	10	Normal
37	Air Slash	Flying	Special	75	95	15	Normal
41	Captivate	Normal	Status	—	100	20	Many Others
45	Attack Order	Bug	Physical	90	100	15	Normal
49	Swagger	Normal	Status	—	85	15	Normal
53	Destiny Bond	Ghost	Status	—	—	5	Self
57	Fell Stinger	Bug	Physical	50	100	25	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Slash	Normal	Physical	70	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

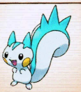
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pachirisu

EleSquirrel Pokémon



National Pokédex 417 ELECTRIC
Alola Pokédex —

Height: 1'04" | Weight: 8.6 lbs.

♂ ♀
The pattern on the male's forehead extends farther down than the pattern on the female's forehead.

X It makes fur balls that crackle with static electricity. It stores them with berries in tree holes.

Y A pair may be seen rubbing their cheek pouches together in an effort to share stored electricity.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Run Away
Pickup

HIDDEN ABILITY

Volt Absorb

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Bide	Normal	Physical	—	—	10	Self
5	Quick Attack	Normal	Physical	40	100	30	Normal
9	Charm	Fairy	Status	—	100	20	Normal
13	Spark	Electric	Physical	65	100	20	Normal
17	Endure	Normal	Status	—	—	10	Self
19	Nuzzle	Electric	Physical	20	100	20	Normal
21	Swift	Normal	Special	60	—	20	Many Others
25	Electro Ball	Electric	Special	—	100	10	Normal
29	Sweet Kiss	Fairy	Status	—	75	10	Normal
33	Thunder Wave	Electric	Status	—	90	20	Normal
37	Super Fang	Normal	Physical	—	90	10	Normal
41	Discharge	Electric	Special	80	100	15	Adjacent
45	Last Resort	Normal	Physical	140	100	5	Normal
49	Hyper Fang	Normal	Physical	80	90	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

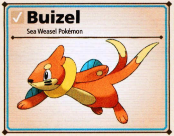
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

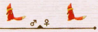
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bite	Dark	Physical	60	100	25	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Flatter	Dark	Status	—	100	15	Normal
Flail	Normal	Physical	—	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Tail Whip	Normal	Status	—	100	30	Many Others
Follow Me	Normal	Status	—	—	20	Self
Charge	Electric	Status	—	—	20	Self
Bestow	Normal	Status	—	—	15	Normal
Ion Deluge	Electric	Status	—	—	25	Both Sides
Baby-Doll Eyes	Fairy	Status	—	100	30	Normal

✓ Buizel

Sea Weasel Pokémon



National Pokédex 418 WATER
Alola Pokédex —
Height: 2'04" | Weight: 65.0 lbs.



The male has two marks on its back. The female has one mark on its back.

X It swims by rotating its two tails like a screw. When it dives, its flotation sac collapses.

Y It inflates the flotation sac around its neck and pokes its head out of the water to see what is going on.

EVOLUTION

Lv. 26
Buizel
Floatzel

MAIN WAY TO OBTAIN

Obtain a Floatzel, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Swift Swim

HIDDEN ABILITY

Water Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sonic Boom	Normal	Special	—	90	20	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Water Sport	Water	Status	—	—	15	Both Sides
11	Quick Attack	Normal	Physical	40	100	30	Normal
15	Water Gun	Water	Special	40	100	25	Normal
18	Pursuit	Dark	Physical	40	100	20	Normal
21	Swift	Normal	Special	60	—	20	Many Others
24	Aqua Jet	Water	Physical	40	100	20	Normal
27	Double Hit	Normal	Physical	35	90	10	Normal
31	Whirlpool	Water	Special	35	85	15	Normal
35	Razor Wind	Normal	Special	80	100	10	Many Others
38	Aqua Tail	Water	Physical	90	90	10	Normal
41	Agility	Psychic	Status	—	—	30	Self
45	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

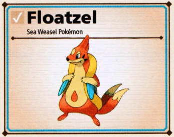
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EGG MOVES

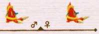
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mud-Slap	Ground	Special	20	100	10	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Fury Swipes	Normal	Physical	18	80	15	Normal
Slash	Normal	Physical	70	100	20	Normal
Odor Sleuth	Normal	Status	—	—	40	Normal
Double Slap	Normal	Physical	15	85	10	Normal
Fury Cutter	Bug	Physical	40	95	20	Normal
Baton Pass	Normal	Status	—	—	40	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Aqua Ring	Water	Status	—	—	20	Self
Me First	Normal	Status	—	—	20	Varies
Switcheroo	Dark	Status	—	100	10	Normal
Tail Slap	Normal	Physical	25	85	10	Normal
Soak	Water	Status	—	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

✓ Floatzel

Sea Weasel Pokémon



National Pokédex 419 WATER
Alola Pokédex —
Height: 3'07" | Weight: 73.9 lbs.

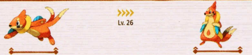


The male has two marks on its back. The female has one mark on its back.

X It floats using its well-developed flotation sac. It assists in the rescues of drowning people.

Y Its flotation sac developed as a result of pursuing aquatic prey. It can double as a rubber raft.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a blue warp hole while using Ultra Warp Ride.

ABILITY

Swift Swim

HIDDEN ABILITY

Water Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Crunch	Dark	Physical	80	100	15	Normal
1	Sonic Boom	Normal	Special	—	90	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Water Sport	Water	Status	—	—	15	Both Sides
11	Quick Attack	Normal	Physical	40	100	30	Normal
15	Water Gun	Water	Special	40	100	25	Normal
18	Pursuit	Dark	Physical	40	100	20	Normal
21	Swift	Normal	Special	60	—	20	Many Others
24	Aqua Jet	Water	Physical	40	100	20	Normal
29	Double Hit	Normal	Physical	35	90	10	Normal
35	Whirlpool	Water	Special	35	85	15	Normal
41	Razor Wind	Normal	Special	80	100	10	Many Others
46	Aqua Tail	Water	Physical	90	90	10	Normal
51	Agility	Psychic	Status	—	—	30	Self
57	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

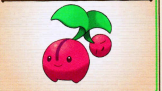
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Liquidation	Water	Physical	85	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

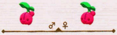
✓ Cherubi

Cherry Pokémon



National Pokédex 420 GRASS
Alola Pokédex —

Height: 1'04" | **Weight: 7.3 lbs.**

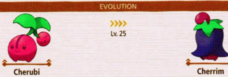


Same form for male/female

X: Sunlight colors it red. When the small ball is drained of nutrients, it shrivels to herald evolution.

Y: It evolves by sucking the energy out of the small ball where it had been storing nutrients.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Cherrim, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Chlorophyll

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Morning Sun	Normal	Status	—	—	5	Self
1	Tackle	Normal	Physical	40	100	35	Normal
7	Growth	Normal	Status	—	—	20	Self
10	Leech Seed	Grass	Status	—	90	10	Normal
13	Helping Hand	Normal	Status	—	—	20	1 Ally
19	Magical Leaf	Grass	Special	60	—	20	Normal
22	Sunny Day	Fire	Status	—	—	5	Both Sides
28	Worry Seed	Grass	Status	—	100	10	Normal
31	Take Down	Normal	Physical	90	85	20	Normal
37	Solar Beam	Grass	Special	120	100	10	Normal
40	Lucky Chant	Normal	Status	—	—	30	Your Side
47	Petal Blizzard	Grass	Physical	90	100	15	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

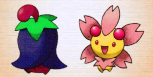
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Razor Leaf	Grass	Physical	55	95	25	Many Others
Sweet Scent	Normal	Status	—	100	20	Many Others
Tickle	Normal	Status	—	100	20	Normal
Nature Power	Normal	Status	—	—	20	Normal
Grass Whistle	Grass	Status	—	55	15	Normal
Aromatherapy	Grass	Status	—	—	5	Your Party
Weather Ball*	Normal	Special	50	100	10	Normal
Heal Pulse	Psychic	Status	—	—	10	Normal
Healing Wish	Psychic	Status	—	—	10	Self
Seed Bomb	Grass	Physical	80	100	15	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Flower Shield	Fairy	Status	—	—	10	Varies
Grassy Terrain	Grass	Status	—	—	10	Both Sides

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Cherrim

Blossom Pokémon



National Pokédex 421 GRASS
Alola Pokédex —

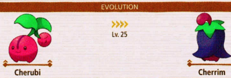
Height: 1'08" | **Weight: 20.5 lbs.**

Same form for male/female

X: During times of strong sunlight, its bud blooms, its petals open fully, and it becomes very active.

Y: If it senses strong sunlight, it opens its folded petals to absorb the sun's rays with its whole body.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*. Cherrim takes on its Sunshine Form when the weather condition is harsh or extremely harsh sunlight. Otherwise it appears in its Overcast Form.

ABILITY

Flower Gift

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Fairy
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Petal Dance	Grass	Special	120	100	10	1 Random
1	Morning Sun	Normal	Status	—	—	5	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growth	Normal	Status	—	—	20	Self
1	Leech Seed	Grass	Status	—	90	10	Normal
7	Growth	Normal	Status	—	—	20	Self
10	Leech Seed	Grass	Status	—	90	10	Normal
13	Helping Hand	Normal	Status	—	—	20	1 Ally
19	Magical Leaf	Grass	Special	60	—	20	Normal
22	Sunny Day	Fire	Status	—	—	5	Both Sides
30	Worry Seed	Grass	Status	—	100	10	Normal
35	Take Down	Normal	Physical	90	85	20	Normal
43	Solar Beam	Grass	Special	120	100	10	Normal
48	Lucky Chant	Normal	Status	—	—	30	Your Side
50	Petal Blizzard	Grass	Physical	90	100	15	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Petal Dance	Grass	Special	120	100	10	1 Random

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

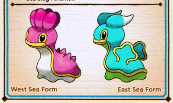
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shellos

Sea Slug Pokémon



National Pokédex	422	WATER
Alola Pokédex	341	

Height: 1'00" | Weight: 13.9 lbs.

Same form for male/female

East Sea Shellos – When it senses danger, it gushes a purple liquid. Some theories suggest this liquid is a greasy sweat induced by stress.

West Sea Shellos – While they normally live in the sea, they can function on land, too, until their skin dries out.

East Sea Shellos – Scientists interested in its great regenerative capabilities are currently analyzing the materials from which its cells are made.

West Sea Shellos – When it senses danger, a purple liquid oozes out of it. The liquid is thought to be something like greasy sweat.

EVOLUTION

Lv. 30
Shellos
Gastrodon

MAIN WAY TO OBTAIN

Receive a West Sea Shellos in a trade in Seafolk Village. Or obtain an East Sea Gastrodon, then leave it at the Pokémon Nursery with a compatible partner and hatch the Egg that is found to obtain an East Sea Shellos.

ABILITY

Sticky Hold
Storm Drain

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Water 1
Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud-Slap	Ground	Special	20	100	10	Normal
2	Mud Sport	Ground	Status	—	—	15	Both Sides
4	Harden	Normal	Status	—	—	30	Self
7	Water Pulse	Water	Special	60	100	20	Normal
11	Mud Bomb	Ground	Special	65	85	10	Normal
16	Hidden Power	Normal	Special	60	100	15	Normal
22	Rain Dance	Water	Status	—	—	5	Both Sides
29	Body Slam	Normal	Physical	85	100	15	Normal
37	Muddy Water	Water	Special	90	85	10	Many Others
46	Recover	Normal	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

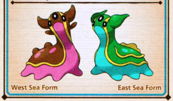
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Mirror Coat	Psychic	Special	—	100	20	Varies
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Yawn	Normal	Status	—	—	10	Normal
Memento	Dark	Status	—	100	10	Normal
Curse	Ghost	Status	—	—	10	Varies
Amnesia	Psychic	Status	—	—	20	Self
Fissure	Ground	Physical	—	30	5	Normal
Trump Card	Normal	Special	—	—	5	Normal
Sludge	Poison	Special	65	100	20	Normal
Clear Smog	Poison	Special	50	—	15	Normal
Brine	Water	Special	65	100	10	Normal
Mist	Ice	Status	—	—	30	Your Side
Acid Armor	Poison	Status	—	—	20	Self

✓ Gastrodon

Sea Slug Pokémon



National Pokédex	423	WATER
Alola Pokédex	342	GROUND

Height: 2'11" | Weight: 65.9 lbs.

Same form for male/female

East Sea Gastrodon – When it's attacked, it gushes a purple liquid that's not poisonous but makes Gastrodon's meat bitter and inedible.

West Sea Gastrodon – Long ago, it had a shell on its back. There's now a vestigial plate on its back that's hard but thin.

East Sea Gastrodon – A relative of Shellder and Cloyster, this ocean dweller sometimes comes onto land in search of food.

West Sea Gastrodon – Their shape and color change, depending on their environment and diet. There are many of them at beaches where the waves are calm.

EVOLUTION

Lv. 30
Shellos
Gastrodon

MAIN WAY TO OBTAIN

Obtain a West Sea Shellos, then level it up to Lv. 30 or higher to evolve it into West Sea Gastrodon. Or catch an East Sea Gastrodon on the water's surface at Poni Breaker Coast.

ABILITY

Sticky Hold
Storm Drain

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Water 1
Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Harden	Normal	Status	—	—	30	Self
1	Water Pulse	Water	Special	60	100	20	Normal
2	Mud Sport	Ground	Status	—	—	15	Both Sides
4	Harden	Normal	Status	—	—	30	Self
7	Water Pulse	Water	Special	60	100	20	Normal
11	Mud Bomb	Ground	Special	65	85	10	Normal
16	Hidden Power	Normal	Special	60	100	15	Normal
22	Rain Dance	Water	Status	—	—	5	Both Sides
29	Body Slam	Normal	Physical	85	100	15	Normal
41	Muddy Water	Water	Special	90	85	10	Many Others
54	Recover	Normal	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

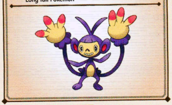
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

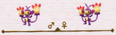
✓ Ambipom

Long Tail Pokémon



National Pokédex 424 NORMAL
Alola Pokédex 369

Height: 3'11" | Weight: 44.8 lbs.



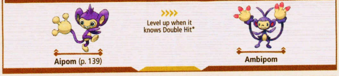
♂ ♀

The male has shorter tufts of fur on its head than the female.

In their search for comfortable trees, they get into territorial disputes with groups of Passimian. They win about half the time.

It uses its tails for everything. If it wraps both of its tails around you and gives you a squeeze, that's proof it really likes you.

EVOLUTION



Aipom (p. 139)

Level up when it knows Double Hit*

Ambipom

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Aipom in Poni Plains. Or obtain an Aipom, then level it up when it knows Double Hit to evolve it into Ambipom.

ABILITY

Technician
Pickup

HIDDEN ABILITY

Skill Link

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dual Chop	Dragon	Physical	40	90	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
4	Sand Attack	Ground	Status	—	100	15	Normal
8	Astonish	Ghost	Physical	30	100	15	Normal
11	Baton Pass	Normal	Status	—	—	40	Self
15	Tickle	Normal	Status	—	100	20	Normal
18	Fury Swipes	Normal	Physical	18	80	15	Normal
22	Swift	Normal	Special	60	—	20	Many Others
25	Screech	Normal	Status	—	85	40	Normal
29	Agility	Psychic	Status	—	—	30	Self
32	Double Hit	Normal	Physical	35	90	10	Normal
36	Fling	Dark	Physical	—	100	10	Normal
39	Nasty Plot	Dark	Status	—	—	20	Self
43	Last Resort	Normal	Physical	140	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

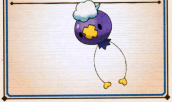
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Aipom the move Double Hit, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

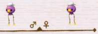
✓ Drifloon

Balloon Pokémon



National Pokédex 425 GHOST
Alola Pokédex 076 FLYING

Height: 1'04" | Weight: 2.6 lbs.



♂ ♀

Same form for male/female

Its round body is stuffed with souls and expands each time it leads someone away.

Wandering souls gathered together to form this Pokémon. When trying to make friends with children, Drifloon grabs them by the hand.

EVOLUTION

Drifloon

Lv. 28

Drifblim

MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass in Hau'oli Cemetery off Route 2.

ABILITY

Aftermath
Unburden

HIDDEN ABILITY

Flare Boost

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Constrict	Normal	Physical	10	100	35	Normal
1	Minimize	Normal	Status	—	—	10	Self
4	Astonish	Ghost	Physical	30	100	15	Normal
8	Gust	Flying	Special	40	100	35	Normal
13	Focus Energy	Normal	Status	—	—	30	Self
16	Payback	Dark	Physical	50	100	10	Normal
20	Ominous Wind	Ghost	Special	60	100	5	Normal
25	Stockpile	Normal	Status	—	—	20	Self
27	Hex	Ghost	Special	65	100	10	Normal
32	Swallow	Normal	Status	—	—	10	Self
32	Spit Up	Normal	Special	—	100	10	Normal
36	Shadow Ball	Ghost	Special	80	100	15	Normal
40	Amnesia	Psychic	Status	—	—	20	Self
44	Baton Pass	Normal	Status	—	—	40	Self
50	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

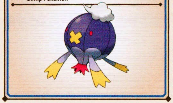
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Memento	Dark	Status	—	100	10	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Disable	Normal	Status	—	100	20	Normal
Haze	Ice	Status	—	—	30	Both Sides
Hypnosis	Psychic	Status	—	60	20	Normal
Weather Ball*	Normal	Special	50	100	10	Normal
Clear Smog	Poison	Special	50	—	15	Normal
Defog	Flying	Status	—	—	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side

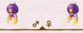
*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Drifblim

Blimp Pokémon



National Pokédex	426	GHOST	
Alola Pokédex	077	FLYING	
Height: 3'11"		Weight: 33.1 lbs.	

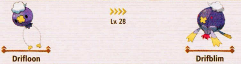


Same form for male/female

There's a rumor that if you catch a Drifblim floating on the wind at dusk, you'll be carried away to the afterlife.

The raw material for the gas inside its body is souls. When its body starts to deflate, it's thought to carry away people and Pokémon.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Drifloon, then level it up to Lv. 28 or higher to evolve it into Drifblim.

ABILITY

Aftermath
Unburden

HIDDEN ABILITY

Flare Boost

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Phantom Force	Ghost	Physical	90	100	10	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
1	Minimize	Normal	Status	—	—	10	Self
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Gust	Flying	Special	40	100	35	Normal
4	Astonish	Ghost	Physical	30	100	15	Normal
8	Gust	Flying	Special	40	100	35	Normal
13	Focus Energy	Normal	Status	—	—	30	Self
16	Payback	Dark	Physical	50	100	10	Normal
20	Ominous Wind	Ghost	Special	60	100	5	Normal
25	Stockpile	Normal	Status	—	—	20	Self
27	Hex	Ghost	Special	65	100	10	Normal
34	Swallow	Normal	Status	—	—	10	Self
34	Spit Up	Normal	Special	—	100	10	Normal
40	Shadow Ball	Ghost	Special	80	100	15	Normal
46	Amnesia	Psychic	Status	—	—	20	Self
52	Baton Pass	Normal	Status	—	—	40	Self
60	Explosion	Normal	Physical	250	100	5	Adjacent
65	Phantom Force	Ghost	Physical	90	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

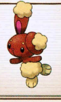
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal

EGG MOVES

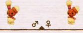
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Buneary

Rabbit Pokémon



National Pokédex	427	NORMAL	
Alola Pokédex	024		
Height: 1'04"		Weight: 12.1 lbs.	

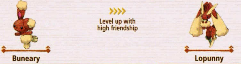


Same form for male/female

Its arms and legs are weak, but when it rolls its ears up tight and then unleashes them with its full force, it can smash boulders to dust.

The reason it keeps one ear rolled up is so it can launch a swift counterattack if it's attacked by an enemy.

EVOLUTION


Level up with high friendship
Buneary
Lopunny

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 1, especially on the north and east sides.

ABILITY

Run Away
Klutz

HIDDEN ABILITY

Limber

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Frustration	Normal	Physical	—	100	20	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Splash	Normal	Status	—	—	40	Self
1	Pound	Normal	Physical	40	100	35	Normal
1	Foresight	Normal	Status	—	—	40	Normal
6	Endure	Normal	Status	—	—	10	Self
13	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
16	Quick Attack	Normal	Physical	40	100	30	Normal
23	Jump Kick	Fighting	Physical	100	95	10	Normal
26	Baton Pass	Normal	Status	—	—	40	Self
33	Agility	Psychic	Status	—	—	30	Self
36	Dizzy Punch	Normal	Physical	70	100	10	Normal
43	After You	Normal	Status	—	—	15	Normal
46	Charm	Fairy	Status	—	100	20	Normal
50	Entrainment	Normal	Status	—	100	15	Normal
56	Bounce	Flying	Physical	85	85	5	Normal
63	Healing Wish	Psychic	Status	—	—	10	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

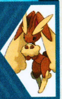
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self

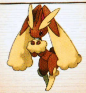
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fake Tears	Dark	Status	—	100	20	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Encore	Normal	Status	—	100	5	Normal
Sweet Kiss	Fairy	Status	—	75	10	Normal
Double Hit	Normal	Physical	35	90	10	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Sky Uppercut	Fighting	Physical	85	90	15	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Flail	Normal	Physical	—	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Circle Throw	Fighting	Physical	60	90	10	Normal
Copycat	Normal	Status	—	—	20	Self
Teeter Dance	Normal	Status	—	100	20	Adjacent
Cosmic Power	Psychic	Status	—	—	20	Self
Mud Sport	Ground	Status	—	—	15	Both Sides
Power-Up Punch	Fighting	Physical	40	100	20	Normal



Lopunny

Rabbit Pokémon



National Pokédex	428	NORMAL
Alola Pokédex	025	

Height: 3'11" | Weight: 73.4 lbs.

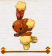
♂ ♀

Same form for male/female

Lopunny regrows its coat twice a year. Mufflers and hats made from its fur are really warm.

It's notably wary and has a dislike of fighting, but at the same time, it can deliver powerful kicks with its lithe legs.

EVOLUTION



Buneary

Level up with high friendship

Lopunny

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Buneary in Poni Grove.

ABILITY

Cute Charm
Klutz

HIDDEN ABILITY

Limber

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Return	Normal	Physical	—	100	20	Normal
1	Healing Wish	Psychic	Status	—	—	10	Self
1	Bounce	Flying	Physical	85	85	5	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Mirror Coat	Psychic	Special	—	100	20	Varies
1	Magic Coat	Psychic	Status	—	—	15	Self
1	Defense Curl	Normal	Status	—	—	40	Self
1	Splash	Normal	Status	—	—	40	Self
1	Pound	Normal	Physical	40	100	35	Normal
1	Foresight	Normal	Status	—	—	40	Normal
6	Endure	Normal	Status	—	—	10	Self
13	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
16	Quick Attack	Normal	Physical	40	100	30	Normal
23	Jump Kick	Fighting	Physical	100	95	10	Normal
26	Baton Pass	Normal	Status	—	—	40	Self
33	Agility	Psychic	Status	—	—	30	Self
36	Dizzy Punch	Normal	Physical	70	100	10	Normal
43	After You	Normal	Status	—	—	15	Normal
46	Charm	Fairy	Status	—	100	20	Normal
53	Entrainment	Normal	Status	—	100	15	Normal
56	Bounce	Flying	Physical	85	85	5	Normal
63	Healing Wish	Psychic	Status	—	—	10	Self
66	High Jump Kick	Fighting	Physical	130	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Return	Normal	Physical	—	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Lopunny

Rabbit Pokémon

NORMAL FIGHTING

Height: 4'03"
Weight: 62.4 lbs.

MEGA EVOLUTION

Lopunny

Have Lopunny hold Lopunnite, and Mega Evolve it during battle.

Mega Lopunny

Same form for male/female

ABILITY

Scrappy

SPECIES STRENGTHS

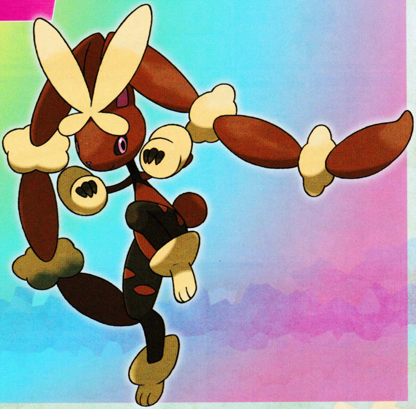
HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

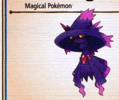
Required Mega Stone

Lopunnite
Get it in exchange for 64 BP at the Battle Tree on Poni Island



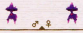
✓ Mismagius

Magical Pokémon



National Pokédex	429	GHOST
Alola Pokédex	373	

Height: 2'11" | Weight: 9.7 lbs.



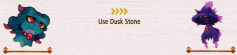
♂ ♀

Same form for male/female

Feared for its wrath and the curses it spreads, this Pokémon will also, on a whim, cast spells that help people.

Its muttered curses can cause awful headaches or terrifying visions that torment others.

EVOLUTION



Misdreavus (p. 144)

Mismagius

MAIN WAY TO OBTAIN

Obtain a Misdreavus, then use a Dusk Stone on it to evolve it into Mismagius.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mystical Fire	Fire	Special	75	100	10	Normal
1	Power Gem	Rock	Special	80	100	20	Normal
1	Phantom Force	Ghost	Physical	90	100	10	Normal
1	Lucky Chant	Normal	Status	—	—	30	Your Side
1	Magical Leaf	Grass	Special	60	—	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Psywave	Psychic	Special	—	100	15	Normal
1	Spite	Ghost	Status	—	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

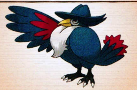
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

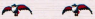
✓ Honchkrow

Big Boss Pokémon



National Pokédex	430	DARK
Alola Pokédex	079	FLYING

Height: 2'11" | Weight: 60.2 lbs.



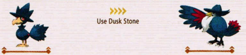
♂ ♀

Same form for male/female

It will absolutely not forgive failure from or betrayal by its goons. It has no choice in this if it wants to maintain the order of the flock.

Its goons take care of most of the fighting for it. The only time it dirties its own hands is in delivering a final blow to finish off an opponent.

EVOLUTION



Murkrow (p. 143)

Honchkrow

MAIN WAY TO OBTAIN

Obtain a Murkrow, then use a Dusk Stone on it to evolve it into Honchkrow.

ABILITY

Insomnia
Super Luck

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Sucker Punch	Dark	Physical	70	100	5	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Haze	Ice	Status	—	—	30	Both Sides
1	Wing Attack	Flying	Physical	60	100	35	Normal
25	Swagger	Normal	Status	—	85	15	Normal
35	Nasty Plot	Dark	Status	—	—	20	Self
45	Foul Play	Dark	Physical	95	100	15	Normal
55	Night Slash	Dark	Physical	70	100	15	Normal
65	Quash	Dark	Status	—	100	15	Normal
75	Dark Pulse	Dark	Special	80	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

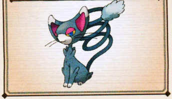
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

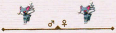
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Glameow

Catty Pokémon



National Pokédex 431 NORMAL
Alola Pokédex —
Height: 1'08" | **Weight:** 8.6 lbs.



♂ ♀
Same form for male/female

X It claws if displeased and purrs when affectionate. Its fickleness is very popular among some.

Y When it's happy, Glameow demonstrates beautiful movements of its tail, like a dancing ribbon.

EVOLUTION

Lv. 38
Glameow
Purugly

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Limber
Own Tempo

HIDDEN ABILITY

Keen Eye

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fake Out	Normal	Physical	40	100	10	Normal
5	Scratch	Normal	Physical	40	100	35	Normal
8	Growl	Normal	Status	—	100	40	Many Others
13	Hypnosis	Psychic	Status	—	60	20	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
20	Fury Swipes	Normal	Physical	18	80	15	Normal
25	Charm	Fairy	Status	—	100	20	Normal
29	Assist	Normal	Status	—	—	20	Self
32	Captivate	Normal	Status	—	100	20	Many Others
37	Slash	Normal	Physical	70	100	20	Normal
41	Sucker Punch	Dark	Physical	70	100	5	Normal
44	Attract	Normal	Status	—	100	15	Normal
48	Hone Claws	Dark	Status	—	—	15	Self
50	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Snatch	Dark	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

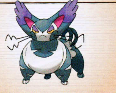
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

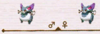
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bite	Dark	Physical	60	100	25	Normal
Tail Whip	Normal	Status	—	100	30	Many Others
Quick Attack	Normal	Physical	40	100	30	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Assurance	Dark	Physical	60	100	10	Normal
Flail	Normal	Physical	—	100	15	Normal
Snatch	Dark	Status	—	—	10	Self
Wake-Up Slap	Fighting	Physical	70	100	10	Normal
Last Resort	Normal	Physical	140	100	5	Normal

✓ Purugly

Tiger Cat Pokémon



National Pokédex 432 NORMAL
Alola Pokédex —
Height: 3'03" | **Weight:** 96.6 lbs.



♂ ♀
Same form for male/female

X It would claim another Pokémon's nest as its own if it finds a nest sufficiently comfortable.

Y To make itself appear intimidatingly beefy, it tightly cinches its waist with its twin tails.

EVOLUTION

Lv. 38
Glameow
Purugly

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Thick Fat
Own Tempo

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
! ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Swagger	Normal	Status	—	85	15	Normal
1	Fake Out	Normal	Physical	40	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Scratch	Normal	Physical	40	100	35	Normal
8	Growl	Normal	Status	—	100	40	Many Others
13	Hypnosis	Psychic	Status	—	60	20	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
20	Fury Swipes	Normal	Physical	18	80	15	Normal
25	Charm	Fairy	Status	—	100	20	Normal
29	Assist	Normal	Status	—	—	20	Self
32	Captivate	Normal	Status	—	100	20	Many Others
37	Slash	Normal	Physical	70	100	20	Normal
45	Body Slam	Normal	Physical	85	100	15	Normal
52	Attract	Normal	Status	—	100	15	Normal
60	Hone Claws	Dark	Status	—	—	15	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swagger	Normal	Status	—	85	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

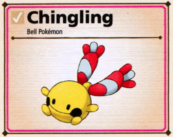
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

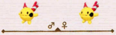
✓ Chingling

Bell Pokémon



National Pokédex	433	PSYCHIC
Alola Pokédex	—	

Height: 0'08" | Weight: 1.3 lbs.

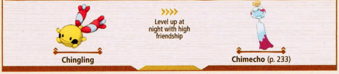


Same form for male/female

X: Each time it hops, it makes a ringing sound. It deafens foes by emitting high-frequency cries.

Y: There is an orb inside its mouth. When it hops, the orb bounces all over and makes a ringing sound.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Chimecho and have it hold a Pure Incense, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wrap	Normal	Physical	15	90	20	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Confusion	Psychic	Special	50	100	25	Normal
13	Yawn	Normal	Status	—	—	10	Normal
16	Last Resort	Normal	Physical	140	100	5	Normal
19	Entrainment	Normal	Status	—	100	15	Normal
32	Uproar	Normal	Special	90	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

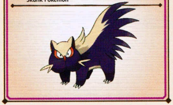
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Disable	Normal	Status	—	100	20	Normal
Curse	Ghost	Status	—	—	10	Varies
Hypnosis	Psychic	Status	—	60	20	Normal
Wish	Normal	Status	—	—	10	Self
Future Sight	Psychic	Special	120	100	10	Normal
Recover	Normal	Status	—	—	10	Self
Stored Power	Psychic	Special	20	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Cosmic Power	Psychic	Status	—	—	20	Self

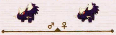
✓ Stunky

Skunk Pokémon



National Pokédex	434	POISON
Alola Pokédex	—	DARK

Height: 1'04" | Weight: 42.3 lbs.

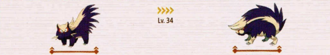


Same form for male/female

X: It sprays a foul fluid from its rear. Its stench spreads over a mile radius, driving Pokémon away.

Y: It protects itself by spraying a noxious fluid from its rear. The stench lingers for 24 hours.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Stench
Aftermath

HIDDEN ABILITY

Keen Eye

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
3	Poison Gas	Poison	Status	—	90	40	Many Others
7	Screech	Normal	Status	—	85	40	Normal
9	Fury Swipes	Normal	Physical	18	80	15	Normal
13	Smokescreen	Normal	Status	—	100	20	Normal
15	Feint	Normal	Physical	30	100	10	Normal
19	Acid Spray	Poison	Special	40	100	20	Normal
21	Bite	Dark	Physical	60	100	25	Normal
25	Slash	Normal	Physical	70	100	20	Normal
27	Toxic	Poison	Status	—	90	10	Normal
31	Night Slash	Dark	Physical	70	100	15	Normal
33	Memento	Dark	Status	—	100	10	Normal
37	Venom Drench	Poison	Status	—	100	20	Many Others
39	Sucker Punch	Dark	Physical	70	100	5	Normal
43	Belch	Poison	Special	120	90	10	Normal
45	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foul Play	Dark	Physical	95	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

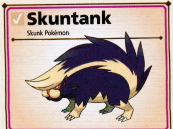
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal
Leer	Normal	Status	—	100	30	Many Others
Smog	Poison	Special	30	70	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Crunch	Dark	Physical	80	100	15	Normal
Scary Face	Normal	Status	—	100	10	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Punishment	Dark	Physical	—	100	5	Normal
Haze	Ice	Status	—	—	30	Both Sides
Iron Tail	Steel	Physical	100	75	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Flame Burst	Fire	Special	70	100	15	Normal
Play Rough	Fairy	Physical	90	90	10	Normal

✓ Skuntank

Skunk Pokémon



National Pokédex	435	POISON
Alola Pokédex	—	DARK

Height: 3'03" | **Weight: 83.8 lbs.**

Same form for male/female

X: It sprays a vile-smelling fluid from the tip of its tail to attack. Its range is over 160 feet.

Y: It sprays a stinky fluid from its tail. The fluid smells worse the longer it is allowed to fester.

EVOLUTION

Lv. 34
Stunky
Skuntank

MAIN WAY TO OBTAIN

Obtain a Stunky, then level it up to Lv. 34 or higher to evolve it into Skuntank.

ABILITY

Stench
Aftermath

HIDDEN ABILITY

Keen Eye

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Flamethrower	Fire	Special	90	100	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Screech	Normal	Status	—	85	40	Normal
3	Poison Gas	Poison	Status	—	90	40	Many Others
7	Screech	Normal	Status	—	85	40	Normal
9	Fury Swipes	Normal	Physical	18	80	15	Normal
13	Smokescreen	Normal	Status	—	100	20	Normal
15	Feint	Normal	Physical	30	100	10	Normal
19	Acid Spray	Poison	Special	40	100	20	Normal
21	Bite	Dark	Physical	60	100	25	Normal
25	Slash	Normal	Physical	70	100	20	Normal
27	Toxic	Poison	Status	—	90	10	Normal
31	Night Slash	Dark	Physical	70	100	15	Normal
33	Memento	Dark	Status	—	100	10	Normal
37	Venom Drench	Poison	Status	—	100	20	Many Others
39	Sucker Punch	Dark	Physical	70	100	5	Normal
43	Belch	Poison	Special	120	90	10	Normal
45	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Flamethrower	Fire	Special	90	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foul Play	Dark	Physical	95	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

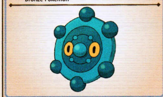
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Bronzor

Bronze Pokémon



National Pokédex	436	STEEL
Alola Pokédex	—	PSYCHIC

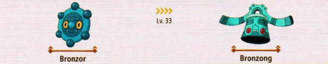
Height: 1'08" | **Weight: 133.4 lbs.**

Gender unknown

X: Ancient people believed that the pattern on Bronzor's back contained a mysterious power.

Y: Implements shaped like it were discovered in ancient tombs. It is unknown if they are related.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate
Heatproof

HIDDEN ABILITY

Heavy Metal

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆◆
SPEED	◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
! FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
! GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
5	Hypnosis	Psychic	Status	—	60	20	Normal
9	Imprison	Psychic	Status	—	—	10	Self
11	Confuse Ray	Ghost	Status	—	100	10	Normal
15	Psywave	Psychic	Special	—	100	15	Normal
19	Iron Defense	Steel	Status	—	—	15	Self
21	Feint Attack	Dark	Physical	60	—	20	Normal
25	Safeguard	Normal	Status	—	—	25	Your Side
29	Future Sight	Psychic	Special	120	100	10	Normal
31	Metal Sound	Steel	Status	—	85	40	Normal
35	Gyro Ball	Steel	Physical	—	100	5	Normal
39	Extrasensory	Psychic	Special	80	100	20	Normal
41	Payback	Dark	Physical	50	100	10	Normal
45	Heal Block	Psychic	Status	—	100	15	Many Others
49	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

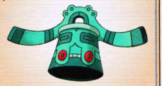
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Bronzong

Bronze Bell Pokémon



National Pokédex	437	STEEL
Alola Pokédex	—	PSYCHIC

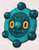
Height: 4'03" | Weight: 412.3 lbs.

Gender unknown

In ages past, this Pokémon was revered as a bringer of rain. It was found buried in the ground.

Ancient people believed that petitioning Bronzong for rain was the way to make crops grow.

EVOLUTION



Bronzor

>>>> Lv. 33

Bronzong

MAIN WAY TO OBTAIN

Obtain a Bronzor, then level it up to Lv. 33 or higher to evolve it into Bronzong.

ABILITY

Levitate
Heatproof

HIDDEN ABILITY

Heavy Metal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
! FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
! GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Block	Normal	Status	—	—	5	Normal
1	Sunny Day	Fire	Status	—	—	5	Both Sides
1	Rain Dance	Water	Status	—	—	5	Both Sides
1	Tackle	Normal	Physical	40	100	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Imprison	Psychic	Status	—	—	10	Self
5	Hypnosis	Psychic	Status	—	60	20	Normal
9	Imprison	Psychic	Status	—	—	10	Self
11	Confuse Ray	Ghost	Status	—	100	10	Normal
15	Psywave	Psychic	Special	—	100	15	Normal
19	Iron Defense	Steel	Status	—	—	15	Self
21	Feint Attack	Dark	Physical	60	—	20	Normal
25	Safeguard	Normal	Status	—	—	25	Your Side
29	Future Sight	Psychic	Special	120	100	10	Normal
31	Metal Sound	Steel	Status	—	85	40	Normal
36	Gyro Ball	Steel	Physical	—	100	5	Normal
42	Extrasensory	Psychic	Special	80	100	20	Normal
46	Payback	Dark	Physical	50	100	10	Normal
52	Heal Block	Psychic	Status	—	100	15	Many Others
58	Heavy Slam	Steel	Physical	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

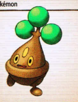
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

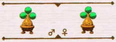
✓ Bonsly

Bonsai Pokémon



National Pokédex	438	ROCK
Alola Pokédex	037	

Height: 1'08" | Weight: 33.1 lbs.



Same form for male/female

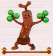
It discharges moisture from its eyes, making it look like it's crying—apparently an effective way of getting enemies to let down their guard.

If its body gets too damp, it will die. So, in a process reminiscent of sweating, its eyes expel moisture.

EVOLUTION

Bonsly

>>>> Level up when it knows Mimic*



Sudowoodo (p. 137)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the south side of Route 1, accessible with Tauros Charge.

ABILITY

Sturdy
Rock Head

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fake Tears	Dark	Status	—	100	20	Normal
1	Copycat	Normal	Status	—	—	20	Self
5	Flail	Normal	Physical	—	100	15	Normal
8	Low Kick	Fighting	Physical	—	100	20	Normal
12	Rock Throw	Rock	Physical	50	90	15	Normal
15	Mimic	Normal	Status	—	—	10	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Tearful Look	Normal	Status	—	—	20	Normal
26	Rock Tomb	Rock	Physical	60	95	15	Normal
29	Block	Normal	Status	—	—	5	Normal
33	Rock Slide	Rock	Physical	75	90	10	Many Others
36	Counter	Fighting	Physical	—	100	20	Varies
40	Sucker Punch	Dark	Physical	70	100	5	Normal
43	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

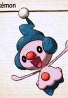
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Self-Destruct	Normal	Physical	200	100	5	Adjacent
Headbutt	Normal	Physical	70	100	15	Normal
Harden	Normal	Status	—	—	30	Self
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Sand Tomb	Ground	Physical	35	85	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Curse	Ghost	Status	—	—	10	Varies
Endure	Normal	Status	—	—	10	Self

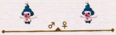
*If you wish to teach Bonsly the move Mimic, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Mime Jr.

Mime Pokémon



National Pokédex 439
Alola Pokédex 059
PSYCHIC FAIRY
Height: 2'00" | Weight: 28.7 lbs.

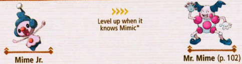


♂ ♀
Same form for male/female

It does its absolute best to mimic the movements and expressions of its opponents, but it's still not very good at it.

When this gifted mimic surprises an opponent, Mime Jr. feels so happy that it ends up forgetting it was imitating something.

EVOLUTION


Level up when it knows Mimic*
Mime Jr.
Mr. Mime (p. 102)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Hau'oli City, especially on the west side.

ABILITY

Soundproof
Filter

HIDDEN ABILITY

Technician

SPECIES STRENGTHS

HP	◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	! GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×1
! POISON	×2	! STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tickle	Normal	Status	—	100	20	Normal
1	Barrier	Psychic	Status	—	—	20	Self
1	Pound	Normal	Physical	40	100	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
4	Copycat	Normal	Status	—	—	20	Self
8	Meditate	Psychic	Status	—	—	40	Self
11	Double Slap	Normal	Physical	15	85	10	Normal
15	Mimic	Normal	Status	—	—	10	Normal
18	Encore	Normal	Status	—	100	5	Normal
22	Light Screen	Psychic	Status	—	—	30	Your Side
22	Reflect	Psychic	Status	—	—	20	Your Side
25	Psybeam	Psychic	Special	65	100	20	Normal
29	Substitute	Normal	Status	—	—	10	Self
32	Recycle	Normal	Status	—	—	10	Self
36	Trick	Psychic	Status	—	100	10	Normal
39	Psychic	Psychic	Special	90	100	10	Normal
43	Role Play	Psychic	Status	—	—	10	Normal
46	Baton Pass	Normal	Status	—	—	40	Self
50	Safeguard	Normal	Status	—	—	25	Your Side

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

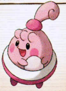
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Future Sight	Psychic	Special	120	100	10	Normal
Hypnosis	Psychic	Status	—	60	20	Normal
Mimic	Normal	Status	—	—	10	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Wake-Up Slap	Fighting	Physical	70	100	10	Normal
Teeter Dance	Normal	Status	—	100	20	Adjacent
Healing Wish	Psychic	Status	—	—	10	Self
Charm	Fairy	Status	—	100	20	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Power Split	Psychic	Status	—	—	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Psychic Terrain	Psychic	Status	—	—	10	Both Sides

*If you wish to teach Mime Jr. the move Mimic, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Happiny

Playhouse Pokémon



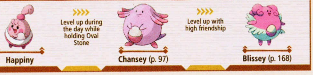
National Pokédex 440
Alola Pokédex 039
NORMAL
Height: 2'00" | Weight: 53.8 lbs.
Oval Stone

♂ ♀
Female only

Usually it's a well-behaved Pokémon, but if you take its round rock away, it will cry and fuss and throw a big old tantrum.

When it sees something round and white, Happiny puts it into the pouch on its stomach. It sometimes becomes overloaded and can't move.

EVOLUTION


Level up during the day while holding Oval Stone
Level up with high friendship
Happiny
Chansey (p. 97)
Blissey (p. 168)

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Bonsly or Munchlax on Route 1.

ABILITY

Natural Cure
Serene Grace

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆
SP. DEF	◆◆◆
SPEED	◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Charm	Fairy	Status	—	100	20	Normal
5	Copycat	Normal	Status	—	—	20	Self
9	Refresh	Normal	Status	—	—	20	Self
12	Sweet Kiss	Fairy	Status	—	75	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

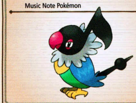
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Present	Normal	Physical	—	90	15	Normal
Metronome	Normal	Status	—	—	10	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Aromatherapy	Grass	Status	—	—	5	Your Party
Counter	Fighting	Physical	—	100	20	Varies
Helping Hand	Normal	Status	—	—	20	1 Ally
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Mud Bomb	Ground	Special	65	85	10	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self

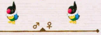
✓ Chatot

Music Note Pokémon



National Pokédex	441	NORMAL
Alola Pokédex	—	FLYING

Height: 1'08" | Weight: 4.2 lbs.



♂ ♀

Same form for male/female

X: It mimics the cries of other Pokémon to trick them into thinking it's one of them. This way they won't attack it.

Y: It can learn and speak human words. If they gather, they all learn the same saying.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Keen Eye
Tangled Feet

HIDDEN ABILITY

Big Pecks

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hyper Voice	Normal	Special	90	100	10	Many Others
1	Chatter	Flying	Special	65	100	20	Normal
1	Confide	Normal	Status	—	—	20	Normal
1	Taunt	Dark	Status	—	100	20	Normal
1	Peck	Flying	Physical	35	100	35	Normal
5	Growl	Normal	Status	—	100	40	Many Others
9	Mirror Move	Flying	Status	—	—	20	Normal
13	Sing	Normal	Status	—	55	15	Normal
17	Fury Attack	Normal	Physical	15	85	20	Normal
21	Chatter	Flying	Special	65	100	20	Normal
25	Taunt	Dark	Status	—	100	20	Normal
29	Round	Normal	Special	60	100	15	Normal
33	Mimic	Normal	Status	—	—	10	Normal
37	Echoed Voice	Normal	Special	40	100	15	Normal
41	Roost	Flying	Status	—	—	10	Self
45	Uproar	Normal	Special	90	100	10	1 Random
49	Synchronoise	Psychic	Special	120	100	10	Adjacent
50	Feather Dance	Flying	Status	—	100	15	Normal
57	Hyper Voice	Normal	Special	90	100	10	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

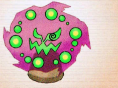
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Encore	Normal	Status	—	100	5	Normal
Night Shade	Ghost	Special	—	100	15	Normal
Agility	Psychic	Status	—	—	30	Self
Nasty Plot	Dark	Status	—	—	20	Self
Supersonic	Normal	Status	—	55	20	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal
Air Cutter	Flying	Special	60	95	25	Many Others
Boomburst	Normal	Special	140	100	10	Adjacent

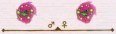
✓ Spiritomb

Forbidden Pokémon



National Pokédex	442	GHOST
Alola Pokédex	—	DARK

Height: 3'03" | Weight: 238.1 lbs.



♂ ♀

Same form for male/female

X: A Pokémon that was formed by 108 spirits. It is bound to a fissure in an odd keystone.

Y: It was bound to a fissure in an odd keystone as punishment for misdeeds 500 years ago.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Pressure

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Curse	Ghost	Status	—	—	10	Varies
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Spite	Ghost	Status	—	100	10	Normal
1	Shadow Sneak	Ghost	Physical	40	100	30	Normal
7	Feint Attack	Dark	Physical	60	—	20	Normal
13	Hypnosis	Psychic	Status	—	60	20	Normal
19	Dream Eater	Psychic	Special	100	100	15	Normal
25	Ominous Wind	Ghost	Special	60	100	5	Normal
31	Sucker Punch	Dark	Physical	70	100	5	Normal
37	Nasty Plot	Dark	Status	—	—	20	Self
43	Memento	Dark	Status	—	100	10	Normal
49	Dark Pulse	Dark	Special	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

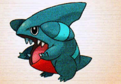
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

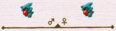
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Destiny Bond	Ghost	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Smokescreen	Normal	Status	—	100	20	Normal
Imprison	Psychic	Status	—	—	10	Self
Grudge	Ghost	Status	—	—	5	Self
Shadow Sneak	Ghost	Physical	40	100	30	Normal
Captivate	Normal	Status	—	100	20	Many Others
Nightmare	Ghost	Status	—	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Disable	Normal	Status	—	100	20	Normal

✓ Gible

Land Shark Pokémon



National Pokédex 443
Alola Pokédex 307
DRAGON
GROUND
Height: 2'04" | Weight: 45.2 lbs.

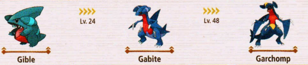

♂ ♀

The male has a notch in its back fin. The female has no notch in its back fin.

It reacts to anything that moves—flies right at it and bites it. Sometimes it injures itself, but it doesn't care too much.

Its original home is an area much hotter than Alola. If you're planning to live with one, your heating bill will soar.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Gabite or Garchomp, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Sand Veil

HIDDEN ABILITY

Rough Skin

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Sand Attack	Ground	Status	—	100	15	Normal
7	Dragon Rage	Dragon	Special	—	100	10	Normal
13	Sandstorm	Rock	Status	—	—	10	Both Sides
15	Take Down	Normal	Physical	90	85	20	Normal
19	Sand Tomb	Ground	Physical	35	85	15	Normal
25	Slash	Normal	Physical	70	100	20	Normal
27	Dragon Claw	Dragon	Physical	80	100	15	Normal
31	Dig	Ground	Physical	80	100	10	Normal
37	Dragon Rush	Dragon	Physical	100	75	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

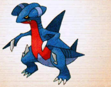
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

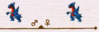
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Breath	Dragon	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Twister	Dragon	Special	40	100	20	Many Others
Scary Face	Normal	Status	—	100	10	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Metal Claw	Steel	Physical	50	95	35	Normal
Sand Tomb	Ground	Physical	35	85	15	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

✓ Gabite

Cave Pokémon



National Pokédex 444
Alola Pokédex 308
DRAGON
GROUND
Height: 4'07" | Weight: 123.5 lbs.

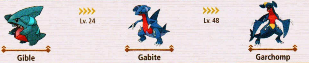

♂ ♀

The male has a notch in its back fin. The female has no notch in its back fin.

It loves shiny things. When it finds a Sableye trying to catch a Carbink, Gabite becomes furiously angry and attacks the Sableye.

It sheds its skin and gradually grows larger. Its scales can be ground into a powder and used as raw materials for traditional medicine.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally during a sandstorm in the Haina Desert.

ABILITY

Sand Veil

HIDDEN ABILITY

Rough Skin

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dual Chop	Dragon	Physical	40	90	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
3	Sand Attack	Ground	Status	—	100	15	Normal
7	Dragon Rage	Dragon	Special	—	100	10	Normal
13	Sandstorm	Rock	Status	—	—	10	Both Sides
15	Take Down	Normal	Physical	90	85	20	Normal
19	Sand Tomb	Ground	Physical	35	85	15	Normal
28	Slash	Normal	Physical	70	100	20	Normal
33	Dragon Claw	Dragon	Physical	80	100	15	Normal
40	Dig	Ground	Physical	80	100	10	Normal
49	Dragon Rush	Dragon	Physical	100	75	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

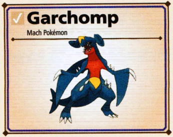
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Garchomp

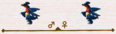
Mach Pokémon



National Pokédex	445	DRAGON	
Alola Pokédex	309	GROUND	
Height: 6'03"		Weight: 209.4 lbs.	

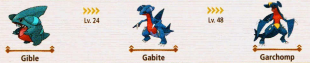
It flies at the speed of sound while searching for prey, and it has midair battles with Salamence as the two compete for food.

Its fine scales don't just reduce wind resistance—their sharp edges also cause injury to any opponent who attacks it.



The male has a notch in its back fin. The female has no notch in its back fin.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Gabite, then level it up to Lv. 48 or higher to evolve it into Garchomp.

ABILITY

Sand Veil

HIDDEN ABILITY

Rough Skin

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Crunch	Dark	Physical	80	100	15	Normal
1	Dual Chop	Dragon	Physical	40	90	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
1	Sandstorm	Rock	Status	—	—	10	Both Sides
3	Sand Attack	Ground	Status	—	100	15	Normal
7	Dragon Rage	Dragon	Special	—	100	10	Normal
13	Sandstorm	Rock	Status	—	—	10	Both Sides
15	Take Down	Normal	Physical	90	85	20	Normal
19	Sand Tomb	Ground	Physical	35	85	15	Normal
28	Slash	Normal	Physical	70	100	20	Normal
33	Dragon Claw	Dragon	Physical	80	100	15	Normal
40	Dig	Ground	Physical	80	100	10	Normal
55	Dragon Rush	Dragon	Physical	100	75	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

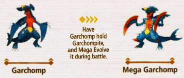
Mega Garchomp

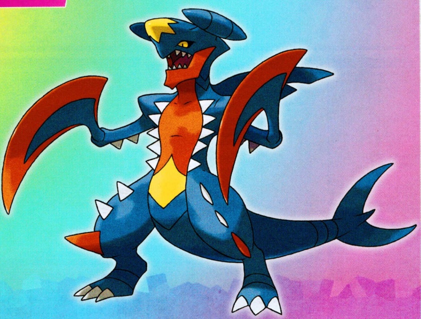
Mach Pokémon

DRAGON GROUND

Height: 6'03"
Weight: 209.4 lbs.

MEGA EVOLUTION


Garchomp
Have Garchomp hold Garchompite, and Mega Evolve it during battle.
Mega Garchomp



Same form for male/female

ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Damage taken in normal battles

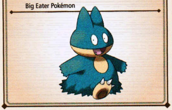
NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

Required Mega Stone

Garchompite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Munchlax

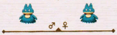
Big Eater Pokémon



National Pokédex	446	NORMAL
Alola Pokédex	042	

Height: 2'00" | Weight: 231.5 lbs.

Leftovers



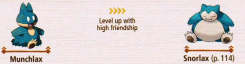
♂ ♀

Same form for male/female

It hides food under its long fur, but it sometimes forgets about it and causes a stinky disturbance.

Anything that looks edible, Munchlax will go on and swallow whole. Its stomach is tough enough to handle it even if the food has gone rotten.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the south side of Route 1, accessible with Tauros Charge. Or leave a Snorlax holding a Full Incense at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Pickup
Thick Fat

HIDDEN ABILITY

Gluttony

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
! ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Last Resort	Normal	Physical	140	100	5	Normal
1	Recycle	Normal	Status	—	—	10	Self
1	Lick	Ghost	Physical	30	100	30	Normal
1	Metronome	Normal	Status	—	—	10	Self
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
4	Defense Curl	Normal	Status	—	—	40	Self
9	Amnesia	Psychic	Status	—	—	20	Self
12	Lick	Ghost	Physical	30	100	30	Normal
17	Chip Away	Normal	Physical	70	100	20	Normal
20	Screech	Normal	Status	—	85	40	Normal
25	Body Slam	Normal	Physical	85	100	15	Normal
28	Stockpile	Normal	Status	—	—	20	Self
33	Swallow	Normal	Status	—	—	10	Self
36	Rollout	Rock	Physical	30	90	20	Normal
41	Fling	Dark	Physical	—	100	10	Normal
44	Belly Drum	Normal	Status	—	—	10	Self
49	Natural Gift	Normal	Physical	—	100	15	Normal
50	Snatch	Dark	Status	—	—	10	Self
57	Last Resort	Normal	Physical	140	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

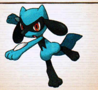
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Lick	Ghost	Physical	30	100	30	Normal
Charm	Fairy	Status	—	100	20	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Whirlwind	Normal	Status	—	—	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Counter	Fighting	Physical	—	100	20	Varies
Natural Gift	Normal	Physical	—	100	15	Normal
After You	Normal	Status	—	—	15	Normal
Self-Destruct	Normal	Physical	200	100	5	Adjacent
Belch	Poison	Special	120	90	10	Normal

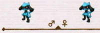
✓ Riolu

Emanation Pokémon



National Pokédex	447	FIGHTING
Alola Pokédex	377	

Height: 2'04" | Weight: 44.5 lbs.



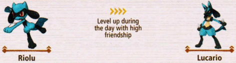
♂ ♀

Same form for male/female

It knows how people and Pokémon feel by looking at their auras. It doesn't approach dangerous opponents.

It uses waves called auras to communicate with others of its kind. It doesn't make any noise during this time, so its enemies can't detect it.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass during the day in Poni Grove.

ABILITY

Steadfast
Inner Focus

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Foresight	Normal	Status	—	—	40	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Endure	Normal	Status	—	—	10	Self
6	Counter	Fighting	Physical	—	100	20	Varies
11	Feint	Normal	Physical	30	100	10	Normal
15	Force Palm	Fighting	Physical	60	100	10	Normal
19	Copycat	Normal	Status	—	—	20	Self
24	Screech	Normal	Status	—	85	40	Normal
29	Reversal	Fighting	Physical	—	100	15	Normal
47	Nasty Plot	Dark	Status	—	—	20	Self
50	Final Gambit	Fighting	Special	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

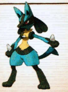
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Cross Chop	Fighting	Physical	100	80	5	Normal
Detect	Fighting	Status	—	—	5	Self
Bite	Dark	Physical	60	100	25	Normal
Mind Reader	Normal	Status	—	—	5	Normal
Sky Uppercut	Fighting	Physical	85	90	15	Normal
High Jump Kick	Fighting	Physical	130	90	10	Normal
Agility	Psychic	Status	—	—	30	Self
Vacuum Wave	Fighting	Special	40	100	30	Normal
Crunch	Dark	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Blaze Kick	Fire	Physical	85	90	10	Normal
Bullet Punch	Steel	Physical	40	100	30	Normal
Follow Me	Normal	Status	—	—	20	Self
Circle Throw	Fighting	Physical	60	90	10	Normal
Meteor Mash	Steel	Physical	90	90	10	Normal

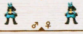
✓ Lucario

Aura Pokémon



National Pokédex	448	FIGHTING
Alola Pokédex	378	STEEL

Height: 3'11" | Weight: 119.0 lbs.

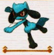


Same form for male/female

It concentrates its mental energy and fires off mysterious waves called auras, which can crush boulders of large size to dust.

Lucario reads its opponent's feelings with its aura waves. It finds out things it would rather not know, so it gets stressed out easily.

EVOLUTION



Riolu

Level up during the day with high friendship

Lucario

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Riolu in Poni Grove during the day. Or obtain a Riolu, then level it up during the day with high friendship.

ABILITY

Steadfast
Inner Focus

HIDDEN ABILITY

Justified

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.25
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×0.5
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aura Sphere	Fighting	Special	80	—	20	Normal
1	Laser Focus	Normal	Status	—	—	30	Self
1	Foresight	Normal	Status	—	—	40	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Detect	Fighting	Status	—	—	5	Self
1	Metal Claw	Steel	Physical	50	95	35	Normal
6	Counter	Fighting	Physical	—	100	20	Varies
11	Feint	Normal	Physical	30	100	10	Normal
15	Power-Up Punch	Fighting	Physical	40	100	20	Normal
19	Swords Dance	Normal	Status	—	—	20	Self
24	Metal Sound	Steel	Status	—	85	40	Normal
29	Bone Rush	Ground	Physical	25	90	10	Normal
33	Quick Guard	Fighting	Status	—	—	15	Your Side
37	Me First	Normal	Status	—	—	20	Varies
42	Work Up	Normal	Status	—	—	30	Self
47	Calm Mind	Psychic	Status	—	—	20	Self
51	Heal Pulse	Psychic	Status	—	—	10	Normal
55	Close Combat	Fighting	Physical	120	100	5	Normal
60	Dragon Pulse	Dragon	Special	85	100	10	Normal
65	Extreme Speed	Normal	Physical	80	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aura Sphere	Fighting	Special	80	—	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

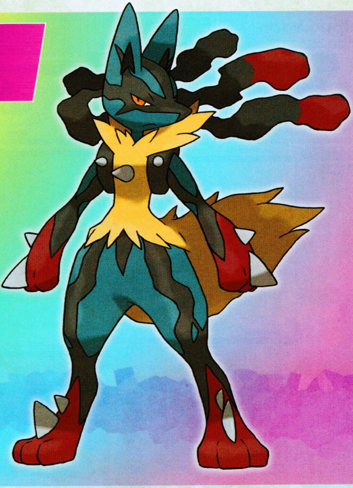
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Lucario

Aura Pokémon

FIGHTING STEEL

Height: 4'03"
Weight: 126.8 lbs.



MEGA EVOLUTION

Lucario

Have Lucario hold Lucarionite, and Mega Evolve it during battle.

Mega Lucario

Same form for male/female

ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

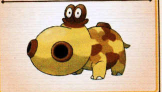
NORMAL	×0.5	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.25
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×0.5
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×1

Required Mega Stone

Lucarionite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

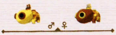
✓ Hippopotas

Hippo Pokémon



National Pokédex	449	GROUND
Alola Pokédex	—	

Height: 2'07" | Weight: 109.1 lbs.

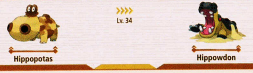


The male's body is mainly beige. The female's body is mainly brown.

X: It lives in arid places. Instead of perspiration, it expels grainy sand from its body.

Y: It enshrouds itself with sand to protect itself from germs. It does not enjoy getting wet.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Hippowdon, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Sand Stream

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
13	Yawn	Normal	Status	—	—	10	Normal
19	Take Down	Normal	Physical	90	85	20	Normal
19	Dig	Ground	Physical	80	100	10	Normal
25	Sand Tomb	Ground	Physical	35	85	15	Normal
31	Crunch	Dark	Physical	80	100	15	Normal
37	Earthquake	Ground	Physical	100	100	10	Adjacent
44	Double-Edge	Normal	Physical	120	100	15	Normal
50	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

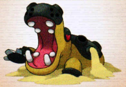
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Curse	Ghost	Status	—	—	10	Varies
Slack Off	Normal	Status	—	—	10	Self
Body Slam	Normal	Physical	85	100	15	Normal
Sand Tomb	Ground	Physical	35	85	15	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Whirlwind	Normal	Status	—	—	20	Normal

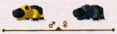
✓ Hippowdon

Heavyweight Pokémon



National Pokédex	450	GROUND
Alola Pokédex	—	

Height: 6'07" | Weight: 661.4 lbs.

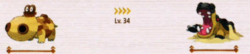


The male has a brownish body. The female has a blackish body.

X: It brandishes its gaping mouth in a display of fearsome strength. It raises vast quantities of sand while attacking.

Y: It blasts internally stored sand from ports on its body to create a towering twister for attack.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a yellow warp hole while using Ultra Warp Ride.

ABILITY

Sand Stream

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Yawn	Normal	Status	—	—	10	Normal
7	Bite	Dark	Physical	60	100	25	Normal
13	Yawn	Normal	Status	—	—	10	Normal
19	Take Down	Normal	Physical	90	85	20	Normal
19	Dig	Ground	Physical	80	100	10	Normal
25	Sand Tomb	Ground	Physical	35	85	15	Normal
31	Crunch	Dark	Physical	80	100	15	Normal
40	Earthquake	Ground	Physical	100	100	10	Adjacent
50	Double-Edge	Normal	Physical	120	100	15	Normal
60	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

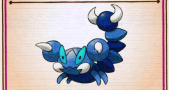
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

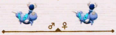
✓ Skorupi

Scorpion Pokémon



National Pokédex	451	POISON
Alola Pokédex	—	BUG

Height: 2'07" | Weight: 26.5 lbs.

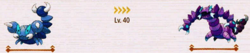


Same form for male/female

It grips prey with its tail claws and injects poison. It tenaciously hangs on until the poison takes.

It burrows under the sand to lie in wait for prey. Its tail claws can inject its prey with a savage poison.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Drapion, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Battle Armor
Sniper

HIDDEN ABILITY

Keen Eye

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Bug
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bite	Dark	Physical	60	100	25	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Knock Off	Dark	Physical	65	100	20	Normal
9	Pin Missile	Bug	Physical	25	95	20	Normal
13	Acupressure	Normal	Status	—	—	30	Self/Ally
16	Pursuit	Dark	Physical	40	100	20	Normal
20	Bug Bite	Bug	Physical	60	100	20	Normal
23	Poison Fang	Poison	Physical	50	100	15	Normal
27	Venoshock	Poison	Special	65	100	10	Normal
30	Hone Claws	Dark	Status	—	—	15	Self
34	Toxic Spikes	Poison	Status	—	—	20	Other Side
38	Night Slash	Dark	Physical	70	100	15	Normal
41	Scary Face	Normal	Status	—	100	10	Normal
45	Crunch	Dark	Physical	80	100	15	Normal
47	Fell Stinger	Bug	Physical	50	100	25	Normal
49	Cross Poison	Poison	Physical	70	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

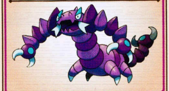
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Feint Attack	Dark	Physical	60	—	20	Normal
Screech	Normal	Status	—	85	40	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Slash	Normal	Physical	70	100	20	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Whirlwind	Normal	Status	—	—	20	Normal
Agility	Psychic	Status	—	—	30	Self
Pursuit	Dark	Physical	40	100	20	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Twineedle	Bug	Physical	25	100	20	Normal
Poison Tail	Poison	Physical	50	100	25	Normal

✓ Drapion

Ogre Scorpion Pokémon



National Pokédex	452	POISON
Alola Pokédex	—	DARK

Height: 4'03" | Weight: 135.6 lbs.

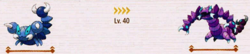
Poison Barb

Same form for male/female

It takes pride in its strength. Even though it can tear foes apart, it finishes them off with powerful poison.

It has the power in its clawed arms to make scrap of a car. The tips of its claws release poison.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a green warp hole while using Ultra Warp Ride.

ABILITY

Battle Armor
Sniper

HIDDEN ABILITY

Keen Eye

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Bug
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Knock Off	Dark	Physical	65	100	20	Normal
5	Knock Off	Dark	Physical	65	100	20	Normal
9	Pin Missile	Bug	Physical	25	95	20	Normal
13	Acupressure	Normal	Status	—	—	30	Self/Ally
16	Pursuit	Dark	Physical	40	100	20	Normal
20	Bug Bite	Bug	Physical	60	100	20	Normal
23	Poison Fang	Poison	Physical	50	100	15	Normal
27	Venoshock	Poison	Special	65	100	10	Normal
30	Hone Claws	Dark	Status	—	—	15	Self
34	Toxic Spikes	Poison	Status	—	—	20	Other Side
38	Night Slash	Dark	Physical	70	100	15	Normal
43	Scary Face	Normal	Status	—	100	10	Normal
49	Crunch	Dark	Physical	80	100	15	Normal
53	Fell Stinger	Bug	Physical	50	100	25	Normal
57	Cross Poison	Poison	Physical	70	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

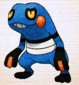
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

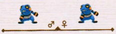
✓ Croagunk

Toxic Mouth Pokémon



National Pokédex 453 | POISON
Alola Pokédex — | FIGHTING

Height: 2'04" | **Weight:** 50.7 lbs.

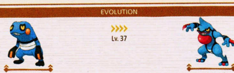


The male's stripes on its abdomen are located lower. The female's stripes on its abdomen are located higher.

X: Its cheeks hold poison sacs. It tries to catch foes off guard to jab them with toxic fingers.

Y: Inflating its poison sacs, it fills the area with an odd sound and hits flinching opponents with a poison jab.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Anticipation
Dry Skin

HIDDEN ABILITY

Poison Touch

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×4
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Astonish	Ghost	Physical	30	100	15	Normal
3	Mud-Slap	Ground	Special	20	100	10	Normal
8	Poison Sting	Poison	Physical	15	100	35	Normal
10	Taunt	Dark	Status	—	100	20	Normal
15	Pursuit	Dark	Physical	40	100	20	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
22	Revenge	Fighting	Physical	60	100	10	Normal
24	Swagger	Normal	Status	—	85	15	Normal
29	Mud Bomb	Ground	Special	65	85	10	Normal
31	Sucker Punch	Dark	Physical	70	100	5	Normal
36	Venoshock	Poison	Special	65	100	10	Normal
38	Nasty Plot	Dark	Status	—	—	20	Self
43	Poison Jab	Poison	Physical	80	100	20	Normal
45	Sludge Bomb	Poison	Special	90	100	10	Normal
47	Belch	Poison	Special	120	90	10	Normal
50	Flatter	Dark	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

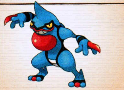
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Me First	Normal	Status	—	—	20	Varies
Feint	Normal	Physical	30	100	10	Normal
Dynamic Punch	Fighting	Physical	100	50	5	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Vacuum Wave	Fighting	Special	40	100	30	Normal
Meditate	Psychic	Status	—	—	40	Self
Fake Out	Normal	Physical	40	100	10	Normal
Wake-Up Slap	Fighting	Physical	70	100	10	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Cross Chop	Fighting	Physical	100	80	5	Normal
Bullet Punch	Steel	Physical	40	100	30	Normal
Counter	Fighting	Physical	—	100	20	Varies
Drain Punch	Fighting	Physical	75	100	10	Normal
Acupressure	Normal	Status	—	—	30	Self/Ally
Quick Guard	Fighting	Status	—	—	15	Your Side

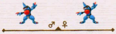
✓ Toxicroak

Toxic Mouth Pokémon



National Pokédex 454 | POISON
Alola Pokédex — | FIGHTING

Height: 4'03" | **Weight:** 97.9 lbs.

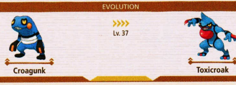


The male has a bigger throat sac. The female has a smaller throat sac.

X: It has a poison sac at its throat. When it croaks, the stored poison is churned for greater potency.

Y: Its knuckle claws secrete a toxin so vile that even a scratch could prove fatal.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Croagunk, then level it up to Lv. 37 or higher to evolve it into Toxicroak.

ABILITY

Anticipation
Dry Skin

HIDDEN ABILITY

Poison Touch

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×4
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
3	Mud-Slap	Ground	Special	20	100	10	Normal
8	Poison Sting	Poison	Physical	15	100	35	Normal
10	Taunt	Dark	Status	—	100	20	Normal
15	Pursuit	Dark	Physical	40	100	20	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
22	Revenge	Fighting	Physical	60	100	10	Normal
24	Swagger	Normal	Status	—	85	15	Normal
29	Mud Bomb	Ground	Special	65	85	10	Normal
31	Sucker Punch	Dark	Physical	70	100	5	Normal
36	Venoshock	Poison	Special	65	100	10	Normal
41	Nasty Plot	Dark	Status	—	—	20	Self
49	Poison Jab	Poison	Physical	80	100	20	Normal
54	Sludge Bomb	Poison	Special	90	100	10	Normal
58	Belch	Poison	Special	120	90	10	Normal
62	Flatter	Dark	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

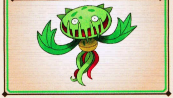
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

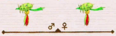
✓ Carnivine

Bug Catcher Pokémon



National Pokédex	455	GRASS
Alola Pokédex	—	

Height: 4'07" | Weight: 59.5 lbs.



♂ ♀

Same form for male/female

X It attracts prey with its sweet-smelling saliva, then chomps down. It takes a whole day to eat prey.

Y It binds itself to trees in marshes. It attracts prey with its sweet-smelling drool and gulps them down.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
! GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bind	Normal	Physical	15	85	20	Normal
1	Growth	Normal	Status	—	—	20	Self
7	Bite	Dark	Physical	60	100	25	Normal
11	Vine Whip	Grass	Physical	45	100	25	Normal
17	Sweet Scent	Normal	Status	—	100	20	Many Others
21	Ingrain	Grass	Status	—	—	20	Self
27	Feint Attack	Dark	Physical	60	—	20	Normal
31	Leaf Tornado	Grass	Special	65	90	10	Normal
37	Stockpile	Normal	Status	—	—	20	Self
37	Spit Up	Normal	Special	—	100	10	Normal
37	Swallow	Normal	Status	—	—	10	Self
41	Crunch	Dark	Physical	80	100	15	Normal
47	Wring Out	Normal	Special	—	100	5	Normal
50	Power Whip	Grass	Physical	120	85	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

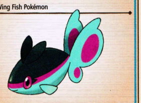
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sleep Powder	Grass	Status	—	75	15	Normal
Stun Spore	Grass	Status	—	75	30	Normal
Razor Leaf	Grass	Physical	55	95	25	Many Others
Slam	Normal	Physical	80	75	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Magical Leaf	Grass	Special	60	—	20	Normal
Leech Seed	Grass	Status	—	90	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Rage Powder	Bug	Status	—	—	20	Self
Grass Whistle	Grass	Status	—	55	15	Normal
Acid Spray	Poison	Special	40	100	20	Normal

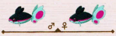
✓ Finneon

Wing Fish Pokémon



National Pokédex	456	WATER
Alola Pokédex	131	

Height: 1'04" | Weight: 15.4 lbs.



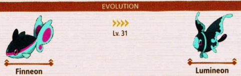
♂ ♀

The lower part of the male's tail fin is smaller. The lower part of the female's tail fin is larger.

When night falls, their pink patterns begin to shine. They're popular with divers, so there are resorts that feed them to keep them close.

It lures in prey with its shining tail fins. It stays near the surface during the day and moves to the depths when night falls.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface in Brooklet Hill's Totem's Den.

ABILITY

Swift Swim
Storm Drain

HIDDEN ABILITY

Water Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
6	Water Gun	Water	Special	40	100	25	Normal
10	Attract	Normal	Status	—	100	15	Normal
13	Rain Dance	Water	Status	—	—	5	Both Sides
17	Gust	Flying	Special	40	100	35	Normal
22	Water Pulse	Water	Special	60	100	20	Normal
26	Captivate	Normal	Status	—	100	20	Many Others
29	Safeguard	Normal	Status	—	—	25	Your Side
33	Aqua Ring	Water	Status	—	—	20	Self
38	Whirlpool	Water	Special	35	85	15	Normal
42	U-turn	Bug	Physical	70	100	20	Normal
45	Bounce	Flying	Physical	85	85	5	Normal
49	Silver Wind	Bug	Special	60	100	5	Normal
54	Soak	Water	Status	—	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

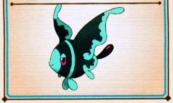
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sweet Kiss	Fairy	Status	—	75	10	Normal
Charm	Fairy	Status	—	100	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Splash	Normal	Status	—	—	40	Self
Psybeam	Psychic	Special	65	100	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Agility	Psychic	Status	—	—	30	Self
Brine	Water	Special	65	100	10	Normal
Aurora Beam	Ice	Special	65	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal

✓ Lumineon

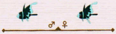
Neon Pokémon



National Pokédex	457
Alola Pokédex	132

WATER

Height: 3'11" | Weight: 52.9 lbs.



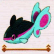
♂ ♀

The male's pectoral fins are shorter on the bottom. The female's pectoral fins are longer on the bottom.

Deep down at the bottom of the ocean, prey is scarce. Lumineon get into fierce disputes with Lanturn over food.

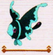
They traverse the deep waters as if crawling over the seafloor. The fantastic lights of its fins shine like stars in the night sky.

EVOLUTION



Finneon

Lv. 31



Lumineon

MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface at Poni Breaker Coast. Or obtain a Finneon, then level it up to Lv. 31 or higher to evolve it into Lumineon.

ABILITY

Swift Swim
Storm Drain

HIDDEN ABILITY

Water Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Soak	Water	Status	—	100	20	Normal
1	Gust	Flying	Special	40	100	35	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Attract	Normal	Status	—	100	15	Normal
6	Water Gun	Water	Special	40	100	25	Normal
10	Attract	Normal	Status	—	100	15	Normal
13	Rain Dance	Water	Status	—	—	5	Both Sides
17	Gust	Flying	Special	40	100	35	Normal
22	Water Pulse	Water	Special	60	100	20	Normal
26	Captivate	Normal	Status	—	100	20	Many Others
29	Safeguard	Normal	Status	—	—	25	Your Side
35	Aqua Ring	Water	Status	—	—	20	Self
42	Whirlpool	Water	Special	35	85	15	Normal
48	U-turn	Bug	Physical	70	100	20	Normal
53	Bounce	Flying	Physical	85	85	5	Normal
59	Silver Wind	Bug	Special	60	100	5	Normal
66	Soak	Water	Status	—	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

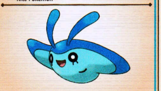
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Mantyke

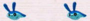
Kite Pokémon



National Pokédex	458
Alola Pokédex	145

WATER
FLYING

Height: 3'03" | Weight: 143.3 lbs.



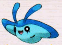
♂ ♀

Same form for male/female

It's highly friendly and easily tamed. Tours that take people swimming with Mantyke are a super-popular beach activity.

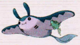
Mantyke are friendly toward people and will approach boats closely. The patterns on their backs differ depending on their habitat.

EVOLUTION



Mantyke

Level up with Remoraid in your party



Mantine (p. 159)

MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface in Melemele Sea.

ABILITY

Swift Swim
Water Absorb

HIDDEN ABILITY

Water Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×4	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Bubble	Water	Special	40	100	30	Many Others
3	Supersonic	Normal	Status	—	55	20	Normal
7	Bubble Beam	Water	Special	65	100	20	Normal
11	Confuse Ray	Ghost	Status	—	100	10	Normal
14	Wing Attack	Flying	Physical	60	100	35	Normal
16	Headbutt	Normal	Physical	70	100	15	Normal
19	Water Pulse	Water	Special	60	100	20	Normal
23	Wide Guard	Rock	Status	—	—	10	Your Side
27	Take Down	Normal	Physical	90	85	20	Normal
32	Agility	Psychic	Status	—	—	30	Self
36	Air Slash	Flying	Special	75	95	15	Normal
39	Aqua Ring	Water	Status	—	—	20	Self
46	Bounce	Flying	Physical	85	85	5	Normal
49	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

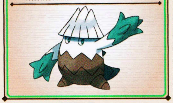
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Twister	Dragon	Special	40	100	20	Many Others
Hydro Pump	Water	Special	110	80	5	Normal
Haze	Ice	Status	—	—	30	Both Sides
Slam	Normal	Physical	80	75	20	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Mirror Coat	Psychic	Special	—	100	20	Varies
Water Sport	Water	Status	—	—	15	Both Sides
Splash	Normal	Status	—	—	40	Self
Signal Beam	Bug	Special	75	100	15	Normal
Wide Guard	Rock	Status	—	—	10	Your Side
Amnesia	Psychic	Status	—	—	20	Self
Tailwind	Flying	Status	—	—	15	Your Side

✓ Snover

Frost Tree Pokémon

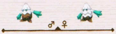


National Pokédex	459	GRASS
Alola Pokédex	—	ICE

Height: 3'03" | Weight: 111.3 lbs.

During cold seasons, it migrates to the mountain's lower reaches. It returns to the snow-covered summit in the spring.

In the spring, it grows berries with the texture of frozen treats around its belly.



The male has less white on its body. The female has more white on its body.

EVOLUTION

Lv. 40
Snover
Abomasnow

MAIN WAY TO OBTAIN

Obtain an Abomasnow, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Snow Warning

HIDDEN ABILITY

Soundproof

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×2	STEEL	×2
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
5	Razor Leaf	Grass	Physical	55	95	25	Many Others
9	Icy Wind	Ice	Special	55	95	15	Many Others
13	Grass Whistle	Grass	Status	—	55	15	Normal
17	Swagger	Normal	Status	—	85	15	Normal
21	Mist	Ice	Status	—	—	30	Your Side
26	Ice Shard	Ice	Physical	40	100	30	Normal
31	Ingrain	Grass	Status	—	—	20	Self
36	Wood Hammer	Grass	Physical	120	100	15	Normal
41	Blizzard	Ice	Special	110	70	5	Many Others
46	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

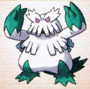
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Leech Seed	Grass	Status	—	90	10	Normal
Magical Leaf	Grass	Special	60	—	20	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Growth	Normal	Status	—	—	20	Self
Double-Edge	Normal	Physical	120	100	15	Normal
Mist	Ice	Status	—	—	30	Your Side
Stomp	Normal	Physical	65	100	20	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Avalanche	Ice	Physical	60	100	10	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Bullet Seed	Grass	Physical	25	100	30	Normal

✓ Abomasnow

Frost Tree Pokémon



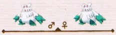
National Pokédex	460	GRASS
Alola Pokédex	—	ICE

Height: 7'03" | Weight: 298.7 lbs.

Never-Melt Ice

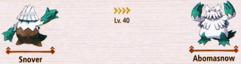
It blankets wide areas in snow by whipping up blizzards. It is also known as "The Ice Monster."

It lives a quiet life on mountains that are perpetually covered in snow. It hides itself by whipping up blizzards.



The male has a shorter fringe on its chest. The female has a longer fringe on its chest.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a yellow warp hole while using Ultra Warp Ride.

ABILITY

Snow Warning

HIDDEN ABILITY

Soundproof

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×2	STEEL	×2
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
1	Icy Wind	Ice	Special	55	95	15	Many Others
5	Razor Leaf	Grass	Physical	55	95	25	Many Others
9	Icy Wind	Ice	Special	55	95	15	Many Others
13	Grass Whistle	Grass	Status	—	55	15	Normal
17	Swagger	Normal	Status	—	85	15	Normal
21	Mist	Ice	Status	—	—	30	Your Side
26	Ice Shard	Ice	Physical	40	100	30	Normal
31	Ingrain	Grass	Status	—	—	20	Self
36	Wood Hammer	Grass	Physical	120	100	15	Normal
47	Blizzard	Ice	Special	110	70	5	Many Others
58	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Abomasnow

Frost Tree Pokémon

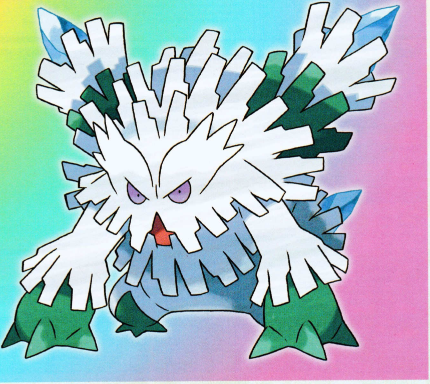
GRASS ICE

Height: 8'10"
Weight: 407.9 lbs.

MEGA EVOLUTION

Have Abomasnow hold Abomasite, and Mega Evolve it during battle.

Abomasnow → Mega Abomasnow



Same form for male/female

ABILITY

Snow Warning

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×2	STEEL	×2
GROUND	×0.5	FAIRY	×1

Required Mega Stone

Abomasite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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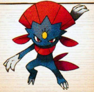
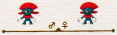
✓ Weavile

Sharp Claw Pokémon



National Pokédex	461	DARK
Alola Pokédex	327	ICE

Height: 3'07" | Weight: 75.0 lbs.



♂ ♀

The male has larger ears. The female has smaller ears.

One Weavile will trip a Sandshrew and flip it over, and then another Weavile will deal the finishing blow with its sharp claws.

Thanks to its increased intelligence, scrapping over food is a thing of the past. A scratch from its claws will give you a case of frostbite!

EVOLUTION

Sneasel (p. 154)

Level up at night while holding Razor Claw

Weavile

MAIN WAY TO OBTAIN

Obtain a Sneasel, then level it up at night while it holds a Razor Claw to evolve it into Weavile.

ABILITY

Pressure

HIDDEN ABILITY

Pickpocket

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×4	DARK	×0.5
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Embargo	Dark	Status	—	100	15	Normal
1	Revenge	Fighting	Physical	60	100	10	Normal
1	Assurance	Dark	Physical	60	100	10	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Taunt	Dark	Status	—	100	20	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
8	Quick Attack	Normal	Physical	40	100	30	Normal
10	Feint Attack	Dark	Physical	60	—	20	Normal
14	Icy Wind	Ice	Special	55	95	15	Many Others
16	Fury Swipes	Normal	Physical	18	80	15	Normal
20	Nasty Plot	Dark	Status	—	—	20	Self
22	Metal Claw	Steel	Physical	50	95	35	Normal
25	Hone Claws	Dark	Status	—	—	15	Self
28	Fling	Dark	Physical	—	100	10	Normal
32	Screech	Normal	Status	—	85	40	Normal
35	Night Slash	Dark	Physical	70	100	15	Normal
40	Snatch	Dark	Status	—	—	10	Self
44	Punishment	Dark	Physical	—	100	5	Normal
47	Dark Pulse	Dark	Special	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

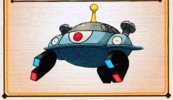
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Magnezone

Magnet Area Pokémon



National Pokédex	462	ELECTRIC
Alola Pokédex	056	STEEL

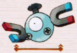
Height: 3'11" | Weight: 396.8 lbs.

Gender unknown

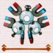
It uses radar to monitor its territory. Intruders are quickly disposed of with a hyper beam.

There are still people who believe that this Pokémon came from outer space. It emanates a powerful magnetic field.

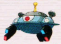
EVOLUTION



Lv. 30



Level up on Blush Mountain / in Vast Poni Canyon



Magnemite (p. 78)
Magneton (p. 79)
Magnezone

MAIN WAY TO OBTAIN

Obtain a Magneton, then level it up on Blush Mountain or in the Vast Poni Canyon to evolve it into Magnezone.

ABILITY

Magnet Pull
Sturdy

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.25
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.25
GROUND	×4	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tri Attack	Normal	Special	80	100	10	Normal
1	Zap Cannon	Electric	Special	120	50	5	Normal
1	Magnetic Flux	Electric	Status	—	—	20	Your Party
1	Mirror Coat	Psychic	Special	—	100	20	Varies
1	Barrier	Psychic	Status	—	—	20	Self
1	Electric Terrain	Electric	Status	—	—	10	Both Sides
1	Tackle	Normal	Physical	40	100	35	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
5	Thunder Shock	Electric	Special	40	100	30	Normal
7	Thunder Wave	Electric	Status	—	90	20	Normal
11	Magnet Bomb	Steel	Physical	60	—	20	Normal
13	Light Screen	Psychic	Status	—	—	30	Your Side
17	Sonic Boom	Normal	Special	—	90	20	Normal
19	Spark	Electric	Physical	65	100	20	Normal
23	Mirror Shot	Steel	Special	65	85	10	Normal
25	Metal Sound	Steel	Status	—	85	40	Normal
29	Electro Ball	Electric	Special	—	100	10	Normal
33	Flash Cannon	Steel	Special	80	100	10	Normal
39	Screech	Normal	Status	—	85	40	Normal
43	Discharge	Electric	Special	80	100	15	Adjacent
49	Lock-On	Normal	Status	—	—	5	Normal
53	Magnet Rise	Electric	Status	—	—	10	Self
59	Gyro Ball	Steel	Physical	—	100	5	Normal
63	Zap Cannon	Electric	Special	120	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Recycle	Normal	Status	—	—	10	Self
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

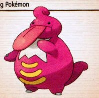
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

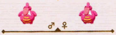
✓ Lickilicky

Licking Pokémon



National Pokédex	463	NORMAL
Alola Pokédex	376	

Height: 5'07" | Weight: 308.6 lbs.



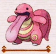
♂ ♀

Same form for male/female

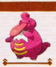
A contest is under way to determine which one can stick its tongue out the farthest. The current record is...more than 82 feet.

It uses its tongue much more skillfully than its hands or its feet. It can deftly pick up a single small bean with its tongue.

EVOLUTION



Level up when it knows Rollout*



Lickitung (p. 94)
Lickilicky

MAIN WAY TO OBTAIN

Obtain a Lickitung, then level it up when it knows the move Rollout to evolve it into Lickilicky.

ABILITY

Own Tempo
Oblivious

HIDDEN ABILITY

Cloud Nine

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wring Out	Normal	Special	—	100	5	Normal
1	Power Whip	Grass	Physical	120	85	10	Normal
1	Lick	Ghost	Physical	30	100	30	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
9	Defense Curl	Normal	Status	—	—	40	Self
13	Knock Off	Dark	Physical	65	100	20	Normal
17	Wrap	Normal	Physical	15	90	20	Normal
21	Stomp	Normal	Physical	65	100	20	Normal
25	Disable	Normal	Status	—	100	20	Normal
29	Slam	Normal	Physical	80	75	20	Normal
33	Rollout	Rock	Physical	30	90	20	Normal
37	Chip Away	Normal	Physical	70	100	20	Normal
41	Me First	Normal	Status	—	—	20	Varies
45	Refresh	Normal	Status	—	—	20	Self
49	Screech	Normal	Status	—	85	40	Normal
53	Power Whip	Grass	Physical	120	85	10	Normal
57	Wring Out	Normal	Special	—	100	5	Normal
61	Gyro Ball	Steel	Physical	—	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

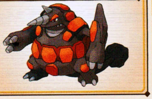
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Lickitung the move Rollout, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

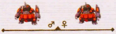
✓ Rhyperior

Drill Pokémon



National Pokédex	464	GROUND
Alola Pokédex	—	ROCK

Height: 7'10" | Weight: 623.5 lbs.

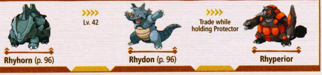


The male has a longer horn on top of its head. The female has a shorter horn on top of its head.

X From holes in its palms, it fires out Geodude. Its carapace can withstand volcanic eruptions.

Y It puts rocks in holes in its palms and uses its muscles to shoot them. Geodude are shot at rare times.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Rhydon and trade it while holding a Protector to evolve it into Rhyperior.

ABILITY

Lightning Rod
Solid Rock

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster
Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
! WATER	×4	BUG	×1
! GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
! ICE	×2	DRAGON	×1
! FIGHTING	×2	DARK	×1
POISON	×0.25	! STEEL	×2
! GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Rock Wrecker	Rock	Physical	150	90	5	Normal
1	Horn Drill	Normal	Physical	—	30	5	Normal
1	Poison Jab	Poison	Physical	80	100	20	Normal
1	Horn Attack	Normal	Physical	65	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
5	Fury Attack	Normal	Physical	15	85	20	Normal
9	Scary Face	Normal	Status	—	100	10	Normal
13	Smack Down	Rock	Physical	50	100	15	Normal
17	Stomp	Normal	Physical	65	100	20	Normal
21	Bulldoze	Ground	Physical	60	100	20	Adjacent
25	Chip Away	Normal	Physical	70	100	20	Normal
29	Rock Blast	Rock	Physical	25	90	10	Normal
33	Drill Run	Ground	Physical	80	95	10	Normal
37	Take Down	Normal	Physical	90	85	20	Normal
41	Stone Edge	Rock	Physical	100	80	5	Normal
48	Earthquake	Ground	Physical	100	100	10	Adjacent
55	Megahorn	Bug	Physical	120	85	10	Normal
62	Horn Drill	Normal	Physical	—	30	5	Normal
69	Rock Wrecker	Rock	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal

◆ EXCLUSIVE Z-MOVE

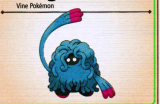
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

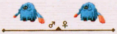
✓ Tangrowth

Vine Pokémon



National Pokédex	465	GRASS
Alola Pokédex	—	

Height: 6'07" | Weight: 283.5 lbs.

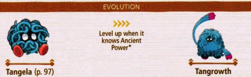


The male has less red on its fingers. The female has more red on its fingers.

X It ensnares prey by extending arms made of vines. Losing arms to predators does not trouble it.

Y Its vines grow so profusely that, in the warm season, you can't even see its eyes.

EVOLUTION


Tangela (p. 97)
Level up when it knows Ancient Power*
Tangrowth

MAIN WAY TO OBTAIN

Obtain a Tangela, then level it up when it knows the move Ancient Power to evolve it into Tangrowth.

ABILITY

Chlorophyll
Leaf Guard

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Block	Normal	Status	—	—	5	Normal
1	Ingrain	Grass	Status	—	—	20	Self
1	Constrict	Normal	Physical	10	100	35	Normal
4	Sleep Powder	Grass	Status	—	75	15	Normal
7	Vine Whip	Grass	Physical	45	100	25	Normal
10	Absorb	Grass	Special	20	100	25	Normal
14	Poison Powder	Poison	Status	—	75	35	Normal
17	Bind	Normal	Physical	15	85	20	Normal
20	Growth	Normal	Status	—	—	20	Self
23	Mega Drain	Grass	Special	40	100	15	Normal
27	Knock Off	Dark	Physical	65	100	20	Normal
30	Stun Spore	Grass	Status	—	75	30	Normal
33	Natural Gift	Normal	Physical	—	100	15	Normal
36	Giga Drain	Grass	Special	75	100	10	Normal
40	Ancient Power	Rock	Special	60	100	5	Normal
43	Slam	Normal	Physical	80	75	20	Normal
46	Tickle	Normal	Status	—	100	20	Normal
49	Wring Out	Normal	Special	—	100	5	Normal
50	Grassy Terrain	Grass	Status	—	—	10	Both Sides
53	Power Whip	Grass	Physical	120	85	10	Normal
56	Block	Normal	Status	—	—	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

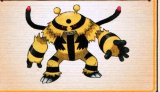
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Tangela the move Ancient Power, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

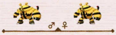
✓ Electivire

Thunderbolt Pokémon



National Pokédex 466 ELECTRIC
Alola Pokédex 297

Height: 5'11" | Weight: 305.6 lbs.

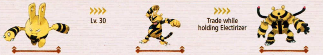


Same form for male/female

It grips its tail, which spews electricity, and then beats down opponents with the power of its electrified fist.

A single Electivire can provide enough electricity for all the buildings in a big city for a year.

EVOLUTION



Elekid (p. 166) **Electabuzz** (p. 103) **Electivire**

MAIN WAY TO OBTAIN

Receive an Electabuzz holding an Electirizer in a trade and it will immediately evolve into Electivire.

ABILITY

Motor Drive

HIDDEN ABILITY

Vital Spirit

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
! ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Electric Terrain	Electric	Status	—	—	10	Both Sides
1	Ion Deluge	Electric	Status	—	—	25	Both Sides
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Low Kick	Fighting	Physical	—	100	20	Normal
5	Thunder Shock	Electric	Special	40	100	30	Normal
8	Low Kick	Fighting	Physical	—	100	20	Normal
12	Swift	Normal	Special	60	—	20	Many Others
15	Shock Wave	Electric	Special	60	—	20	Normal
19	Thunder Wave	Electric	Status	—	90	20	Normal
22	Electro Ball	Electric	Special	—	100	10	Normal
26	Light Screen	Psychic	Status	—	—	30	Your Side
29	Thunder Punch	Electric	Physical	75	100	15	Normal
36	Discharge	Electric	Special	80	100	15	Adjacent
42	Screech	Normal	Status	—	85	40	Normal
49	Thunderbolt	Electric	Special	90	100	15	Normal
55	Thunder	Electric	Special	110	70	10	Normal
62	Giga Impact	Normal	Physical	150	90	5	Normal
65	Electric Terrain	Electric	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

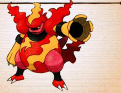
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

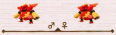
✓ Magmortar

Blast Pokémon



National Pokédex 467 FIRE
Alola Pokédex 202

Height: 5'03" | Weight: 149.9 lbs.

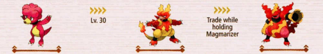


Same form for male/female

There are still quite a few factories that rely on the flames provided by Magmortar to process metals.

Magmortar takes down its enemies by shooting fireballs, which burn them to a blackened crisp. It avoids this method when hunting prey.

EVOLUTION



Magby (p. 167) **Magmar** (p. 104) **Magmortar**

MAIN WAY TO OBTAIN

Receive a Magmar holding a Magmarizer in a trade and it will immediately evolve into Magmortar.

ABILITY

Flame Body

HIDDEN ABILITY

Vital Spirit

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Smog	Poison	Special	30	70	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Smokescreen	Normal	Status	—	100	20	Normal
5	Ember	Fire	Special	40	100	25	Normal
8	Smokescreen	Normal	Status	—	100	20	Normal
12	Feint Attack	Dark	Physical	60	—	20	Normal
15	Fire Spin	Fire	Special	35	85	15	Normal
19	Clear Smog	Poison	Special	50	—	15	Normal
22	Flame Burst	Fire	Special	70	100	15	Normal
26	Confuse Ray	Ghost	Status	—	100	10	Normal
29	Fire Punch	Fire	Physical	75	100	15	Normal
36	Lava Plume	Fire	Special	80	100	15	Adjacent
42	Sunny Day	Fire	Status	—	—	5	Both Sides
49	Flamethrower	Fire	Special	90	100	15	Normal
55	Fire Blast	Fire	Special	110	85	5	Normal
62	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

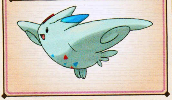
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Togekiss

Jubilee Pokémon



National Pokédex	468	FAIRY
Alola Pokédex	—	FLYING

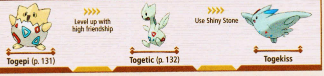
Height: 4'11" | Weight: 83.8 lbs.

Same form for male/female

X As everyone knows, it visits peaceful regions, bringing them gifts of kindness and sweet blessings.

Y It shares many blessings with people who respect one another's rights and avoid needless strife.

EVOLUTION


Level up with high friendship
Use Shiny Stone

Togepi (p. 131) → Togetic (p. 132) → Togekiss

MAIN WAY TO OBTAIN

Find it in the Poni Gauntlet by using Island Scan on Poni Island on a Tuesday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Hustle
Serene Grace

HIDDEN ABILITY

Super Luck

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Flying
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.25	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	After You	Normal	Status	—	—	15	Normal
1	Sky Attack	Flying	Physical	140	90	5	Normal
1	Extreme Speed	Normal	Physical	80	100	5	Normal
1	Aura Sphere	Fighting	Special	80	—	20	Normal
1	Air Slash	Flying	Special	75	95	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Heal Bell	Normal	Status	—	—	5	Your Party
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

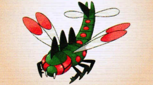
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Yanmega

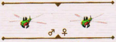
Ogre Darner Pokémon



National Pokédex	469	BUG
Alola Pokédex	—	FLYING

Height: 6'03" | Weight: 113.5 lbs.

Wide Lens

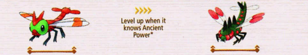


Same form for male/female

X It prefers to battle by biting apart foes' heads instantly while flying by at high speed.

Y This six-legged Pokémon is easily capable of transporting an adult in flight. The wings on its tail help it stay balanced.

EVOLUTION


Level up when it knows Ancient Power*

Yanma (p. 141) → Yanmega

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a red warp hole while using Ultra Warp Ride.

ABILITY

Speed Boost
Tinted Lens

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bug Buzz	Bug	Special	90	100	10	Normal
1	Air Slash	Flying	Special	75	95	15	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Bug Bite	Bug	Physical	60	100	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Foresight	Normal	Status	—	—	40	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Double Team	Normal	Status	—	—	15	Self
6	Quick Attack	Normal	Physical	40	100	30	Normal
11	Double Team	Normal	Status	—	—	15	Self
14	Sonic Boom	Normal	Special	—	90	20	Normal
17	Detect	Fighting	Status	—	—	5	Self
22	Supersonic	Normal	Status	—	55	20	Normal
27	Uproar	Normal	Special	90	100	10	1 Random
30	Pursuit	Dark	Physical	40	100	20	Normal
33	Ancient Power	Rock	Special	60	100	5	Normal
38	Feint	Normal	Physical	30	100	10	Normal
43	Slash	Normal	Physical	70	100	20	Normal
46	Screech	Normal	Status	—	85	40	Normal
49	U-turn	Bug	Physical	70	100	20	Normal
54	Air Slash	Flying	Special	75	95	15	Normal
57	Bug Buzz	Bug	Special	90	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

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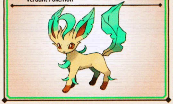
*If you wish to teach Yanma the move Ancient Power, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Leafeon

Verdant Pokémon



National Pokédex	470	GRASS
Alola Pokédex	159	

Height: 3'03" | Weight: 56.2 lbs.

♂ ♀

Same form for male/female

Although it doesn't like disputes, it will sharpen the leaf on its tail into a blade and fight if it has to protect its friends.

It gets its nutrition from photosynthesis. It lives a quiet life deep in forests where clean rivers flow.

EVOLUTION

Eevee (p. 108)

»»» Level up near moss-covered rock in Lush Jungle

Leafeon

MAIN WAY TO OBTAIN

Obtain an Eevee, then level it up near the moss-covered rock in Lush Jungle to evolve it into Leafeon.

ABILITY

Leaf Guard

HIDDEN ABILITY

Chlorophyll

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Grass Whistle	Grass	Status	—	55	15	Normal
20	Magical Leaf	Grass	Special	60	—	20	Normal
25	Giga Drain	Grass	Special	75	100	10	Normal
29	Swords Dance	Normal	Status	—	—	20	Self
33	Synthesis	Grass	Status	—	—	5	Self
37	Sunny Day	Fire	Status	—	—	5	Both Sides
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Leaf Blade	Grass	Physical	90	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Razor Leaf	Grass	Physical	55	95	25	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

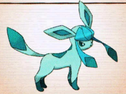
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Glaceon

Fresh Snow Pokémon



National Pokédex	471	ICE
Alola Pokédex	160	

Height: 2'07" | Weight: 57.1 lbs.

♂ ♀

Same form for male/female

It protects itself by freezing its fur into sharp needles. It can drop its body temperature below –75 degrees Fahrenheit.

It can instantaneously freeze any moisture that's around it, creating ice pellets to shoot at its prey.

EVOLUTION

Eevee (p. 108)

»»» Level up near ice-covered rock in Mount Lanakila's cave

Glaceon

MAIN WAY TO OBTAIN

Obtain an Eevee, then level it up near the ice-covered rock in Mount Lanakila's icy cave to evolve it into Glaceon.

ABILITY

Snow Cloak

HIDDEN ABILITY

Ice Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icy Wind	Ice	Special	55	95	15	Many Others
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Bite	Dark	Physical	60	100	25	Normal
20	Ice Fang	Ice	Physical	65	95	15	Normal
25	Ice Shard	Ice	Physical	40	100	30	Normal
29	Barrier	Psychic	Status	—	—	20	Self
33	Mirror Coat	Psychic	Special	—	100	20	Varies
37	Hail	Ice	Status	—	—	10	Both Sides
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Blizzard	Ice	Special	110	70	5	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icy Wind	Ice	Special	55	95	15	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

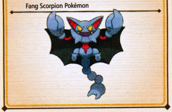
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

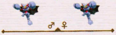
✓ Gliscor

Fang Scorpion Pokémon



National Pokédex 472 GROUND FLYING
Alola Pokédex —

Height: 6'07" | Weight: 93.7 lbs.

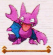


♂ ♀
Same form for male/female

X It observes prey while hanging inverted from branches. When the chance presents itself, it swoops!

Y Its flight is soundless. It uses its lengthy tail to carry off its prey... Then its elongated fangs do the rest.

EVOLUTION



Gligar (p. 148)

Level up with Razor Fang at night

Gliscor

MAIN WAY TO OBTAIN

Obtain a Gligar, then level it up at night in your game while it is holding a Razor Fang to evolve it into Gliscor.

ABILITY

Hyper Cutter
Sand Veil

HIDDEN ABILITY

Poison Heal

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Guillotine	Normal	Physical	—	30	5	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Poison Jab	Poison	Physical	80	100	20	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Knock Off	Dark	Physical	65	100	20	Normal
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Harden	Normal	Status	—	—	30	Self
10	Knock Off	Dark	Physical	65	100	20	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
16	Fury Cutter	Bug	Physical	40	95	20	Normal
19	Feint Attack	Dark	Physical	60	—	20	Normal
22	Acrobatics	Flying	Physical	55	100	15	Normal
27	Night Slash	Dark	Physical	70	100	15	Normal
30	U-turn	Bug	Physical	70	100	20	Normal
35	Screech	Normal	Status	—	85	40	Normal
40	X-Scissor	Bug	Physical	80	100	15	Normal
45	Sky Uppercut	Fighting	Physical	85	90	15	Normal
50	Swords Dance	Normal	Status	—	—	20	Self
55	Guillotine	Normal	Physical	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal

EXCLUSIVE Z-MOVE

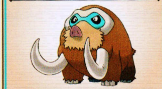
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

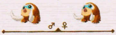
✓ Mamoswine

Twin Tusk Pokémon



National Pokédex 473 ICE GROUND
Alola Pokédex —

Height: 8'02" | Weight: 641.5 lbs.

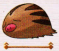


♂ ♀
The male has longer tusks. The female has shorter tusks.

X A frozen Mamoswine was dug from ice dating back 10,000 years. This Pokémon has been around a long, long, long time.

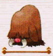
Y Its impressive tusks are made of ice. The population thinned when it turned warm after the ice age.

EVOLUTION



Swinub (p. 156)

Lv. 33



Piloswine (p. 157)

Level up when it knows Ancient Power*

Mamoswine

MAIN WAY TO OBTAIN

Obtain a Piloswine, then level it up when it knows Ancient Power to evolve it into Mamoswine.

ABILITY

Oblivious
Snow Cloak

HIDDEN ABILITY

Thick Fat

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×2	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×0	GHOST	×1
! ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
1	Ancient Power	Rock	Special	60	100	5	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Powder Snow	Ice	Special	40	100	25	Many Others
5	Mud Sport	Ground	Status	—	—	15	Both Sides
8	Powder Snow	Ice	Special	40	100	25	Many Others
11	Mud-Slap	Ground	Special	20	100	10	Normal
14	Endure	Normal	Status	—	—	10	Self
18	Mud Bomb	Ground	Special	65	85	10	Normal
21	Hail	Ice	Status	—	—	10	Both Sides
24	Ice Fang	Ice	Physical	65	95	15	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
33	Double Hit	Normal	Physical	35	90	10	Normal
37	Mist	Ice	Status	—	—	30	Your Side
41	Thrash	Normal	Physical	120	100	10	1 Random
46	Earthquake	Ground	Physical	100	100	10	Adjacent
52	Blizzard	Ice	Special	110	70	5	Many Others
58	Scary Face	Normal	Status	—	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

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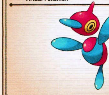
*If you wish to teach Piloswine the move Ancient Power, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Porygon-Z

Virtual Pokémon



National Pokédex 474 NORMAL
Alola Pokédex 283

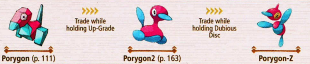
Height: 2'11" | Weight: 75.0 lbs.

Gender unknown

Its behavior is noticeably unstable, which is apparently due to the incompetence of the engineer who updated its programming.

A faulty update was added to its programming. Its behavior is noticeably strange, so the experiment may have been a failure.

EVOLUTION


Trade while holding Up-Grade
Trade while holding Dubious Disc
Porygon (p. 111)
Porygon2 (p. 163)
Porygon-Z

MAIN WAY TO OBTAIN

Receive a Porygon2 holding a Dubious Disc in a trade and it will immediately evolve into Porygon-Z.

ABILITY

Adaptability
Download

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Trick Room	Psychic	Status	—	—	5	Both Sides
1	Zap Cannon	Electric	Special	120	50	5	Normal
1	Magic Coat	Psychic	Status	—	—	15	Self
1	Conversion 2	Normal	Status	—	—	30	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Conversion	Normal	Status	—	—	30	Self
1	Nasty Plot	Dark	Status	—	—	20	Self
7	Psybeam	Psychic	Special	65	100	20	Normal
12	Agility	Psychic	Status	—	—	30	Self
18	Recover	Normal	Status	—	—	10	Self
23	Magnet Rise	Electric	Status	—	—	10	Self
29	Signal Beam	Bug	Special	75	100	15	Normal
34	Embargo	Dark	Status	—	100	15	Normal
40	Discharge	Electric	Special	80	100	15	Adjacent
45	Lock-On	Normal	Status	—	—	5	Normal
50	Tri Attack	Normal	Special	80	100	10	Normal
56	Magic Coat	Psychic	Status	—	—	15	Self
62	Zap Cannon	Electric	Special	120	50	5	Normal
67	Hyper Beam	Normal	Special	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

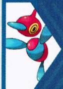
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

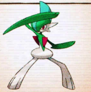
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



✓ Gallade

Blade Pokémon



National Pokédex 475 PSYCHIC FIGHTING
Alola Pokédex —

Height: 5'03" | Weight: 114.6 lbs.

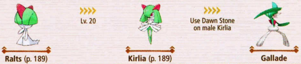
♂ ♀

Male only

Because it can sense what its foe is thinking, its attacks burst out first, fast, and fierce.

A master of courtesy and swordsmanship, it fights using extending swords on its elbows.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a male Kirlia, then use a Dawn Stone on it to evolve it into Gallade.

ABILITY

Steadfast

HIDDEN ABILITY

Justified

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Slash	Normal	Physical	70	100	20	Normal
1	Stored Power	Psychic	Special	20	100	10	Normal
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Leaf Blade	Grass	Physical	90	100	15	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Confusion	Psychic	Special	50	100	25	Normal
1	Double Team	Normal	Status	—	—	15	Self
1	Teleport	Psychic	Status	—	—	20	Self
4	Confusion	Psychic	Special	50	100	25	Normal
6	Double Team	Normal	Status	—	—	15	Self
9	Teleport	Psychic	Status	—	—	20	Self
11	Quick Guard	Fighting	Status	—	—	15	Your Side
14	Fury Cutter	Bug	Physical	40	95	20	Normal
17	Aerial Ace	Flying	Physical	60	—	20	Normal
19	Heal Pulse	Psychic	Status	—	—	10	Normal
23	Wide Guard	Rock	Status	—	—	10	Your Side
26	Swords Dance	Normal	Status	—	—	20	Self
31	Psycho Cut	Psychic	Physical	70	100	20	Normal
35	Helping Hand	Normal	Status	—	—	20	1 Ally
40	Feint	Normal	Physical	30	100	10	Normal
44	False Swipe	Normal	Physical	40	100	40	Normal
49	Protect	Normal	Status	—	—	10	Self
53	Close Combat	Fighting	Physical	120	100	5	Normal
58	Stored Power	Psychic	Special	20	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Slash	Normal	Physical	70	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

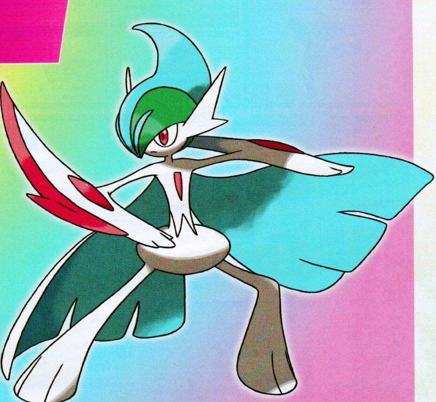
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

Mega Gallade

Blade Pokémon

PSYCHIC FIGHTING

Height: 5'03"
Weight: 124.3 lbs.



MEGA EVOLUTION

Gallade

Have Gallade hold Galladite, and Mega Evolve it during battle.

Mega Gallade

Male only

ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

Required Mega Stone

Galladite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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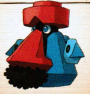
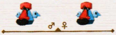
✓ Probopass

Compass Pokémon



National Pokédex	476	ROCK
Alola Pokédex	255	STEEL

Height: 4'07" | Weight: 749.6 lbs.

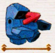


Same form for male/female

Although it can control its units known as Mini-Noses, they sometimes get lost and don't come back.

It uses three small units to catch prey and battle enemies. The main body mostly just gives orders.

EVOLUTION



Nosepass (p. 199)

Level up on Blush Mountain / in Vast Poni Canyon

Probopass

MAIN WAY TO OBTAIN

Obtain a Nosepass, then level it up on Blush Mountain or in the Vast Poni Canyon to evolve it into Probopass.

ABILITY

Sturdy
Magnet Pull

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.25	FLYING	×0.25
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×4	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tri Attack	Normal	Special	80	100	10	Normal
1	Magnetic Flux	Electric	Status	—	—	20	Your Party
1	Magnet Rise	Electric	Status	—	—	10	Self
1	Gravity	Psychic	Status	—	—	5	Both Sides
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Tackle	Normal	Physical	40	100	35	Normal
1	Iron Defense	Steel	Status	—	—	15	Self
1	Block	Normal	Status	—	—	5	Normal
1	Magnet Bomb	Steel	Physical	60	—	20	Normal
4	Iron Defense	Steel	Status	—	—	15	Self
7	Block	Normal	Status	—	—	5	Normal
10	Magnet Bomb	Steel	Physical	60	—	20	Normal
13	Thunder Wave	Electric	Status	—	90	20	Normal
16	Rest	Psychic	Status	—	—	10	Self
19	Spark	Electric	Physical	65	100	20	Normal
22	Rock Slide	Rock	Physical	75	90	10	Many Others
25	Power Gem	Rock	Special	80	100	20	Normal
28	Rock Blast	Rock	Physical	25	90	10	Normal
31	Discharge	Electric	Special	80	100	15	Adjacent
34	Sandstorm	Rock	Status	—	—	10	Both Sides
37	Earth Power	Ground	Special	90	100	10	Normal
40	Stone Edge	Rock	Physical	100	80	5	Normal
43	Lock-On	Normal	Status	—	—	5	Normal
43	Zap Cannon	Electric	Special	120	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tri Attack	Normal	Special	80	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

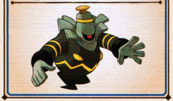
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dusknoir

Gripper Pokémon



National Pokédex	477	GHOST
Alola Pokédex	—	

Height: 7'03" | Weight: 235.0 lbs.

Same form for male/female

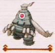
X It is said to take lost spirits into its pliant body and guide them home.

Y The antenna on its head captures radio waves from the world of spirits that command it to take people there.

EVOLUTION

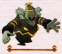
Duskull (p. 232)

Lv. 37



Dusclops (p. 232)

Trade while holding Reaper Cloth



Dusknoir

MAIN WAY TO OBTAIN

Receive a Dusclops holding a Reaper Cloth in a trade and it will immediately evolve into Dusknoir.

ABILITY

Pressure

HIDDEN ABILITY

Frisk

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shadow Punch	Ghost	Physical	60	—	20	Normal
1	Future Sight	Psychic	Special	120	100	10	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Gravity	Psychic	Status	—	—	5	Both Sides
1	Bind	Normal	Physical	15	85	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Night Shade	Ghost	Special	—	100	15	Normal
1	Disable	Normal	Status	—	100	20	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
6	Disable	Normal	Status	—	100	20	Normal
9	Astonish	Ghost	Physical	30	100	15	Normal
14	Foresight	Normal	Status	—	—	40	Normal
17	Shadow Sneak	Ghost	Physical	40	100	30	Normal
22	Pursuit	Dark	Physical	40	100	20	Normal
25	Will-O-Wisp	Fire	Status	—	85	15	Normal
30	Confuse Ray	Ghost	Status	—	100	10	Normal
33	Curse	Ghost	Status	—	—	10	Varies
40	Hex	Ghost	Special	65	100	10	Normal
45	Shadow Ball	Ghost	Special	80	100	15	Normal
52	Mean Look	Normal	Status	—	—	5	Normal
57	Payback	Dark	Physical	50	100	10	Normal
64	Future Sight	Psychic	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

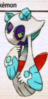
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Froslass

Snow Land Pokémon



National Pokédex	478	ICE
Alola Pokédex	325	GHOST

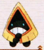
Height: 4'03" | Weight: 58.6 lbs.

Female only

☼ It freezes hikers who have come to climb snowy mountains and carries them back to its home. It only goes after men it thinks are handsome.

☾ It's said that on nights of terrible blizzards, it comes down to human settlements. If you hear it knocking at your door, do not open it!

EVOLUTION



Snorunt (p. 235)

Use Dawn Stone on female Snorunt

Froslass

MAIN WAY TO OBTAIN

Obtain a female Snorunt, then use a Dawn Stone on it to evolve it into Froslass.

ABILITY

Snow Cloak

HIDDEN ABILITY

Cursed Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Fairy

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ominous Wind	Ghost	Special	60	100	5	Normal
1	Destiny Bond	Ghost	Status	—	—	5	Self
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
1	Double Team	Normal	Status	—	—	15	Self
1	Ice Shard	Ice	Physical	40	100	30	Normal
5	Double Team	Normal	Status	—	—	15	Self
10	Ice Shard	Ice	Physical	40	100	30	Normal
14	Icy Wind	Ice	Special	55	95	15	Many Others
19	Astonish	Ghost	Physical	30	100	15	Normal
23	Draining Kiss	Fairy	Special	50	100	10	Normal
28	Will-O-Wisp	Fire	Status	—	85	15	Normal
32	Confuse Ray	Ghost	Status	—	100	10	Normal
37	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
41	Captivate	Normal	Status	—	100	20	Many Others
42	Shadow Ball	Ghost	Special	80	100	15	Normal
48	Blizzard	Ice	Special	110	70	5	Many Others
54	Hail	Ice	Status	—	—	10	Both Sides
61	Destiny Bond	Ghost	Status	—	—	5	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ominous Wind	Ghost	Special	60	100	5	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

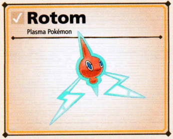
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



Rotom

Plasma Pokémon

National Pokédex	479
Alola Pokédex	—

ELECTRIC GHOST

Height: 1'00" | Weight: 0.7 lbs.

Gender unknown

Research continues on this Pokémon, which could be the power source of a unique motor.

Its body is composed of plasma. It is known to infiltrate electronic devices and wreak havoc.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the Poni Gauntlet by using Island Scan on Poni Island on a Tuesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Discharge	Electric	Special	80	100	15	Adjacent
1	Charge	Electric	Status	—	—	20	Self
1	Trick	Psychic	Status	—	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
8	Uproar	Normal	Special	90	100	10	1 Random
15	Double Team	Normal	Status	—	—	15	Self
22	Shock Wave	Electric	Special	60	—	20	Normal
29	Ominous Wind	Ghost	Special	60	100	5	Normal
36	Substitute	Normal	Status	—	—	10	Self
43	Electro Ball	Electric	Special	—	100	10	Normal
50	Hex	Ghost	Special	65	100	10	Normal
57	Charge	Electric	Status	—	—	20	Self
64	Discharge	Electric	Special	80	100	15	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Trick	Psychic	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

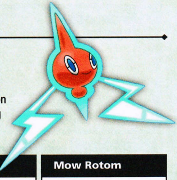
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ FORM-BASED MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Overheat	Fire	Special	130	90	5	Normal
Hydro Pump	Water	Special	110	80	5	Normal
Blizzard	Ice	Special	110	70	5	Many Others
Air Slash	Flying	Special	75	95	15	Normal
Leaf Storm	Grass	Special	130	90	5	Normal

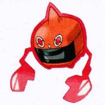
When Rotom changes forms, it learns different moves it can't learn in its default form. Heat Rotom learns Overheat, Wash Rotom learns Hydro Pump, Frost Rotom learns Blizzard, Fan Rotom learns Air Slash, and Mow Rotom learns Leaf Storm. When it changes back to its default form, or changes between forms, it forgets the move it had learned. If Rotom knows no other moves when it returns to its default form, it will learn the move Thunder Shock.

Rotom's Transformations



You may be familiar with the Rotom you encounter in your Rotom Dex, but if you catch or obtain a Rotom for yourself, you'll discover that it can take on many other forms in addition to that one! If you want to get one for yourself, you can find it in the Poni Gauntlet by using Island Scan on Poni Island on a Tuesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*. Once you do, take it to Professor Kukui's Pokémon Research Lab in Hau'oli Outskirts. If you head downstairs, you will find some cardboard boxes containing appliances. Examining these boxes with Rotom in your party will let you change its form.

Heat Rotom



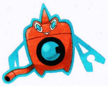
ELECTRIC FIRE

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.25
GROUND	×4	FAIRY	×0.5

Have Rotom in your party and examine the boxes downstairs in Professor Kukui's Pokémon Research Lab. Choose to examine the microwave oven, and it will take this form.

Wash Rotom



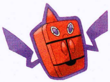
ELECTRIC WATER

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.25
GROUND	×2	FAIRY	×1

Have Rotom in your party and examine the boxes downstairs in Professor Kukui's Pokémon Research Lab. Choose to examine the washing machine, and it will take this form.

Frost Rotom



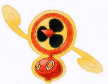
ELECTRIC ICE

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×2	FAIRY	×1

Have Rotom in your party and examine the boxes downstairs in Professor Kukui's Pokémon Research Lab. Choose to examine the refrigerator, and it will take this form.

Fan Rotom



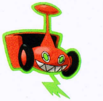
ELECTRIC FLYING

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

Have Rotom in your party and examine the boxes downstairs in Professor Kukui's Pokémon Research Lab. Choose to examine the electric fan, and it will take this form.

Mow Rotom



ELECTRIC GRASS

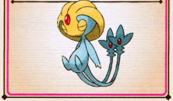
Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.25	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×0.5
GROUND	×1	FAIRY	×1

Have Rotom in your party and examine the boxes downstairs in Professor Kukui's Pokémon Research Lab. Choose to examine the lawnmower, and it will take this form.

✓ Uxie

Knowledge Pokémon



National Pokédex 480 PSYCHIC

Alola Pokédex —

Height: 1'00" | Weight: 0.7 lbs.

Gender unknown

X Known as "The Being of Knowledge." It is said that it can wipe out the memory of those who see its eyes.

Y It is said that its emergence gave humans the intelligence to improve their quality of life.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Memento	Dark	Status	—	100	10	Normal
1	Natural Gift	Normal	Physical	—	100	15	Normal
1	Flail	Normal	Physical	—	100	15	Normal
1	Rest	Psychic	Status	—	—	10	Self
1	Confusion	Psychic	Special	50	100	25	Normal
6	Imprison	Psychic	Status	—	—	10	Self
16	Endure	Normal	Status	—	—	10	Self
21	Swift	Normal	Special	60	—	20	Many Others
31	Yawn	Normal	Status	—	—	10	Normal
36	Future Sight	Psychic	Special	120	100	10	Normal
46	Amnesia	Psychic	Status	—	—	20	Self
50	Extrasensory	Psychic	Special	80	100	20	Normal
61	Flail	Normal	Physical	—	100	15	Normal
66	Natural Gift	Normal	Physical	—	100	15	Normal
76	Memento	Dark	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

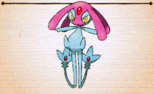
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Mesprit

Emotion Pokémon



National Pokédex 481 PSYCHIC

Alola Pokédex —

Height: 1'00" | Weight: 0.7 lbs.

Gender unknown

X Known as "The Being of Emotion." It taught humans the nobility of sorrow, pain, and joy.

Y It sleeps at the bottom of a lake. Its spirit is said to leave its body to fly on the lake's surface.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Healing Wish	Psychic	Status	—	—	10	Self
1	Natural Gift	Normal	Physical	—	100	15	Normal
1	Copycat	Normal	Status	—	—	20	Self
1	Rest	Psychic	Status	—	—	10	Self
1	Confusion	Psychic	Special	50	100	25	Normal
6	Imprison	Psychic	Status	—	—	10	Self
16	Protect	Normal	Status	—	—	10	Self
21	Swift	Normal	Special	60	—	20	Many Others
31	Lucky Chant	Normal	Status	—	—	30	Your Side
36	Future Sight	Psychic	Special	120	100	10	Normal
46	Charm	Fairy	Status	—	100	20	Normal
50	Extrasensory	Psychic	Special	80	100	20	Normal
61	Copycat	Normal	Status	—	—	20	Self
66	Natural Gift	Normal	Physical	—	100	15	Normal
76	Healing Wish	Psychic	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

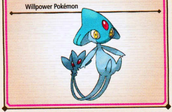
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Azelf

Willpower Pokémon



National Pokédex	482	PSYCHIC
Alola Pokédex	—	

Height: 1'00" | **Weight:** 0.7 lbs.

Gender unknown

X: Known as "The Being of Willpower." It sleeps at the bottom of a lake to keep the world in balance.

Y: It is thought that Uxie, Mesprit, and Azelf all came from the same egg.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Natural Gift	Normal	Physical	—	100	15	Normal
1	Last Resort	Normal	Physical	140	100	5	Normal
1	Rest	Psychic	Status	—	—	10	Self
1	Confusion	Psychic	Special	50	100	25	Normal
6	Imprison	Psychic	Status	—	—	10	Self
16	Detect	Fighting	Status	—	—	5	Self
21	Swift	Normal	Special	60	—	20	Many Others
31	Uproar	Normal	Special	90	100	10	1 Random
36	Future Sight	Psychic	Special	120	100	10	Normal
46	Nasty Plot	Dark	Status	—	—	20	Self
50	Extrasensory	Psychic	Special	80	100	20	Normal
61	Last Resort	Normal	Physical	140	100	5	Normal
66	Natural Gift	Normal	Physical	—	100	15	Normal
76	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

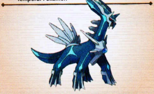
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dialga

Temporal Pokémon



National Pokédex	483	STEEL
Alola Pokédex	—	DRAGON

Height: 17'09" | **Weight:** 1505.8 lbs.

Gender unknown

X: A Pokémon spoken of in legend. It is said that time began moving when Dialga was born.

Y: It has the power to control time. It appears in Sinnoh-region myths as an ancient deity.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Pressure

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×1	PSYCHIC	×0.5
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
6	Metal Claw	Steel	Physical	50	95	35	Normal
10	Ancient Power	Rock	Special	60	100	5	Normal
15	Slash	Normal	Physical	70	100	20	Normal
19	Power Gem	Rock	Special	80	100	20	Normal
24	Metal Burst	Steel	Physical	—	100	10	Varies
28	Dragon Claw	Dragon	Physical	80	100	15	Normal
33	Earth Power	Ground	Special	90	100	10	Normal
37	Aura Sphere	Fighting	Special	80	—	20	Normal
42	Iron Tail	Steel	Physical	100	75	15	Normal
46	Roar of Time	Dragon	Special	150	90	5	Normal
50	Flash Cannon	Steel	Special	80	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

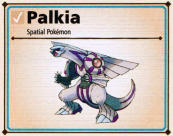
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Palkia

Spatial Pokémon



National Pokédex	484	WATER
Alola Pokédex	—	DRAGON

Height: 13'09" | Weight: 740.8 lbs.

Gender unknown

X It is said to live in a gap in the spatial dimension parallel to ours. It appears in mythology.

Y It has the ability to distort space. It is described as a deity in Sinnoh-region mythology.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Pressure

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.25	PSYCHIC	×1
WATER	×0.25	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
6	Water Pulse	Water	Special	60	100	20	Normal
10	Ancient Power	Rock	Special	60	100	5	Normal
15	Slash	Normal	Physical	70	100	20	Normal
19	Power Gem	Rock	Special	80	100	20	Normal
24	Aqua Ring	Water	Status	—	—	20	Self
28	Dragon Claw	Dragon	Physical	80	100	15	Normal
33	Earth Power	Ground	Special	90	100	10	Normal
37	Aura Sphere	Fighting	Special	80	—	20	Normal
42	Aqua Tail	Water	Physical	90	90	10	Normal
46	Spacial Rend	Dragon	Special	100	95	5	Normal
50	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Liquidation	Water	Physical	85	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

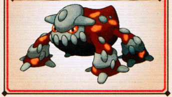
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Heatran

Lava Dome Pokémon



National Pokédex	485	FIRE
Alola Pokédex	—	STEEL

Height: 5'07" | Weight: 948.0 lbs.

Same form for male/female

X It dwells in volcanic caves. It digs in with its cross-shaped feet to crawl on ceilings and walls.

Y Boiling blood, like magma, circulates through its body. It makes its dwelling place in volcanic caves.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Flash Fire

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.25	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.25
GROUND	×4	FAIRY	×0.25

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Magma Storm	Fire	Special	100	75	5	Normal
1	Heat Wave	Fire	Special	95	90	10	Many Others
1	Earth Power	Ground	Special	90	100	10	Normal
1	Iron Head	Steel	Physical	80	100	15	Normal
1	Fire Spin	Fire	Special	35	85	15	Normal
1	Ancient Power	Rock	Special	60	100	5	Normal
9	Leer	Normal	Status	—	100	30	Many Others
17	Fire Fang	Fire	Physical	65	95	15	Normal
25	Metal Sound	Steel	Status	—	85	40	Normal
33	Crunch	Dark	Physical	80	100	15	Normal
41	Scary Face	Normal	Status	—	100	10	Normal
49	Lava Plume	Fire	Special	80	100	15	Adjacent
57	Fire Spin	Fire	Special	35	85	15	Normal
65	Iron Head	Steel	Physical	80	100	15	Normal
73	Earth Power	Ground	Special	90	100	10	Normal
81	Heat Wave	Fire	Special	95	90	10	Many Others
88	Stone Edge	Rock	Physical	100	80	5	Normal
96	Magma Storm	Fire	Special	100	75	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Dragon Pulse	Dragon	Special	85	100	10	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

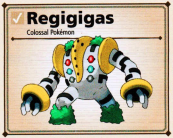
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Regigigas

Colossal Pokémon



National Pokédex 486
Alola Pokédex —

NORMAL

Height: 12'02" | Weight: 925.9 lbs.

Gender unknown

X It is said to have made Pokémon that look like itself from a special ice mountain, rocks, and magma.

Y There is an enduring legend that states this Pokémon towed continents with ropes.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Slow Start

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Heavy Slam	Steel	Physical	—	100	10	Normal
1	Crush Grip	Normal	Physical	—	100	5	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Dizzy Punch	Normal	Physical	70	100	10	Normal
1	Knock Off	Dark	Physical	65	100	20	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Foresight	Normal	Status	—	—	40	Normal
25	Revenge	Fighting	Physical	60	100	10	Normal
40	Wide Guard	Rock	Status	—	—	10	Your Side
50	Zen Headbutt	Psychic	Physical	80	90	15	Normal
65	Payback	Dark	Physical	50	100	10	Normal
75	Crush Grip	Normal	Physical	—	100	5	Normal
90	Heavy Slam	Steel	Physical	—	100	10	Normal
100	Giga Impact	Normal	Physical	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

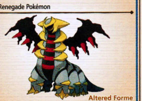
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Giratina

Renegade Pokémon



Altered Forme

National Pokédex 487
Alola Pokédex —

GHOST
DRAGON

Height: 14'09" | Weight: 1653.5 lbs.

Gender unknown

X This Pokémon is said to live in a world on the reverse side of ours, where common knowledge is distorted and strange.

Y It was banished for its violence. It silently gazed upon the old world from the Distortion World.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare yellow warp hole while using Ultra Warp Ride with Dialga and Palkia in your party.

ABILITY

Pressure

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×2
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
6	Ominous Wind	Ghost	Special	60	100	5	Normal
10	Ancient Power	Rock	Special	60	100	5	Normal
15	Slash	Normal	Physical	70	100	20	Normal
19	Shadow Sneak	Ghost	Physical	40	100	30	Normal
24	Destiny Bond	Ghost	Status	—	—	5	Self
28	Dragon Claw	Dragon	Physical	80	100	15	Normal
33	Earth Power	Ground	Special	90	100	10	Normal
37	Aura Sphere	Fighting	Special	80	—	20	Normal
42	Shadow Claw	Ghost	Physical	70	100	15	Normal
46	Shadow Force	Ghost	Physical	120	100	5	Normal
50	Hex	Ghost	Special	65	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

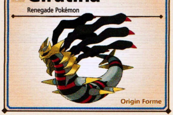
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Giratina

Renegade Pokémon



National Pokédex	487	GHOST	
Alola Pokédex	—	DRAGON	
Height: 22'08"	Weight: 1433.0 lbs.		

Gender unknown

X This Pokémon is said to live in a world on the reverse side of ours, where common knowledge is distorted and strange.

Y It was banished for its violence. It silently gazed upon the old world from the Distortion World.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Purchase a Griseous Orb at Antiquities of the Ages in the Hau'oli City Shopping Mall, and give it to Giratina to hold. It will take this form as long as it holds the Griseous Orb.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×2
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
! GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
6	Ominous Wind	Ghost	Special	60	100	5	Normal
10	Ancient Power	Rock	Special	60	100	5	Normal
15	Slash	Normal	Physical	70	100	20	Normal
19	Shadow Sneak	Ghost	Physical	40	100	30	Normal
24	Destiny Bond	Ghost	Status	—	—	5	Self
28	Dragon Claw	Dragon	Physical	80	100	15	Normal
33	Earth Power	Ground	Special	90	100	10	Normal
37	Aura Sphere	Fighting	Special	80	—	20	Normal
42	Shadow Claw	Ghost	Physical	70	100	15	Normal
46	Shadow Force	Ghost	Physical	120	100	5	Normal
50	Hex	Ghost	Special	65	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others

EXCLUSIVE Z-MOVE

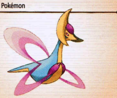
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cresselia

Lunar Pokémon



National Pokédex	488	PSYCHIC	
Alola Pokédex	—		
Height: 4'11"	Weight: 188.7 lbs.		

♂ ♀

Female only

X Shiny particles are released from its wings like a veil. It is said to represent the crescent moon.

Y Those who sleep holding Cresselia's feather are assured of joyful dreams. It is said to represent the crescent moon.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Lunar Dance	Psychic	Status	—	—	10	Self
1	Psycho Shift	Psychic	Status	—	100	10	Normal
1	Psycho Cut	Psychic	Physical	70	100	20	Normal
1	Moonlight	Fairy	Status	—	—	5	Self
1	Confusion	Psychic	Special	50	100	25	Normal
1	Double Team	Normal	Status	—	—	15	Self
11	Safeguard	Normal	Status	—	—	25	Your Side
20	Mist	Ice	Status	—	—	30	Your Side
29	Aurora Beam	Ice	Special	65	100	20	Normal
38	Future Sight	Psychic	Special	120	100	10	Normal
47	Slash	Normal	Physical	70	100	20	Normal
57	Moonlight	Fairy	Status	—	—	5	Self
66	Psycho Cut	Psychic	Physical	70	100	20	Normal
75	Psycho Shift	Psychic	Status	—	100	10	Normal
84	Lunar Dance	Psychic	Status	—	—	10	Self
93	Psychic	Psychic	Special	90	100	10	Normal
99	Moonblast	Fairy	Special	95	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

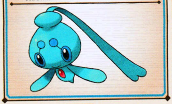
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Phione

Sea Drifter Pokémon



National Pokédex	489	WATER
Alola Pokédex	—	

Height: 1'04" | Weight: 6.8 lbs.

Gender unknown

X: When the water warms, they inflate the flotation sac on their heads and drift languidly on the sea in packs.

Y: It drifts in warm seas. It always returns to where it was born, no matter how far it may have drifted.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain a Manaphy, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Hydration

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
9	Charm	Fairy	Status	—	100	20	Normal
16	Supersonic	Normal	Status	—	55	20	Normal
24	Bubble Beam	Water	Special	65	100	20	Normal
31	Acid Armor	Poison	Status	—	—	20	Self
39	Whirlpool	Water	Special	35	85	15	Normal
46	Water Pulse	Water	Special	60	100	20	Normal
54	Aqua Ring	Water	Status	—	—	20	Self
61	Dive	Water	Physical	80	100	10	Normal
69	Rain Dance	Water	Status	—	—	5	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heal Bell	Normal	Status	—	—	5	Your Party
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

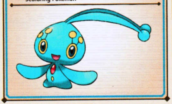
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Manaphy

Seafaring Pokémon



National Pokédex	490	WATER
Alola Pokédex	—	

Height: 1'00" | Weight: 3.1 lbs.

Gender unknown

X: It is born with a wondrous power that lets it bond with any kind of Pokémon.

Y: It starts its life with a wondrous power that permits it to bond with any kind of Pokémon.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Hydration

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Water 1
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tail Glow	Bug	Status	—	—	20	Self
1	Bubble	Water	Special	40	100	30	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
9	Charm	Fairy	Status	—	100	20	Normal
16	Supersonic	Normal	Status	—	55	20	Normal
24	Bubble Beam	Water	Special	65	100	20	Normal
31	Acid Armor	Poison	Status	—	—	20	Self
39	Whirlpool	Water	Special	35	85	15	Normal
46	Water Pulse	Water	Special	60	100	20	Normal
54	Aqua Ring	Water	Status	—	—	20	Self
61	Dive	Water	Physical	80	100	10	Normal
69	Rain Dance	Water	Status	—	—	5	Both Sides
76	Heart Swap	Psychic	Status	—	—	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heal Bell	Normal	Status	—	—	5	Your Party
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Skill Swap	Psychic	Status	—	—	10	Normal
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

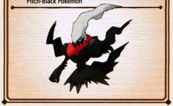
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Darkrai

Pitch-Black Pokémon



National Pokédex 491 DARK

Alola Pokédex —

Height: 4'11" | Weight: 111.3 lbs.

Gender unknown

It chases people and Pokémon from its territory by causing them to experience deep, nightmarish slumbers.

It can lull people to sleep and make them dream. It is active during nights of the new moon.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Bad Dreams

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ominous Wind	Ghost	Special	60	100	5	Normal
1	Disable	Normal	Status	—	100	20	Normal
11	Quick Attack	Normal	Physical	40	100	30	Normal
20	Hypnosis	Psychic	Status	—	60	20	Normal
29	Feint Attack	Dark	Physical	60	—	20	Normal
38	Nightmare	Ghost	Status	—	100	15	Normal
47	Double Team	Normal	Status	—	—	15	Self
57	Haze	Ice	Status	—	—	30	Both Sides
66	Dark Void	Dark	Status	—	50	10	Many Others
75	Nasty Plot	Dark	Status	—	—	20	Self
84	Dream Eater	Psychic	Special	100	100	15	Normal
93	Dark Pulse	Dark	Special	80	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

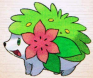
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shaymin

Gratitude Pokémon



Land Forme

National Pokédex 492 GRASS

Alola Pokédex —

Height: 0'08" | Weight: 4.6 lbs.

Gender unknown

It can dissolve toxins in the air to instantly transform ruined land into a lush field of flowers.

The blooming of Gracidea flowers confers the power of flight upon it. Feelings of gratitude are the message it delivers.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Natural Cure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growth	Normal	Status	—	—	20	Self
10	Magical Leaf	Grass	Special	60	—	20	Normal
19	Leech Seed	Grass	Status	—	90	10	Normal
28	Synthesis	Grass	Status	—	—	5	Self
37	Sweet Scent	Normal	Status	—	100	20	Many Others
46	Natural Gift	Normal	Physical	—	100	15	Normal
55	Worry Seed	Grass	Status	—	100	10	Normal
64	Aromatherapy	Grass	Status	—	—	5	Your Party
73	Energy Ball	Grass	Special	90	100	10	Normal
82	Sweet Kiss	Fairy	Status	—	75	10	Normal
91	Healing Wish	Psychic	Status	—	—	10	Self
100	Seed Flare	Grass	Special	120	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

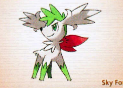
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shaymin

Gratitude Pokémon



Sky Forme

National Pokédex 492 GRASS FLYING
Alola Pokédex

Height: 1'04" | Weight: 11.5 lbs.

Gender unknown

X It can dissolve toxins in the air to instantly transform ruined land into a lush field of flowers.

Y The blooming of Gracidea flowers confers the power of flight upon it. Feelings of gratitude are the message it delivers.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Receive a Gracidea flower from the Gracidea shop in the Hau'oli City Shopping Mall, and use it on Shaymin when it is daytime in your game. It will return to its Land Forme when night falls or if it is Frozen in battle.

ABILITY

Serene Grace

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growth	Normal	Status	—	—	20	Self
10	Magical Leaf	Grass	Special	60	—	20	Normal
19	Leech Seed	Grass	Status	—	90	10	Normal
28	Quick Attack	Normal	Physical	40	100	30	Normal
37	Sweet Scent	Normal	Status	—	100	20	Many Others
46	Natural Gift	Normal	Physical	—	100	15	Normal
55	Worry Seed	Grass	Status	—	100	10	Normal
64	Air Slash	Flying	Special	75	95	15	Normal
73	Energy Ball	Grass	Special	90	100	10	Normal
82	Sweet Kiss	Fairy	Status	—	75	10	Normal
91	Leaf Storm	Grass	Special	130	90	5	Normal
100	Seed Flare	Grass	Special	120	85	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

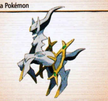
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Arceus

Alpha Pokémon



National Pokédex 493 NORMAL
Alola Pokédex —

Height: 10'06" | Weight: 705.5 lbs.

Gender unknown

X According to the legends of Sinnoh, this Pokémon emerged from an egg and shaped all there is in this world.

Y It is told in mythology that this Pokémon was born before the universe even existed.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Multitype

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Seismic Toss	Fighting	Physical	—	100	20	Normal
1	Cosmic Power	Psychic	Status	—	—	20	Self
1	Natural Gift	Normal	Physical	—	100	15	Normal
1	Punishment	Dark	Physical	—	100	5	Normal
10	Gravity	Psychic	Status	—	—	5	Both Sides
20	Earth Power	Ground	Special	90	100	10	Normal
30	Hyper Voice	Normal	Special	90	100	10	Many Others
40	Extreme Speed	Normal	Physical	80	100	5	Normal
50	Refresh	Normal	Status	—	—	20	Self
60	Future Sight	Psychic	Special	120	100	10	Normal
70	Recover	Normal	Status	—	—	10	Self
80	Hyper Beam	Normal	Special	150	90	5	Normal
90	Perish Song	Normal	Status	—	—	5	Adjacent
100	Judgment*	Normal	Special	100	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

*Judgment's type changes depending on what Plate is held by the user.

Arceus's Many Different Types

Arceus is a Mythical Pokémon that can only be obtained through a special distribution from The Pokémon Company International. If you have obtained one, you will be able to change its type by giving it different Plates or Z-Crystals to hold. If you do not have Arceus, there may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

Arceus

NORMAL

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

Arceus

FIRE

Flame Plate

Firium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

Arceus

WATER

Splash Plate

Waterium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

Arceus

GRASS

Meadow Plate

Grassium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

Arceus

ELECTRIC

Zap Plate

Electrium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

Arceus

ICE

Icicle Plate

Icium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

Arceus

FIGHTING

Fist Plate

Fightinium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

Arceus

POISON

Toxic Plate

Poisonium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

Arceus

GROUND

Earth Plate

Groundium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

Arceus

FLYING

Sky Plate

Flyinium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

Arceus

PSYCHIC

Mind Plate

Psychium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

Arceus

BUG

Insect Plate

Buginium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

Arceus

ROCK

Stone Plate

Rockium Z

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

Arceus

GHOST

Spooky Plate

Ghostium Z

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

Arceus

DRAGON

Draco Plate

Dragonium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

Arceus

DARK

Dread Plate

Darkinium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

Arceus

STEEL

Iron Plate

Steelium Z

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

Arceus

FAIRY

Pixie Plate

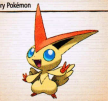
Fairium Z

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

✓ Victini

Victory Pokémon



National Pokédex 494 PSYCHIC FIRE
Alola Pokédex —

Height: 1'04" | Weight: 8.8 lbs.

Gender unknown

X This Pokémon brings victory. It is said that Trainers with Victini always win, regardless of the type of encounter.

Y When it shares the infinite energy it creates, that being's entire body will be overflowing with power.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Victory Star

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×2	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Searing Shot	Fire	Special	100	100	5	Adjacent
1	Focus Energy	Normal	Status	—	—	30	Self
1	Confusion	Psychic	Special	50	100	25	Normal
1	Incinerate	Fire	Special	60	100	15	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
9	Endure	Normal	Status	—	—	10	Self
17	Headbutt	Normal	Physical	70	100	15	Normal
25	Flame Charge	Fire	Physical	50	100	20	Normal
33	Reversal	Fighting	Physical	—	100	15	Normal
41	Flame Burst	Fire	Special	70	100	15	Normal
49	Zen Headbutt	Psychic	Physical	80	90	15	Normal
57	Inferno	Fire	Special	100	50	5	Normal
65	Double-Edge	Normal	Physical	120	100	15	Normal
73	Flare Blitz	Fire	Physical	120	100	15	Normal
81	Final Gambit	Fighting	Special	—	100	5	Normal
89	Stored Power	Psychic	Special	20	100	10	Normal
97	Overheat	Fire	Special	130	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

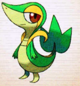
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Snivy

Grass Snake Pokémon



National Pokédex 495 GRASS
Alola Pokédex —

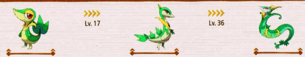
Height: 2'00" | Weight: 17.9 lbs.

Same form for male/female

X Being exposed to sunlight makes its movements swifter. It uses vines more adeptly than its hands.

Y They photosynthesize by bathing their tails in sunlight. When they are not feeling well, their tails droop.

EVOLUTION



Snivy Servine Serperior

MAIN WAY TO OBTAIN

Obtain a Servine or Serperior, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Overgrow

HIDDEN ABILITY

Contrary

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Vine Whip	Grass	Physical	45	100	25	Normal
10	Wrap	Normal	Physical	15	90	20	Normal
13	Growth	Normal	Status	—	—	20	Self
16	Leaf Tornado	Grass	Special	65	90	10	Normal
19	Leech Seed	Grass	Status	—	90	10	Normal
22	Mega Drain	Grass	Special	40	100	15	Normal
25	Slam	Normal	Physical	80	75	20	Normal
28	Leaf Blade	Grass	Physical	90	100	15	Normal
31	Coil	Poison	Status	—	—	20	Self
34	Giga Drain	Grass	Special	75	100	10	Normal
37	Wring Out	Normal	Special	—	100	5	Normal
40	Gastro Acid	Poison	Status	—	100	10	Normal
43	Leaf Storm	Grass	Special	130	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

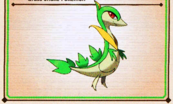
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Captivate	Normal	Status	—	100	20	Many Others
Natural Gift	Normal	Physical	—	100	15	Normal
Glare	Normal	Status	—	100	30	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Magical Leaf	Grass	Special	60	—	20	Normal
Sweet Scent	Normal	Status	—	100	20	Many Others
Mirror Coat	Psychic	Special	—	100	20	Varies
Pursuit	Dark	Physical	40	100	20	Normal
Mean Look	Normal	Status	—	—	5	Normal
Twister	Dragon	Special	40	100	20	Many Others
Grassy Terrain	Grass	Status	—	—	10	Both Sides

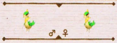
✓ Servine

Grass Snake Pokémon



National Pokédex	496	GRASS
Alola Pokédex	—	

Height: 2'07" | Weight: 35.3 lbs.

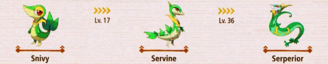


Same form for male/female

It moves along the ground as if sliding. Its swift movements befuddle its foes, and it then attacks with a vine whip.

When it gets dirty, its leaves can't be used in photosynthesis, so it always keeps itself clean.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Snivy, then level it up to Lv. 17 or higher to evolve it into Servine.

ABILITY

Overgrow

HIDDEN ABILITY

Contrary

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Wrap	Normal	Physical	15	90	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Vine Whip	Grass	Physical	45	100	25	Normal
10	Wrap	Normal	Physical	15	90	20	Normal
13	Growth	Normal	Status	—	—	20	Self
16	Leaf Tornado	Grass	Special	65	90	10	Normal
20	Leech Seed	Grass	Status	—	90	10	Normal
24	Mega Drain	Grass	Special	40	100	15	Normal
28	Slam	Normal	Physical	80	75	20	Normal
32	Leaf Blade	Grass	Physical	90	100	15	Normal
36	Coil	Poison	Status	—	—	20	Self
40	Giga Drain	Grass	Special	75	100	10	Normal
44	Wring Out	Normal	Special	—	100	5	Normal
48	Gastro Acid	Poison	Status	—	100	10	Normal
52	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

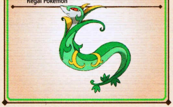
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

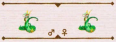
✓ Serperior

Regal Pokémon



National Pokédex	497	GRASS
Alola Pokédex	—	

Height: 10'10" | Weight: 138.9 lbs.

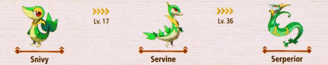


Same form for male/female

It only gives its all against strong opponents who are not fazed by the glare from Serperior's noble eyes.

It can stop its opponents' movements with just a glare. It takes in solar energy and boosts it internally.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Exeggutor Island by using Island Scan on Poni Island on a Thursday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Overgrow

HIDDEN ABILITY

Contrary

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Field
Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Wrap	Normal	Physical	15	90	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Vine Whip	Grass	Physical	45	100	25	Normal
10	Wrap	Normal	Physical	15	90	20	Normal
13	Growth	Normal	Status	—	—	20	Self
16	Leaf Tornado	Grass	Special	65	90	10	Normal
20	Leech Seed	Grass	Status	—	90	10	Normal
24	Mega Drain	Grass	Special	40	100	15	Normal
28	Slam	Normal	Physical	80	75	20	Normal
32	Leaf Blade	Grass	Physical	90	100	15	Normal
38	Coil	Poison	Status	—	—	20	Self
44	Giga Drain	Grass	Special	75	100	10	Normal
50	Wring Out	Normal	Special	—	100	5	Normal
56	Gastro Acid	Poison	Status	—	100	10	Normal
62	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Frenzy Plant	Grass	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

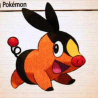
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

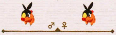
✓ Tepig

Fire Pig Pokémon



National Pokédex	498	FIRE	
Alola Pokédex	—		

Height: 1'08" | Weight: 21.8 lbs.

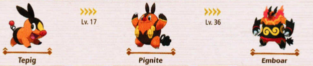


Same form for male/female

X It can deftly dodge its foe's attacks while shooting fireballs from its nose. It roasts berries before it eats them.

Y It loves to eat roasted berries, but sometimes it gets too excited and burns them to a crisp.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Pignite or Emboar, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Blaze

HIDDEN ABILITY

Thick Fat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
! ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Tail Whip	Normal	Status	—	100	30	Many Others
7	Ember	Fire	Special	40	100	25	Normal
9	Odor Sleuth	Normal	Status	—	—	40	Normal
13	Defense Curl	Normal	Status	—	—	40	Self
15	Flame Charge	Fire	Physical	50	100	20	Normal
19	Smog	Poison	Special	30	70	20	Normal
21	Rollout	Rock	Physical	30	90	20	Normal
25	Take Down	Normal	Physical	90	85	20	Normal
27	Heat Crash	Fire	Physical	—	100	10	Normal
31	Assurance	Dark	Physical	60	100	10	Normal
33	Flamethrower	Fire	Special	90	100	15	Normal
37	Head Smash	Rock	Physical	150	80	5	Normal
39	Roar	Normal	Status	—	—	20	Normal
43	Flare Blitz	Fire	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

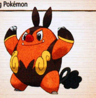
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Thrash	Normal	Physical	120	100	10	1 Random
Magnitude	Ground	Physical	—	100	30	Adjacent
Superpower	Fighting	Physical	120	100	5	Normal
Curse	Ghost	Status	—	—	10	Varies
Endeavor	Normal	Physical	—	100	5	Normal
Yawn	Normal	Status	—	—	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Heavy Slam	Steel	Physical	—	100	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Burn Up	Fire	Special	130	100	5	Normal

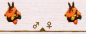
✓ Pignite

Fire Pig Pokémon



National Pokédex	499	FIRE	
Alola Pokédex	—	FIGHTING	

Height: 3'03" | Weight: 122.4 lbs.

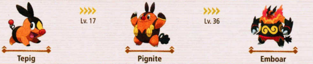


Same form for male/female

X The more it eats, the more fuel it has to make the fire in its stomach stronger. This fills it with even more power.

Y When its internal fire flares up, its movements grow sharper and faster. When in trouble, it emits smoke.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Tepig, then level it up to Lv. 17 or higher to evolve it into Pignite.

ABILITY

Blaze

HIDDEN ABILITY

Thick Fat

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
! FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
! ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Arm Thrust	Fighting	Physical	15	100	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
3	Tail Whip	Normal	Status	—	100	30	Many Others
7	Ember	Fire	Special	40	100	25	Normal
9	Odor Sleuth	Normal	Status	—	—	40	Normal
13	Defense Curl	Normal	Status	—	—	40	Self
15	Flame Charge	Fire	Physical	50	100	20	Normal
20	Smog	Poison	Special	30	70	20	Normal
23	Rollout	Rock	Physical	30	90	20	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
31	Heat Crash	Fire	Physical	—	100	10	Normal
36	Assurance	Dark	Physical	60	100	10	Normal
39	Flamethrower	Fire	Special	90	100	15	Normal
44	Head Smash	Rock	Physical	150	80	5	Normal
47	Roar	Normal	Status	—	—	20	Normal
52	Flare Blitz	Fire	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Arm Thrust	Fighting	Physical	15	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

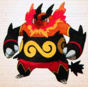
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

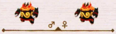
✓ Emboar

Mega Fire Pig Pokémon



National Pokédex	500	FIRE
Alola Pokédex	—	FIGHTING

Height: 5'03" | Weight: 330.7 lbs.

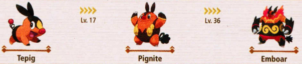


Same form for male/female

X: It can throw a fire punch by setting its fists on fire with its fiery chin. It cares deeply about its friends.

Y: It has mastered fast and powerful fighting moves. It grows a beard of fire.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on the Ancient Poni Path by using Island Scan on Poni Island on a Saturday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Blaze

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Arm Thrust	Fighting	Physical	15	100	20	Normal
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
3	Tail Whip	Normal	Status	—	100	30	Many Others
7	Ember	Fire	Special	40	100	25	Normal
9	Odor Sleuth	Normal	Status	—	—	40	Normal
13	Defense Curl	Normal	Status	—	—	40	Self
15	Flame Charge	Fire	Physical	50	100	20	Normal
20	Smog	Poison	Special	30	70	20	Normal
23	Rollout	Rock	Physical	30	90	20	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
31	Heat Crash	Fire	Physical	—	100	10	Normal
38	Assurance	Dark	Physical	60	100	10	Normal
43	Flamethrower	Fire	Special	90	100	15	Normal
50	Head Smash	Rock	Physical	150	80	5	Normal
55	Roar	Normal	Status	—	—	20	Normal
62	Flare Blitz	Fire	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal
Blast Burn	Fire	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

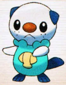
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

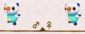
✓ Oshawott

Sea Otter Pokémon



National Pokédex	501	WATER
Alola Pokédex	—	

Height: 1'08" | Weight: 13.0 lbs.

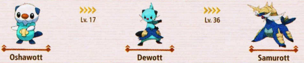


Same form for male/female

X: The scalchop on its stomach isn't just used for battle--it can be used to break open hard berries as well.

Y: It fights using the scalchop on its stomach. In response to an attack, it retaliates immediately by slashing.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Dewott or Samurott, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Torrent

HIDDEN ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
11	Water Sport	Water	Status	—	—	15	Both Sides
13	Focus Energy	Normal	Status	—	—	30	Self
17	Razor Shell	Water	Physical	75	95	10	Normal
19	Fury Cutter	Bug	Physical	40	95	20	Normal
23	Water Pulse	Water	Special	60	100	20	Normal
25	Revenge	Fighting	Physical	60	100	10	Normal
29	Aqua Jet	Water	Physical	40	100	20	Normal
31	Encore	Normal	Status	—	100	5	Normal
35	Aqua Tail	Water	Physical	90	90	10	Normal
37	Retaliate	Normal	Physical	70	100	5	Normal
41	Swords Dance	Normal	Status	—	—	20	Self
43	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

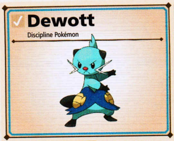
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Copycat	Normal	Status	—	—	20	Self
Detect	Fighting	Status	—	—	5	Self
Air Slash	Flying	Special	75	95	15	Normal
Assurance	Dark	Physical	60	100	10	Normal
Brine	Water	Special	65	100	10	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Trump Card	Normal	Special	—	—	5	Normal
Screech	Normal	Status	—	85	40	Normal
Sacred Sword	Fighting	Physical	90	100	15	Normal

✓ Dewott

Discipline Pokémon



National Pokédex 502 WATER
Alola Pokédex —

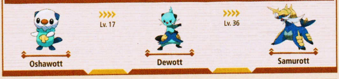
Height: 2'07" | Weight: 54.0 lbs.

Same form for male/female

X Strict training is how it learns its flowing double-scalchop technique.

Y As a result of strict training, each Dewott learns different forms for using the scalchops.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Oshawott, then level it up to Lv. 17 or higher to evolve it into Dewott.

ABILITY

Torrent

HIDDEN ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
5	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
11	Water Sport	Water	Status	—	—	15	Both Sides
13	Focus Energy	Normal	Status	—	—	30	Self
18	Razor Shell	Water	Physical	75	95	10	Normal
21	Fury Cutter	Bug	Physical	40	95	20	Normal
26	Water Pulse	Water	Special	60	100	20	Normal
29	Revenge	Fighting	Physical	60	100	10	Normal
34	Aqua Jet	Water	Physical	40	100	20	Normal
37	Encore	Normal	Status	—	100	5	Normal
42	Aqua Tail	Water	Physical	90	90	10	Normal
45	Retaliate	Normal	Physical	70	100	5	Normal
50	Swords Dance	Normal	Status	—	—	20	Self
53	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

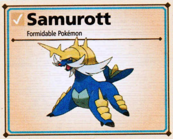
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Samurott

Formidable Pokémon



National Pokédex 503 WATER
Alola Pokédex —

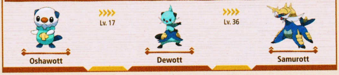
Height: 4'11" | Weight: 208.6 lbs.

Same form for male/female

X In the time it takes a foe to blink, it can draw and sheathe the seamitars attached to its front legs.

Y One swing of the sword incorporated in its armor can fell an opponent. A simple glare from one of them quiets everybody.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the Poni Wilds by using Island Scan on Poni Island on a Friday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Torrent

HIDDEN ABILITY

Shell Armor

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Slash	Normal	Physical	70	100	20	Normal
1	Megahorn	Bug	Physical	120	85	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Water Gun	Water	Special	40	100	25	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
5	Tail Whip	Normal	Status	—	100	30	Many Others
7	Water Gun	Water	Special	40	100	25	Normal
11	Water Sport	Water	Status	—	—	15	Both Sides
13	Focus Energy	Normal	Status	—	—	30	Self
18	Razor Shell	Water	Physical	75	95	10	Normal
21	Fury Cutter	Bug	Physical	40	95	20	Normal
25	Water Pulse	Water	Special	60	100	20	Normal
29	Revenge	Fighting	Physical	60	100	10	Normal
34	Aqua Jet	Water	Physical	40	100	20	Normal
39	Encore	Normal	Status	—	100	5	Normal
46	Aqua Tail	Water	Physical	90	90	10	Normal
51	Retaliate	Normal	Physical	70	100	5	Normal
58	Swords Dance	Normal	Status	—	—	20	Self
63	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Slash	Normal	Physical	70	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

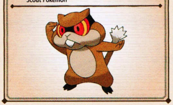
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Patrat

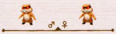
Scout Pokémon



National Pokédex	504
Alola Pokédex	—

NORMAL

Height: 1'08" | Weight: 25.6 lbs.

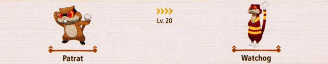


Same form for male/female

X Using food stored in cheek pouches, they can keep watch for days. They use their tails to communicate with others.

Y Extremely cautious, one of them will always be on the lookout, but it won't notice a foe coming from behind.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Watchog, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Run Away
Keen Eye

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Leer	Normal	Status	—	100	30	Many Others
6	Bite	Dark	Physical	60	100	25	Normal
8	Bide	Normal	Physical	—	—	10	Self
11	Detect	Fighting	Status	—	—	5	Self
13	Sand Attack	Ground	Status	—	100	15	Normal
16	Crunch	Dark	Physical	80	100	15	Normal
18	Hypnosis	Psychic	Status	—	60	20	Normal
21	Super Fang	Normal	Physical	—	90	10	Normal
23	After You	Normal	Status	—	—	15	Normal
26	Focus Energy	Normal	Status	—	—	30	Self
28	Work Up	Normal	Status	—	—	30	Self
31	Hyper Fang	Normal	Physical	80	90	15	Normal
33	Nasty Plot	Dark	Status	—	—	20	Self
36	Mean Look	Normal	Status	—	—	5	Normal
38	Baton Pass	Normal	Status	—	—	40	Self
41	Slam	Normal	Physical	80	75	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

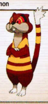
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foresight	Normal	Status	—	—	40	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Screech	Normal	Status	—	85	40	Normal
Assurance	Dark	Physical	60	100	10	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Flail	Normal	Physical	—	100	15	Normal
Tearful Look	Normal	Status	—	—	20	Normal
Bullet Seed	Grass	Physical	25	100	30	Normal

✓ Watchog

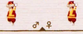
Lookout Pokémon



National Pokédex	505
Alola Pokédex	—

NORMAL

Height: 3'07" | Weight: 59.5 lbs.

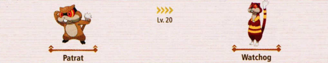


Same form for male/female

X Using luminescent matter, it makes its eyes and body glow and stuns attacking opponents.

Y When they see an enemy, their tails stand high, and they spit the seeds of berries stored in their cheek pouches.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Illuminate
Keen Eye

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bite	Dark	Physical	60	100	25	Normal
1	Low Kick	Fighting	Physical	—	100	20	Normal
3	Leer	Normal	Status	—	100	30	Many Others
6	Bite	Dark	Physical	60	100	25	Normal
8	Bide	Normal	Physical	—	—	10	Self
11	Detect	Fighting	Status	—	—	5	Self
13	Sand Attack	Ground	Status	—	100	15	Normal
16	Crunch	Dark	Physical	80	100	15	Normal
18	Hypnosis	Psychic	Status	—	60	20	Normal
22	Super Fang	Normal	Physical	—	90	10	Normal
25	After You	Normal	Status	—	—	15	Normal
29	Focus Energy	Normal	Status	—	—	30	Self
32	Psych Up	Normal	Status	—	—	10	Normal
36	Hyper Fang	Normal	Physical	80	90	15	Normal
39	Nasty Plot	Dark	Status	—	—	20	Self
43	Mean Look	Normal	Status	—	—	5	Normal
46	Baton Pass	Normal	Status	—	—	40	Self
50	Slam	Normal	Physical	80	75	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Confuse Ray	Ghost	Status	—	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal

◆ EGG MOVES

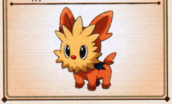
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

LILLIPUP

506

✓ Lillipup

Puppy Pokémon



National Pokédex 506 | NORMAL
Alola Pokédex 150

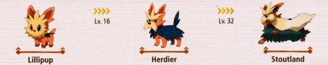
Height: 1'04" | Weight: 9.0 lbs.

Same form for male/female

This Pokémon has excellent judgment. If it decides it can't defeat an opponent, it immediately turns tail and vamooses.

This Pokémon is popular with beginners because it's intelligent, obedient to its Trainer's commands, and easy to raise.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 4.

ABILITY

Vital Spirit
Pickup

HIDDEN ABILITY

Run Away

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
5	Odor Sleuth	Normal	Status	—	—	40	Normal
8	Bite	Dark	Physical	60	100	25	Normal
10	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
12	Helping Hand	Normal	Status	—	—	20	1 Ally
15	Take Down	Normal	Physical	90	85	20	Normal
19	Work Up	Normal	Status	—	—	30	Self
22	Crunch	Dark	Physical	80	100	15	Normal
26	Roar	Normal	Status	—	—	20	Normal
29	Retaliate	Normal	Physical	70	100	5	Normal
33	Reversal	Fighting	Physical	—	100	15	Normal
36	Last Resort	Normal	Physical	140	100	5	Normal
40	Giga Impact	Normal	Physical	150	90	5	Normal
45	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

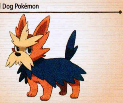
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Howl	Normal	Status	—	—	40	Self
Sand Attack	Ground	Status	—	100	15	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Lick	Ghost	Physical	30	100	30	Normal
Charm	Fairy	Status	—	100	20	Normal
Endure	Normal	Status	—	—	10	Self
Yawn	Normal	Status	—	—	10	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
After You	Normal	Status	—	—	15	Normal
Psychic Fangs	Psychic	Physical	85	100	10	Normal

HERDIER

507

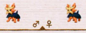
✓ Herdier

Loyal Dog Pokémon



National Pokédex 507 | NORMAL
Alola Pokédex 151

Height: 2'11" | Weight: 32.4 lbs.

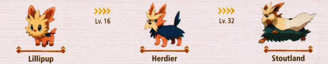


Same form for male/female

The longer its black fur grows, the harder and more impervious it gets. Claws and fangs can't easily penetrate it.

It has been living with people for so long that portrayals of it can be found on the walls of caves from long, long ago.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Lillipup, then level it up to Lv. 16 or higher to evolve it into Herdier.

ABILITY

Intimidate
Sand Rush

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Bite	Dark	Physical	60	100	25	Normal
5	Odor Sleuth	Normal	Status	—	—	40	Normal
8	Bite	Dark	Physical	60	100	25	Normal
12	Helping Hand	Normal	Status	—	—	20	1 Ally
15	Take Down	Normal	Physical	90	85	20	Normal
20	Work Up	Normal	Status	—	—	30	Self
24	Crunch	Dark	Physical	80	100	15	Normal
29	Roar	Normal	Status	—	—	20	Normal
33	Retaliate	Normal	Physical	70	100	5	Normal
38	Reversal	Fighting	Physical	—	100	15	Normal
42	Last Resort	Normal	Physical	140	100	5	Normal
47	Giga Impact	Normal	Physical	150	90	5	Normal
52	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

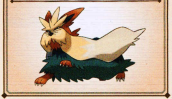
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

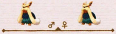
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Stoutland

Big-Hearted Pokémon



National Pokédex 508 NORMAL
Alola Pokédex 152
Height: 3'11" | Weight: 134.5 lbs.

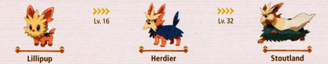


♂ ♀
Same form for male/female

It pays no mind to the cold, thanks to its long warm coat. Stoutland in Alola look a little uncomfortable.

Its fur is long and thick. A long time ago in cold regions, every household kept a Stoutland.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Herdier, then level it up to Lv. 32 or higher to evolve it into Stoutland.

ABILITY

Intimidate
Sand Rush

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Bite	Dark	Physical	60	100	25	Normal
5	Odor Sleuth	Normal	Status	—	—	40	Normal
8	Bite	Dark	Physical	60	100	25	Normal
12	Helping Hand	Normal	Status	—	—	20	1 Ally
15	Take Down	Normal	Physical	90	85	20	Normal
20	Work Up	Normal	Status	—	—	30	Self
24	Crunch	Dark	Physical	80	100	15	Normal
29	Roar	Normal	Status	—	—	20	Normal
36	Retaliate	Normal	Physical	70	100	5	Normal
42	Reversal	Fighting	Physical	—	100	15	Normal
51	Last Resort	Normal	Physical	140	100	5	Normal
59	Giga Impact	Normal	Physical	150	90	5	Normal
63	Play Rough	Fairy	Physical	90	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

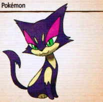
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

✓ Purrloin

Devious Pokémon



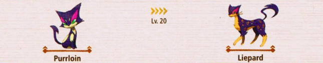
National Pokédex 509 DARK
Alola Pokédex —
Height: 1'04" | Weight: 22.3 lbs.

♂ ♀
Same form for male/female

Its cute act is a ruse. When victims let down their guard, they find their items taken. It attacks with sharp claws.

They steal from people for fun, but their victims can't help but forgive them. Their deceptively cute act is perfect.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Liepard, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Limber
Unburden

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
3	Growl	Normal	Status	—	100	40	Many Others
6	Assist	Normal	Status	—	—	20	Self
10	Sand Attack	Ground	Status	—	100	15	Normal
12	Fury Swipes	Normal	Physical	18	80	15	Normal
15	Pursuit	Dark	Physical	40	100	20	Normal
19	Torment	Dark	Status	—	100	15	Normal
21	Fake Out	Normal	Physical	40	100	10	Normal
24	Hone Claws	Dark	Status	—	—	15	Self
28	Assurance	Dark	Physical	60	100	10	Normal
30	Slash	Normal	Physical	70	100	20	Normal
33	Captivate	Normal	Status	—	100	20	Many Others
37	Night Slash	Dark	Physical	70	100	15	Normal
39	Snatch	Dark	Status	—	—	10	Self
42	Nasty Plot	Dark	Status	—	—	20	Self
46	Sucker Punch	Dark	Physical	70	100	5	Normal
49	Play Rough	Fairy	Physical	90	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

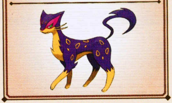
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

◆ EGG MOVES

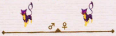
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pay Day	Normal	Physical	40	100	20	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Charm	Fairy	Status	—	100	20	Normal
Encore	Normal	Status	—	100	5	Normal
Yawn	Normal	Status	—	—	10	Normal
Covet	Normal	Physical	60	100	25	Normal
Copycat	Normal	Status	—	—	20	Self

✓ Liepard

Cruel Pokémon



National Pokédex 510 DARK
Alola Pokédex —
Height: 3'07" | Weight: 82.7 lbs.

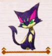


♂ ♀
Same form for male/female

X Their beautiful form comes from the muscles they have developed. They run silently in the night.

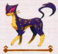
Y Stealthily, it sneaks up on its target, striking from behind before its victim has a chance to react.

EVOLUTION



Purrloin

Lv. 20



Liepard

MAIN WAY TO OBTAIN

Appears in *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Limber
Unburden

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Assist	Normal	Status	—	—	20	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
3	Growl	Normal	Status	—	100	40	Many Others
6	Assist	Normal	Status	—	—	20	Self
10	Sand Attack	Ground	Status	—	100	15	Normal
12	Fury Swipes	Normal	Physical	18	80	15	Normal
15	Pursuit	Dark	Physical	40	100	20	Normal
19	Torment	Dark	Status	—	100	15	Normal
22	Fake Out	Normal	Physical	40	100	10	Normal
26	Hone Claws	Dark	Status	—	—	15	Self
31	Assurance	Dark	Physical	60	100	10	Normal
34	Slash	Normal	Physical	70	100	20	Normal
38	Taunt	Dark	Status	—	100	20	Normal
43	Night Slash	Dark	Physical	70	100	15	Normal
47	Snatch	Dark	Status	—	—	10	Self
50	Nasty Plot	Dark	Status	—	—	20	Self
55	Sucker Punch	Dark	Physical	70	100	5	Normal
58	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

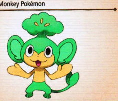
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pansage

Grass Monkey Pokémon



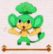
National Pokédex 511 GRASS
Alola Pokédex —
Height: 2'00" | Weight: 23.1 lbs.

♂ ♀
Same form for male/female

X It shares the leaf on its head with weary-looking Pokémon. These leaves are known to relieve stress.

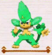
Y It's good at finding berries and gathers them from all over. It's kind enough to share them with friends.

EVOLUTION



Pansage

Use Leaf Stone



Simisage

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Gluttony

HIDDEN ABILITY

Overgrow

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Lick	Ghost	Physical	30	100	30	Normal
10	Vine Whip	Grass	Physical	45	100	25	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Leech Seed	Grass	Status	—	90	10	Normal
19	Bite	Dark	Physical	60	100	25	Normal
22	Seed Bomb	Grass	Physical	80	100	15	Normal
25	Torment	Dark	Status	—	100	15	Normal
28	Fling	Dark	Physical	—	100	10	Normal
31	Acrobatics	Flying	Physical	55	100	15	Normal
34	Grass Knot	Grass	Special	—	100	20	Normal
37	Recycle	Normal	Status	—	—	10	Self
40	Natural Gift	Normal	Physical	—	100	15	Normal
43	Crunch	Dark	Physical	80	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

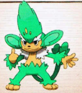
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EGG MOVES

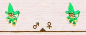
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Role Play	Psychic	Status	—	—	10	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Grass Whistle	Grass	Status	—	55	15	Normal
Magical Leaf	Grass	Special	60	—	20	Normal
Bullet Seed	Grass	Physical	25	100	30	Normal
Leaf Storm	Grass	Special	130	90	5	Normal
Disarming Voice	Fairy	Special	40	—	15	Many Others
Spiky Shield	Grass	Status	—	—	10	Self

✓ Simisage

Thorn Monkey Pokémon



National Pokédex 512 GRASS
Alola Pokédex —
Height: 3'07" | Weight: 67.2 lbs.

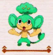


♂ ♀
Same form for male/female

X It attacks enemies with strikes of its thorn-covered tail. This Pokémon is wild tempered.

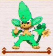
Y Ill tempered, it fights by swinging its barbed tail around wildly. The leaf growing on its head is very bitter.

EVOLUTION



Pansage

Use Leaf Stone



Simisage

MAIN WAY TO OBTAIN

Obtain a Pansage, then use a Leaf Stone on it to evolve it into Simisage.

ABILITY

Gluttony

HIDDEN ABILITY

Overgrow

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Lick	Ghost	Physical	30	100	30	Normal
1	Fury Swipes	Normal	Physical	18	80	15	Normal
1	Seed Bomb	Grass	Physical	80	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

EXCLUSIVE Z-MOVE

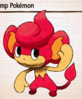
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pansear

High Temp Pokémon



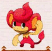
National Pokédex 513 FIRE
Alola Pokédex —
Height: 2'00" | Weight: 24.3 lbs.

♂ ♀
Same form for male/female

X Very intelligent, it roasts berries before eating them. It likes to help people.

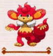
Y This Pokémon lives in caves in volcanoes. The fire within the tuft on its head can reach 600 degrees Fahrenheit.

EVOLUTION



Pansear

Use Fire Stone



Simisear

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Gluttony

HIDDEN ABILITY

Blaze

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Lick	Ghost	Physical	30	100	30	Normal
10	Incinerate	Fire	Special	60	100	15	Many Others
13	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Yawn	Normal	Status	—	—	10	Normal
19	Bite	Dark	Physical	60	100	25	Normal
22	Flame Burst	Fire	Special	70	100	15	Normal
25	Amnesia	Psychic	Status	—	—	20	Self
28	Fling	Dark	Physical	—	100	10	Normal
31	Acrobatics	Flying	Physical	55	100	15	Normal
34	Fire Blast	Fire	Special	110	85	5	Normal
37	Recycle	Normal	Status	—	—	10	Self
40	Natural Gift	Normal	Physical	—	100	15	Normal
43	Crunch	Dark	Physical	80	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Fire Punch	Fire	Physical	75	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

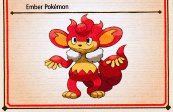
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Role Play	Psychic	Status	—	—	10	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Fire Spin	Fire	Special	35	85	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Disarming Voice	Fairy	Special	40	—	15	Many Others
Belch	Poison	Special	120	90	10	Normal
Flare Blitz	Fire	Physical	120	100	15	Normal

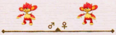
✓ Simisear

Ember Pokémon



National Pokédex	514	FIRE
Alola Pokédex	—	

Height: 3'03" | Weight: 61.7 lbs.

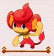


Same form for male/female

X A flame burns inside its body. It scatters embers from its head and tail to sear its opponents.

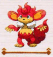
Y When it gets excited, embers rise from its head and tail and it gets hot. For some reason, it loves sweets.

EVOLUTION



Pansear

Use Fire Stone



Simisear

MAIN WAY TO OBTAIN

Obtain a Pansear, then use a Fire Stone on it to evolve it into Simisear.

ABILITY

Gluttony

HIDDEN ABILITY

Blaze

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Lick	Ghost	Physical	30	100	30	Normal
1	Fury Swipes	Normal	Physical	18	80	15	Normal
1	Flame Burst	Fire	Special	70	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

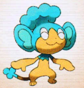
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Panpour

Spray Pokémon



National Pokédex	515	WATER
Alola Pokédex	—	

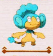
Height: 2'00" | Weight: 29.8 lbs.

Same form for male/female

X The water stored inside the tuft on its head is full of nutrients. It waters plants with it using its tail.

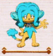
Y The water stored inside the tuft on its head is full of nutrients. Plants that receive its water grow large.

EVOLUTION



Panpour

Use Water Stone



Simipour

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Gluttony

HIDDEN ABILITY

Torrent

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Lick	Ghost	Physical	30	100	30	Normal
10	Water Gun	Water	Special	40	100	25	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
16	Water Sport	Water	Status	—	—	15	Both Sides
19	Bite	Dark	Physical	60	100	25	Normal
22	Scald	Water	Special	80	100	15	Normal
25	Taunt	Dark	Status	—	100	20	Normal
28	Fling	Dark	Physical	—	100	10	Normal
31	Acrobatics	Flying	Physical	55	100	15	Normal
34	Brine	Water	Special	65	100	10	Normal
37	Recycle	Normal	Status	—	—	10	Self
40	Natural Gift	Normal	Physical	—	100	15	Normal
43	Crunch	Dark	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

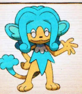
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Tickle	Normal	Status	—	100	20	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Role Play	Psychic	Status	—	—	10	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Aqua Ring	Water	Status	—	—	20	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Hydro Pump	Water	Special	110	80	5	Normal
Disarming Voice	Fairy	Special	40	—	15	Many Others

✓ Simipour

Geyser Pokémon

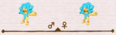


National Pokédex	516	WATER
Alola Pokédex	—	

Height: 3'03" | Weight: 63.9 lbs.

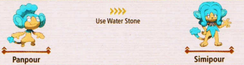
X The high-pressure water expelled from its tail is so powerful, it can destroy a concrete wall.

Y It prefers places with clean water. When its tuft runs low, it replenishes it by siphoning up water with its tail.



Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Panpour, then use a Water Stone on it to evolve it into Simipour.

ABILITY

Gluttony

HIDDEN ABILITY

Torrent

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Lick	Ghost	Physical	30	100	30	Normal
1	Fury Swipes	Normal	Physical	18	80	15	Normal
1	Scald	Water	Special	80	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

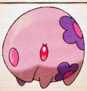
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Munna

Dream Eater Pokémon

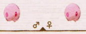


National Pokédex	517	PSYCHIC
Alola Pokédex	—	

Height: 2'00" | Weight: 51.4 lbs.

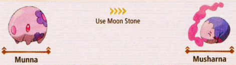
X This Pokémon appears before people and Pokémon who are having nightmares and eats those dreams.

Y It eats the dreams of people and Pokémon. When it eats a pleasant dream, it expels pink-colored mist.



Same form for male/female

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Forewarn
Synchronize

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psywave	Psychic	Special	—	100	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
5	Lucky Chant	Normal	Status	—	—	30	Your Side
7	Yawn	Normal	Status	—	—	10	Normal
11	Psybeam	Psychic	Special	65	100	20	Normal
13	Imprison	Psychic	Status	—	—	10	Self
17	Moonlight	Fairy	Status	—	—	5	Self
19	Hypnosis	Psychic	Status	—	60	20	Normal
23	Zen Headbutt	Psychic	Physical	80	90	15	Normal
25	Synchronoise	Psychic	Special	120	100	10	Adjacent
29	Nightmare	Ghost	Status	—	100	15	Normal
31	Future Sight	Psychic	Special	120	100	10	Normal
35	Calm Mind	Psychic	Status	—	—	20	Self
37	Psychic	Psychic	Special	90	100	10	Normal
41	Dream Eater	Psychic	Special	100	100	15	Normal
43	Telekinesis	Psychic	Status	—	—	15	Normal
47	Stored Power	Psychic	Special	20	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

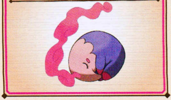
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

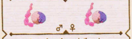
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sleep Talk	Normal	Status	—	—	10	Self
Secret Power	Normal	Physical	70	100	20	Normal
Barrier	Psychic	Status	—	—	20	Self
Magic Coat	Psychic	Status	—	—	15	Self
Helping Hand	Normal	Status	—	—	20	1 Ally
Baton Pass	Normal	Status	—	—	40	Self
Swift	Normal	Special	60	—	20	Many Others
Curse	Ghost	Status	—	—	10	Varies
Sonic Boom	Normal	Special	—	90	20	Normal
Healing Wish	Psychic	Status	—	—	10	Self

✓ Musharna

Drowsing Pokémon



National Pokédex 518 PSYCHIC
Alola Pokédex —
Height: 3'07" | Weight: 133.4 lbs.

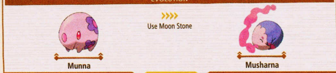


Same form for male/female

X: The mist emanating from their foreheads is packed with the dreams of people and Pokémon.

Y: The dream mist coming from its forehead changes into many different colors depending on the dream that was eaten.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Munna, then use a Moon Stone on it to evolve it into Musharna.

ABILITY

Forewarn
Synchronize

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psychic Terrain	Psychic	Status	—	—	10	Both Sides
1	Defense Curl	Normal	Status	—	—	40	Self
1	Lucky Chant	Normal	Status	—	—	30	Your Side
1	Psybeam	Psychic	Special	65	100	20	Normal
1	Hypnosis	Psychic	Status	—	60	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

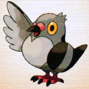
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

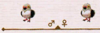
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal

✓ Pidove

Tiny Pigeon Pokémon



National Pokédex 519 NORMAL FLYING
Alola Pokédex —
Height: 1'00" | Weight: 4.6 lbs.

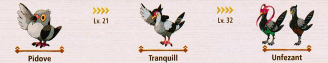


Same form for male/female

X: This very forgetful Pokémon will wait for a new order from its Trainer even though it already has one.

Y: These Pokémon live in cities. They are accustomed to people. Flocks often gather in parks and plazas.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Big Pecks
Super Luck

HIDDEN ABILITY

Rivalry

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Leer	Normal	Status	—	100	30	Many Others
11	Quick Attack	Normal	Physical	40	100	30	Normal
15	Air Cutter	Flying	Special	60	95	25	Many Others
18	Roost	Flying	Status	—	—	10	Self
22	Detect	Fighting	Status	—	—	5	Self
25	Taunt	Dark	Status	—	100	20	Normal
29	Air Slash	Flying	Special	75	95	15	Normal
32	Razor Wind	Normal	Special	80	100	10	Many Others
36	Feather Dance	Flying	Status	—	100	15	Normal
39	Swagger	Normal	Status	—	85	15	Normal
43	Facade	Normal	Physical	70	100	20	Normal
46	Tailwind	Flying	Status	—	—	15	Your Side
50	Sky Attack	Flying	Physical	140	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Steel Wing	Steel	Physical	70	90	25	Normal
Hypnosis	Psychic	Status	—	60	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Bestow	Normal	Status	—	—	15	Normal
Wish	Normal	Status	—	—	10	Self
Morning Sun	Normal	Status	—	—	5	Self
Lucky Chant	Normal	Status	—	—	30	Your Side
Night Slash	Dark	Physical	70	100	15	Normal

MOVES TAUGHT BY PEOPLE

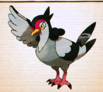
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

✓ Tranquill

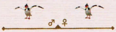
Wild Pigeon Pokémon



National Pokédex	520
Alola Pokédex	—

NORMAL
FLYING

Height: 2'00" | Weight: 33.1 lbs.

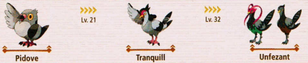


Same form for male/female

X Many people believe that, deep in the forest where Tranquill live, there is a peaceful place where there is no war.

Y No matter where in the world it goes, it knows where its nest is, so it never gets separated from its Trainer.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Pidove, then level it up to Lv. 21 or higher to evolve it into Tranquill.

ABILITY

Big Pecks
Super Luck

HIDDEN ABILITY

Rivalry

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Leer	Normal	Status	—	100	30	Many Others
11	Quick Attack	Normal	Physical	40	100	30	Normal
15	Air Cutter	Flying	Special	60	95	25	Many Others
18	Roost	Flying	Status	—	—	10	Self
23	Detect	Fighting	Status	—	—	5	Self
27	Taunt	Dark	Status	—	100	20	Normal
32	Air Slash	Flying	Special	75	95	15	Normal
36	Razor Wind	Normal	Special	80	100	10	Many Others
41	Feather Dance	Flying	Status	—	100	15	Normal
45	Swagger	Normal	Status	—	85	15	Normal
50	Facade	Normal	Physical	70	100	20	Normal
54	Tailwind	Flying	Status	—	—	15	Your Side
59	Sky Attack	Flying	Physical	140	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

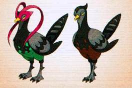
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Unfezant

Proud Pokémon



National Pokédex	521
Alola Pokédex	—

NORMAL
FLYING

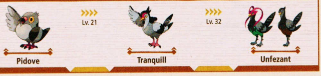
Height: 3'11" | Weight: 63.9 lbs.

The male has a mask-like plumage and a green pattern on its belly. The female has a brown pattern on its belly.

X Males swing their head plumage to threaten opponents. The females' flying abilities surpass those of the males.

Y Males have plumage on their heads. They will never let themselves feel close to anyone other than their Trainers.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Tranquill, then level it up to Lv. 32 or higher to evolve it into Unfezant.

ABILITY

Big Pecks
Super Luck

HIDDEN ABILITY

Rivalry

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Leer	Normal	Status	—	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Leer	Normal	Status	—	100	30	Many Others
11	Quick Attack	Normal	Physical	40	100	30	Normal
15	Air Cutter	Flying	Special	60	95	25	Many Others
18	Roost	Flying	Status	—	—	10	Self
23	Detect	Fighting	Status	—	—	5	Self
27	Taunt	Dark	Status	—	100	20	Normal
33	Air Slash	Flying	Special	75	95	15	Normal
38	Razor Wind	Normal	Special	80	100	10	Many Others
44	Feather Dance	Flying	Status	—	100	15	Normal
49	Swagger	Normal	Status	—	85	15	Normal
55	Facade	Normal	Physical	70	100	20	Normal
60	Tailwind	Flying	Status	—	—	15	Your Side
66	Sky Attack	Flying	Physical	140	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

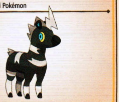
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

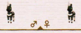
✓ Blitzle

Electrified Pokémon



National Pokédex	522	ELECTRIC
Alola Pokédex	—	

Height: 2'07" | Weight: 65.7 lbs.



♂ ♀

Same form for male/female

X: When thunderclouds cover the sky, it will appear. It can catch lightning with its mane and store the electricity.

Y: Its mane shines when it discharges electricity. They use the frequency and rhythm of these flashes to communicate.

EVOLUTION

Lv. 27
Blitzle
Zebstrika

MAIN WAY TO OBTAIN

Obtain a Zebstrika, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Lightning Rod
Motor Drive

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

	NORMAL	×1		FLYING	×0.5
	FIRE	×1		PSYCHIC	×1
	WATER	×1		BUG	×1
!	GRASS	×1		ROCK	×1
!	ELECTRIC	×0.5		GHOST	×1
	ICE	×1		DRAGON	×1
	FIGHTING	×1		DARK	×1
	POISON	×1		STEEL	×0.5
	GROUND	×2		FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
8	Charge	Electric	Status	—	—	20	Self
11	Shock Wave	Electric	Special	60	—	20	Normal
15	Thunder Wave	Electric	Status	—	90	20	Normal
18	Flame Charge	Fire	Physical	50	100	20	Normal
22	Pursuit	Dark	Physical	40	100	20	Normal
25	Spark	Electric	Physical	65	100	20	Normal
29	Stomp	Normal	Physical	65	100	20	Normal
32	Discharge	Electric	Special	80	100	15	Adjacent
36	Agility	Psychic	Status	—	—	30	Self
39	Wild Charge	Electric	Physical	90	100	15	Normal
43	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

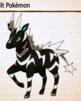
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Me First	Normal	Status	—	—	20	Varies
Take Down	Normal	Physical	90	85	20	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Double Kick	Fighting	Physical	30	100	30	Normal
Screech	Normal	Status	—	85	40	Normal
Rage	Normal	Physical	20	100	20	Normal
Endure	Normal	Status	—	—	10	Self
Double-Edge	Normal	Physical	120	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Snatch	Dark	Status	—	—	10	Self
Feint	Normal	Physical	30	100	10	Normal

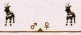
✓ Zebstrika

Thunderbolt Pokémon



National Pokédex	523	ELECTRIC
Alola Pokédex	—	

Height: 5'03" | Weight: 175.3 lbs.



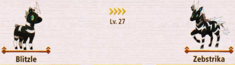
♂ ♀

Same form for male/female

X: When this ill-tempered Pokémon runs wild, it shoots lightning from its mane in all directions.

Y: They have lightning-like movements. When Zebstrika run at full speed, the sound of thunder reverberates.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Lightning Rod
Motor Drive

HIDDEN ABILITY

Sap Sipper

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

	NORMAL	×1		FLYING	×0.5
	FIRE	×1		PSYCHIC	×1
	WATER	×1		BUG	×1
!	GRASS	×1		ROCK	×1
!	ELECTRIC	×0.5		GHOST	×1
	ICE	×1		DRAGON	×1
	FIGHTING	×1		DARK	×1
	POISON	×1		STEEL	×0.5
	GROUND	×2		FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ion Deluge	Electric	Status	—	—	25	Both Sides
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Charge	Electric	Status	—	—	20	Self
1	Thunder Wave	Electric	Status	—	90	20	Normal
4	Tail Whip	Normal	Status	—	100	30	Many Others
8	Charge	Electric	Status	—	—	20	Self
11	Shock Wave	Electric	Special	60	—	20	Normal
15	Thunder Wave	Electric	Status	—	90	20	Normal
18	Flame Charge	Fire	Physical	50	100	20	Normal
22	Pursuit	Dark	Physical	40	100	20	Normal
25	Spark	Electric	Physical	65	100	20	Normal
31	Stomp	Normal	Physical	65	100	20	Normal
36	Discharge	Electric	Special	80	100	15	Adjacent
42	Agility	Psychic	Status	—	—	30	Self
47	Wild Charge	Electric	Physical	90	100	15	Normal
53	Thrash	Normal	Physical	120	100	10	1 Random
58	Ion Deluge	Electric	Status	—	—	25	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

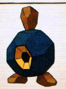
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Snatch	Dark	Status	—	—	10	Self
Ally Switch	Psychic	Status	—	—	15	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Roggenrola

Mantle Pokémon



National Pokédex	524	ROCK
Alola Pokédex	120	

Height: 1'04" | Weight: 39.7 lbs.

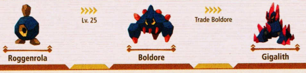
Everstone | Hard Stone

Same form for male/female

The hexagonal hole is its ear. Deep in that ear is an energy core, so if you stick your hand in there, Roggenrola will be very angry!

It was found in a fissure in a layer of exposed rock. The material that makes up its body is dirt from several hundred years ago.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the caves of Ten Carat Hill.

ABILITY

Sturdy
Weak Armor

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
4	Harden	Normal	Status	—	—	30	Self
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Headbutt	Normal	Physical	70	100	15	Normal
14	Rock Blast	Rock	Physical	25	90	10	Normal
17	Mud-Slap	Ground	Special	20	100	10	Normal
20	Iron Defense	Steel	Status	—	—	15	Self
23	Smack Down	Rock	Physical	50	100	15	Normal
27	Rock Slide	Rock	Physical	75	90	10	Many Others
30	Stealth Rock	Rock	Status	—	—	20	Other Side
33	Sandstorm	Rock	Status	—	—	10	Both Sides
36	Stone Edge	Rock	Physical	100	80	5	Normal
40	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

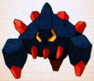
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magnitude	Ground	Physical	—	100	30	Adjacent
Curse	Ghost	Status	—	—	10	Varies
Autotomize	Steel	Status	—	—	15	Self
Rock Tomb	Rock	Physical	60	95	15	Normal
Lock-On	Normal	Status	—	—	5	Normal
Heavy Slam	Steel	Physical	—	100	10	Normal
Take Down	Normal	Physical	90	85	20	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Wide Guard	Rock	Status	—	—	10	Your Side

✓ Boldore

Ore Pokémon



National Pokédex	525	ROCK
Alola Pokédex	121	

Height: 2'11" | Weight: 224.9 lbs.

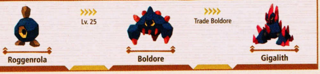
Everstone | Hard Stone

Same form for male/female

The energy overflowing from its body has turned into orange crystals that are hard enough to smash diamonds.

Its orange crystals are lumps of powerful energy. They're valuable, so Boldore is sometimes targeted for them.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the caves of the Vast Poni Canyon. Or obtain a Roggenrola, then level it up to Lv. 25 or higher to evolve it into Boldore.

ABILITY

Sturdy
Weak Armor

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Power Gem	Rock	Special	80	100	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
4	Harden	Normal	Status	—	—	30	Self
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Headbutt	Normal	Physical	70	100	15	Normal
14	Rock Blast	Rock	Physical	25	90	10	Normal
17	Mud-Slap	Ground	Special	20	100	10	Normal
20	Iron Defense	Steel	Status	—	—	15	Self
23	Smack Down	Rock	Physical	50	100	15	Normal
30	Rock Slide	Rock	Physical	75	90	10	Many Others
36	Stealth Rock	Rock	Status	—	—	20	Other Side
42	Sandstorm	Rock	Status	—	—	10	Both Sides
48	Stone Edge	Rock	Physical	100	80	5	Normal
55	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Power Gem	Rock	Special	80	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

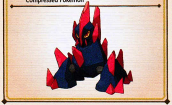
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

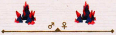
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Gigalith

Compressed Pokémon



National Pokédex 526 ROCK
Alola Pokédex 122
Height: 5'07" | Weight: 573.2 lbs.

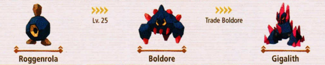


Same form for male/female

When it fires off energy with all its might, the power creates countless fissures on its body.

It absorbs rays of sunlight and shoots out energy. It's usually lurking deep beneath the surface.

EVOLUTION



MAIN WAY TO OBTAIN

Receive a Boldore in a trade and it will immediately evolve into Gigalith.

ABILITY

Sturdy
Sand Stream

HIDDEN ABILITY

Sand Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Power Gem	Rock	Special	80	100	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
4	Harden	Normal	Status	—	—	30	Self
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Headbutt	Normal	Physical	70	100	15	Normal
14	Rock Blast	Rock	Physical	25	90	10	Normal
17	Mud-Slap	Ground	Special	20	100	10	Normal
20	Iron Defense	Steel	Status	—	—	15	Self
23	Smack Down	Rock	Physical	50	100	15	Normal
30	Rock Slide	Rock	Physical	75	90	10	Many Others
36	Stealth Rock	Rock	Status	—	—	20	Other Side
42	Sandstorm	Rock	Status	—	—	10	Both Sides
48	Stone Edge	Rock	Physical	100	80	5	Normal
55	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

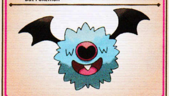
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

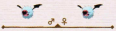
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Woobat

Bat Pokémon



National Pokédex 527 PSYCHIC
Alola Pokédex — FLYING
Height: 1'04" | Weight: 4.6 lbs.

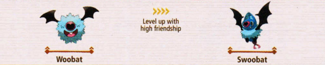


Same form for male/female

Its habitat is dark forests and caves. It emits ultrasonic waves from its nose to learn about its surroundings.

The heart-shaped mark left on a body after a Woobat has been attached to it is said to bring good fortune.

EVOLUTION


Level up with high friendship
Woobat
Swoobat

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Unaware
Klutz

HIDDEN ABILITY

Simple

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field
Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Confusion	Psychic	Special	50	100	25	Normal
4	Odor Sleuth	Normal	Status	—	—	40	Normal
8	Gust	Flying	Special	40	100	35	Normal
12	Assurance	Dark	Physical	60	100	10	Normal
15	Heart Stamp	Psychic	Physical	60	100	25	Normal
19	Imprison	Psychic	Status	—	—	10	Self
21	Air Cutter	Flying	Special	60	95	25	Many Others
25	Attract	Normal	Status	—	100	15	Normal
29	Amnesia	Psychic	Status	—	—	20	Self
29	Calm Mind	Psychic	Status	—	—	20	Self
32	Air Slash	Flying	Special	75	95	15	Normal
36	Future Sight	Psychic	Special	120	100	10	Normal
41	Psychic	Psychic	Special	90	100	10	Normal
47	Endeavor	Normal	Physical	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

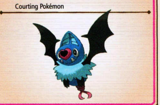
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Charm	Fairy	Status	—	100	20	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Supersonic	Normal	Status	—	55	20	Normal
Synchronoise	Psychic	Special	120	100	10	Adjacent
Stored Power	Psychic	Special	20	100	10	Normal
Roost	Flying	Status	—	—	10	Self
Flatter	Dark	Status	—	100	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Captivate	Normal	Status	—	100	20	Many Others
Venom Drench	Poison	Status	—	100	20	Many Others
Psycho Shift	Psychic	Status	—	100	10	Normal

✓ Swoobat

Courting Pokémon



National Pokédex 528 PSYCHIC FLYING
Alola Pokédex —

Height: 2'11" | Weight: 23.1 lbs.

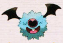
♂ ♀

Same form for male/female

X It shakes its tail vigorously when it emits ultrasonic waves strong enough to reduce concrete to rubble.

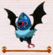
Y Anyone who comes into contact with the ultrasonic waves emitted by a courting male experiences a positive mood shift.

EVOLUTION



Woobat

›››› Level up with high friendship



Swoobat

MAIN WAY TO OBTAIN

Obtain a Woobat, then level it up with high friendship to evolve it into Swoobat.

ABILITY

Unaware
Klutz

HIDDEN ABILITY

Simple

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆

Field
Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Confusion	Psychic	Special	50	100	25	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
1	Gust	Flying	Special	40	100	35	Normal
1	Assurance	Dark	Physical	60	100	10	Normal
4	Odor Sleuth	Normal	Status	—	—	40	Normal
8	Gust	Flying	Special	40	100	35	Normal
12	Assurance	Dark	Physical	60	100	10	Normal
15	Heart Stamp	Psychic	Physical	60	100	25	Normal
19	Imprison	Psychic	Status	—	—	10	Self
21	Air Cutter	Flying	Special	60	95	25	Many Others
25	Attract	Normal	Status	—	100	15	Normal
29	Amnesia	Psychic	Status	—	—	20	Self
29	Calm Mind	Psychic	Status	—	—	20	Self
32	Air Slash	Flying	Special	75	95	15	Normal
36	Future Sight	Psychic	Special	120	100	10	Normal
41	Psychic	Psychic	Special	90	100	10	Normal
47	Endeavor	Normal	Physical	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

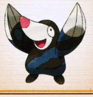
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

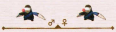
✓ Drilbur

Mole Pokémon



National Pokédex 529 GROUND
Alola Pokédex —

Height: 1'00" | Weight: 18.7 lbs.



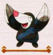
♂ ♀

Same form for male/female

X It makes its way swiftly through the soil by putting both claws together and rotating at high speed.

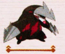
Y By spinning its body, it can dig straight through the ground at a speed of 30 mph.

EVOLUTION



Drilbur

›››› Lv. 31



Excadrill

MAIN WAY TO OBTAIN

Obtain an Excadrill, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Sand Rush
Sand Force

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
5	Rapid Spin	Normal	Physical	20	100	40	Normal
8	Mud-Slap	Ground	Special	20	100	10	Normal
12	Fury Swipes	Normal	Physical	18	80	15	Normal
15	Metal Claw	Steel	Physical	50	95	35	Normal
19	Dig	Ground	Physical	80	100	10	Normal
22	Hone Claws	Dark	Status	—	—	15	Self
26	Slash	Normal	Physical	70	100	20	Normal
29	Rock Slide	Rock	Physical	75	90	10	Many Others
33	Earthquake	Ground	Physical	100	100	10	Adjacent
36	Swords Dance	Normal	Status	—	—	20	Self
40	Sandstorm	Rock	Status	—	—	10	Both Sides
43	Drill Run	Ground	Physical	80	95	10	Normal
47	Fissure	Ground	Physical	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drill Run	Ground	Physical	80	95	10	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

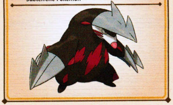
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Rapid Spin	Normal	Physical	20	100	40	Normal
Earth Power	Ground	Special	90	100	10	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Metal Sound	Steel	Status	—	85	40	Normal
Submission	Fighting	Physical	80	80	20	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Rock Climb	Normal	Physical	90	85	20	Normal

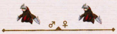
✓ Excadrill

Subterrene Pokémon



National Pokédex	530	GROUND
Alola Pokédex	—	STEEL

Height: 2'04" | Weight: 89.1 lbs.

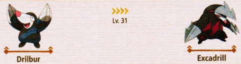


Same form for male/female

X: It can help in tunnel construction. Its drill has evolved into steel strong enough to bore through iron plates.

Y: More than 300 feet below the surface, they build mazelike nests. Their activity can be destructive to subway tunnels.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sand Rush
Sand Force

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Egg group: Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.25
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Horn Drill	Normal	Physical	—	30	5	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Scratch	Normal	Physical	40	100	35	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Rapid Spin	Normal	Physical	20	100	40	Normal
1	Mud-Slap	Ground	Special	20	100	10	Normal
5	Rapid Spin	Normal	Physical	20	100	40	Normal
8	Mud-Slap	Ground	Special	20	100	10	Normal
12	Fury Swipes	Normal	Physical	18	80	15	Normal
15	Metal Claw	Steel	Physical	50	95	35	Normal
19	Dig	Ground	Physical	80	100	10	Normal
22	Hone Claws	Dark	Status	—	—	15	Self
26	Slash	Normal	Physical	70	100	20	Normal
29	Rock Slide	Rock	Physical	75	90	10	Many Others
36	Earthquake	Ground	Physical	100	100	10	Adjacent
42	Swords Dance	Normal	Status	—	—	20	Self
49	Sandstorm	Rock	Status	—	—	10	Both Sides
55	Drill Run	Ground	Physical	80	95	10	Normal
62	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Horn Drill	Normal	Physical	—	30	5	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

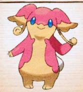
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Audino

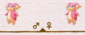
Hearing Pokémon



National Pokédex	531	NORMAL
Alola Pokédex	—	

Height: 3'07" | Weight: 68.3 lbs.

Oran Berry | Sitrus Berry



Same form for male/female

X: Using the feelers on its ears, it can tell how someone is feeling or when an egg might hatch.

Y: It touches others with the feelers on its ears, using the sound of their heartbeats to tell how they are feeling.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a green warp hole while using Ultra Warp Ride.

ABILITY

Healer
Regenerator

HIDDEN ABILITY

Klutz

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Egg group: Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Last Resort	Normal	Physical	140	100	5	Normal
1	Hyper Voice	Normal	Special	90	100	10	Many Others
1	Misty Terrain	Fairy	Status	—	—	10	Both Sides
1	Play Nice	Normal	Status	—	—	20	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Helping Hand	Normal	Status	—	—	20	1 Ally
5	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
9	Refresh	Normal	Status	—	—	20	Self
13	Disarming Voice	Fairy	Special	40	—	15	Many Others
17	Double Slap	Normal	Physical	15	85	10	Normal
21	Attract	Normal	Status	—	100	15	Normal
25	Secret Power	Normal	Physical	70	100	20	Normal
29	Entrainment	Normal	Status	—	100	15	Normal
33	Take Down	Normal	Physical	90	85	20	Normal
37	Heal Pulse	Psychic	Status	—	—	10	Normal
41	After You	Normal	Status	—	—	15	Normal
45	Simple Beam	Normal	Status	—	100	15	Normal
49	Double-Edge	Normal	Physical	120	100	15	Normal
53	Hyper Voice	Normal	Special	90	100	10	Many Others
57	Last Resort	Normal	Physical	140	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

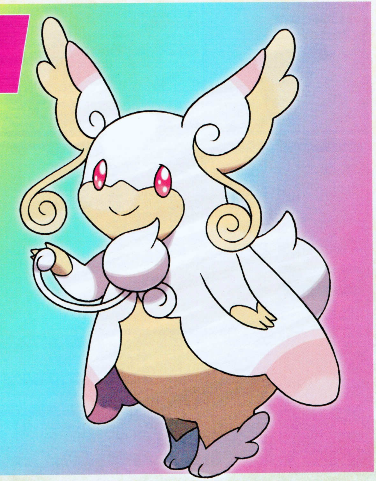
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wish	Normal	Status	—	—	10	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Lucky Chant	Normal	Status	—	—	30	Your Side
Encore	Normal	Status	—	100	5	Normal
Bestow	Normal	Status	—	—	15	Normal
Sweet Kiss	Fairy	Status	—	75	10	Normal
Yawn	Normal	Status	—	—	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Healing Wish	Psychic	Status	—	—	10	Self
Amnesia	Psychic	Status	—	—	20	Self
Draining Kiss	Fairy	Special	50	100	10	Normal

Mega Audino

Hearing Pokémon

NORMAL FAIRY

Height: 4'11"
Weight: 70.5 lbs.



MEGA EVOLUTION

Have Audino hold Audinite, and Mega Evolve it during battle.

Audino **Mega Audino**

Same form for male/female

ABILITY

Healer

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

Required Mega Stone

Audinite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

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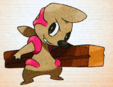
✓ Timburr

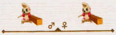
Muscular Pokémon



National Pokédex	532
Alola Pokédex	—

FIGHTING

Height: 2'00" | Weight: 27.6 lbs.



Same form for male/female

X These Pokémon appear at building sites and help out with construction. They always carry squared logs.

Y Always carrying squared logs, they help out with construction. As they grow, they carry bigger logs.

EVOLUTION

Lv. 25

Trade Gurdurr

Timburr **Gurdurr** **Conkeldurr**

MAIN WAY TO OBTAIN

Obtain a Gurdurr or Conkeldurr, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Guts
Sheer Force

HIDDEN ABILITY

Iron Fist

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
4	Focus Energy	Normal	Status	—	—	30	Self
8	Bide	Normal	Physical	—	—	10	Self
12	Low Kick	Fighting	Physical	—	100	20	Normal
16	Rock Throw	Rock	Physical	50	90	15	Normal
20	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
24	Chip Away	Normal	Physical	70	100	20	Normal
28	Bulk Up	Fighting	Status	—	—	20	Self
31	Rock Slide	Rock	Physical	75	90	10	Many Others
34	Dynamic Punch	Fighting	Physical	100	50	5	Normal
37	Scary Face	Normal	Status	—	100	10	Normal
40	Hammer Arm	Fighting	Physical	100	90	10	Normal
43	Stone Edge	Rock	Physical	100	80	5	Normal
46	Focus Punch	Fighting	Physical	150	100	20	Normal
49	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

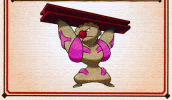
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Endure	Normal	Status	—	—	10	Self
Counter	Fighting	Physical	—	100	20	Varies
Comet Punch	Normal	Physical	18	85	15	Normal
Foresight	Normal	Status	—	—	40	Normal
Smelling Salts	Normal	Physical	70	100	10	Normal
Detect	Fighting	Status	—	—	5	Self
Wide Guard	Rock	Status	—	—	10	Your Side
Force Palm	Fighting	Physical	60	100	10	Normal
Reversal	Fighting	Physical	—	100	15	Normal
Mach Punch	Fighting	Physical	40	100	30	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

✓ Gurdurr

Muscular Pokémon



National Pokédex	533	FIGHTING
Alola Pokédex	—	

Height: 3'11" | **Weight:** 88.2 lbs.

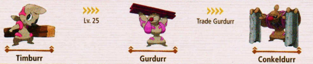
♂ ♀

Same form for male/female

X With strengthened bodies, they skillfully wield steel beams to take down buildings.

Y This Pokémon is so muscular and strongly built that even a group of wrestlers could not make it budge an inch.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Timburr, then level it up to Lv. 25 or higher to evolve it into Gurdurr.

ABILITY

Guts
Sheer Force

HIDDEN ABILITY

Iron Fist

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
1	Bide	Normal	Physical	—	—	10	Self
4	Focus Energy	Normal	Status	—	—	30	Self
8	Bide	Normal	Physical	—	—	10	Self
12	Low Kick	Fighting	Physical	—	100	20	Normal
16	Rock Throw	Rock	Physical	50	90	15	Normal
20	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
24	Chip Away	Normal	Physical	70	100	20	Normal
29	Bulk Up	Fighting	Status	—	—	20	Self
33	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Dynamic Punch	Fighting	Physical	100	50	5	Normal
41	Scary Face	Normal	Status	—	100	10	Normal
45	Hammer Arm	Fighting	Physical	100	90	10	Normal
49	Stone Edge	Rock	Physical	100	80	5	Normal
53	Focus Punch	Fighting	Physical	150	100	20	Normal
57	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

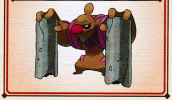
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

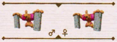
✓ Conkeldurr

Muscular Pokémon



National Pokédex	534	FIGHTING
Alola Pokédex	—	

Height: 4'07" | **Weight:** 191.8 lbs.



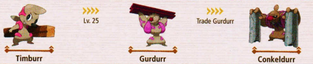
♂ ♀

Same form for male/female

X It is thought that Conkeldurr taught humans how to make concrete more than 2,000 years ago.

Y Rather than rely on force, they master moves that utilize the centrifugal force of spinning concrete.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Poni Plains by using Island Scan on Poni Island on a Monday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Guts
Sheer Force

HIDDEN ABILITY

Iron Fist

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Focus Energy	Normal	Status	—	—	30	Self
1	Bide	Normal	Physical	—	—	10	Self
4	Focus Energy	Normal	Status	—	—	30	Self
8	Bide	Normal	Physical	—	—	10	Self
12	Low Kick	Fighting	Physical	—	100	20	Normal
16	Rock Throw	Rock	Physical	50	90	15	Normal
20	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
24	Chip Away	Normal	Physical	70	100	20	Normal
29	Bulk Up	Fighting	Status	—	—	20	Self
33	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Dynamic Punch	Fighting	Physical	100	50	5	Normal
41	Scary Face	Normal	Status	—	100	10	Normal
45	Hammer Arm	Fighting	Physical	100	90	10	Normal
49	Stone Edge	Rock	Physical	100	80	5	Normal
53	Focus Punch	Fighting	Physical	150	100	20	Normal
57	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

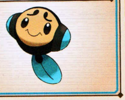
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

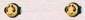
✓ Tympole

Tadpole Pokémon



National Pokédex	535	WATER
Alola Pokédex	—	

Height: 1'08" | Weight: 9.9 lbs.

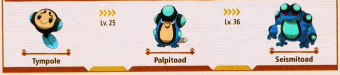


Same form for male/female

X By vibrating its cheeks, it emits sound waves imperceptible to humans and warns others of danger.

Y By vibrating its cheeks, it emits sound waves imperceptible to humans. It uses the rhythm of these sounds to talk.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Swift Swim
Hydration

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
1	Growl	Normal	Status	—	100	40	Many Others
5	Supersonic	Normal	Status	—	55	20	Normal
9	Round	Normal	Special	60	100	15	Normal
12	Bubble Beam	Water	Special	65	100	20	Normal
16	Mud Shot	Ground	Special	55	95	15	Normal
20	Aqua Ring	Water	Status	—	—	20	Self
23	Uproar	Normal	Special	90	100	10	1 Random
27	Muddy Water	Water	Special	90	85	10	Many Others
31	Rain Dance	Water	Status	—	—	5	Both Sides
34	Flail	Normal	Physical	—	100	15	Normal
38	Echoed Voice	Normal	Special	40	100	15	Normal
42	Hydro Pump	Water	Special	110	80	5	Normal
45	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

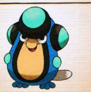
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Refresh	Normal	Status	—	—	20	Self
Mud Sport	Ground	Status	—	—	15	Both Sides
Mud Bomb	Ground	Special	65	85	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Snore	Normal	Special	50	100	15	Normal
Mist	Ice	Status	—	—	30	Your Side
Earth Power	Ground	Special	90	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Venom Drench	Poison	Status	—	100	20	Many Others

✓ Palpitoad

Vibration Pokémon



National Pokédex	536	WATER
Alola Pokédex	—	GROUND

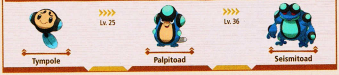
Height: 2'07" | Weight: 37.5 lbs.

Same form for male/female

X When they vibrate the bumps on their heads, they can make waves in water or earthquake-like vibrations on land.

Y It lives in the water and on land. It uses its long, sticky tongue to immobilize its opponents.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Tympole, then level it up to Lv. 25 or higher to evolve it into Palpitoad.

ABILITY

Swift Swim
Hydration

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
1	Growl	Normal	Status	—	100	40	Many Others
1	Supersonic	Normal	Status	—	55	20	Normal
1	Round	Normal	Special	60	100	15	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
9	Round	Normal	Special	60	100	15	Normal
12	Bubble Beam	Water	Special	65	100	20	Normal
16	Mud Shot	Ground	Special	55	95	15	Normal
20	Aqua Ring	Water	Status	—	—	20	Self
23	Uproar	Normal	Special	90	100	10	1 Random
28	Muddy Water	Water	Special	90	85	10	Many Others
33	Rain Dance	Water	Status	—	—	5	Both Sides
37	Flail	Normal	Physical	—	100	15	Normal
42	Echoed Voice	Normal	Special	40	100	15	Normal
47	Hydro Pump	Water	Special	110	80	5	Normal
51	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

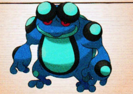
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

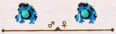
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Seismitoad

Vibration Pokémon



National Pokédex 537 WATER
Alola Pokédex — GROUND
Height: 4'11" | Weight: 136.7 lbs.

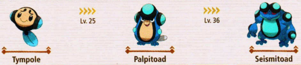


♂ ♀
Same form for male/female

X It increases the power of its punches by vibrating the bumps on its fists. It can turn a boulder to rubble with one punch.

Y They shoot paralyzing liquid from their head bumps. They use vibration to hurt their opponents.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Palpitoad, then level it up to Lv. 36 or higher to evolve it into Seismitoad.

ABILITY

Swift Swim
Poison Touch

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×1	BUG	×1
GRASS	×4	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Acid	Poison	Special	40	100	30	Many Others
1	Bubble	Water	Special	40	100	30	Many Others
1	Growl	Normal	Status	—	100	40	Many Others
1	Supersonic	Normal	Status	—	55	20	Normal
1	Round	Normal	Special	60	100	15	Normal
5	Supersonic	Normal	Status	—	55	20	Normal
9	Round	Normal	Special	60	100	15	Normal
12	Bubble Beam	Water	Special	65	100	20	Normal
16	Mud Shot	Ground	Special	55	95	15	Normal
20	Aqua Ring	Water	Status	—	—	20	Self
23	Uproar	Normal	Special	90	100	10	1 Random
28	Muddy Water	Water	Special	90	85	10	Many Others
33	Rain Dance	Water	Status	—	—	5	Both Sides
39	Flail	Normal	Physical	—	100	15	Normal
44	Drain Punch	Fighting	Physical	75	100	10	Normal
49	Echoed Voice	Normal	Special	40	100	15	Normal
53	Hydro Pump	Water	Special	110	80	5	Normal
59	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Acid	Poison	Special	40	100	30	Many Others

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

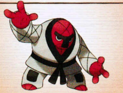
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Throh

Judo Pokémon



National Pokédex 538 FIGHTING
Alola Pokédex —
Height: 4'03" | Weight: 122.4 lbs.

♂ ♀
Male only

X When it tightens its belt, it becomes stronger. Wild Throh use vines to weave their own belts.

Y When it encounters a foe bigger than itself, it wants to throw it. It changes belts as it gets stronger.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Guts
Inner Focus

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mat Block	Fighting	Status	—	—	10	Your Side
1	Bind	Normal	Physical	15	85	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bide	Normal	Physical	—	—	10	Self
1	Focus Energy	Normal	Status	—	—	30	Self
5	Seismic Toss	Fighting	Physical	—	100	20	Normal
9	Vital Throw	Fighting	Physical	70	—	10	Normal
13	Revenge	Fighting	Physical	60	100	10	Normal
17	Storm Throw	Fighting	Physical	60	100	10	Normal
21	Body Slam	Normal	Physical	85	100	15	Normal
25	Bulk Up	Fighting	Status	—	—	20	Self
29	Circle Throw	Fighting	Physical	60	90	10	Normal
33	Endure	Normal	Status	—	—	10	Self
37	Wide Guard	Rock	Status	—	—	10	Your Side
41	Superpower	Fighting	Physical	120	100	5	Normal
45	Reversal	Fighting	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

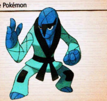
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Sawk

Karate Pokémon



National Pokédex 539
Alola Pokédex —
FIGHTING

Height: 4'07" | Weight: 112.4 lbs.

♂ ♀

Male only

X Desiring the strongest karate chop, they seclude themselves in mountains and train without sleeping.

Y Tying their belts gets them pumped and makes their punches more destructive. Disturbing their training angers them.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Alpha Sapphire* and *Pokémon X*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sturdy
Inner Focus

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rock Smash	Fighting	Physical	40	100	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bide	Normal	Physical	—	—	10	Self
1	Focus Energy	Normal	Status	—	—	30	Self
5	Double Kick	Fighting	Physical	30	100	30	Normal
9	Low Sweep	Fighting	Physical	65	100	20	Normal
13	Counter	Fighting	Physical	—	100	20	Varies
17	Karate Chop	Fighting	Physical	50	100	25	Normal
21	Brick Break	Fighting	Physical	75	100	15	Normal
25	Bulk Up	Fighting	Status	—	—	20	Self
29	Retaliate	Normal	Physical	70	100	5	Normal
33	Endure	Normal	Status	—	—	10	Self
37	Quick Guard	Fighting	Status	—	—	15	Your Side
41	Close Combat	Fighting	Physical	120	100	5	Normal
45	Reversal	Fighting	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

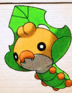
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

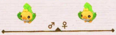
✓ Sewaddle

Sewing Pokémon



National Pokédex 540
Alola Pokédex —
BUG
GRASS

Height: 1'00" | Weight: 5.5 lbs.



♂ ♀

Same form for male/female

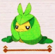
X This Pokémon makes clothes for itself. It chews up leaves and sews them with sticky thread extruded from its mouth.

Y Since this Pokémon makes its own clothes out of leaves, it is a popular mascot for fashion designers.

EVOLUTION

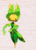
Sewaddle

Lv. 20



Swadloon

Level up with high friendship



Leavanny

MAIN WAY TO OBTAIN

Obtain a Swadloon or Leavanny, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Swarm
Chlorophyll

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.25	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
8	Bug Bite	Bug	Physical	60	100	20	Normal
15	Razor Leaf	Grass	Physical	55	95	25	Many Others
22	Struggle Bug	Bug	Special	50	100	20	Many Others
29	Endure	Normal	Status	—	—	10	Self
31	Sticky Web	Bug	Status	—	—	20	Other Side
36	Bug Buzz	Bug	Special	90	100	10	Normal
43	Flail	Normal	Physical	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

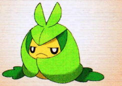
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Silver Wind	Bug	Special	60	100	5	Normal
Screech	Normal	Status	—	85	40	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Mind Reader	Normal	Status	—	—	5	Normal
Agility	Psychic	Status	—	—	30	Self
Me First	Normal	Status	—	—	20	Varies
Baton Pass	Normal	Status	—	—	40	Self
Camouflage	Normal	Status	—	—	20	Self
Air Slash	Flying	Special	75	95	15	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

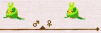
✓ Swadloon

Leaf-Wrapped Pokémon



National Pokédex 541 | BUG
Alola Pokédex — | GRASS

Height: 1'08" | Weight: 16.1 lbs.



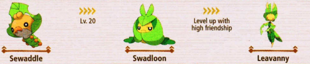
♂ ♀

Same form for male/female

X Forests where Swadloon live have superb foliage because the nutrients they make from fallen leaves nourish the plant life.

Y It protects itself from the cold by wrapping up in leaves. It stays on the move, eating leaves in forests.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Sewaddle, then level it up to Lv. 20 or higher to evolve it into Swadloon.

ABILITY

Leaf Guard
Chlorophyll

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.25	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Protect	Normal	Status	—	—	10	Self
1	Grass Whistle	Grass	Status	—	55	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
1	Bug Bite	Bug	Physical	60	100	20	Normal
1	Razor Leaf	Grass	Physical	55	95	25	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Protect	Normal	Status	—	—	10	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

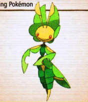
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Leavanny

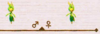
Nurturing Pokémon



National Pokédex 542 | BUG
Alola Pokédex — | GRASS

Height: 3'11" | Weight: 45.2 lbs.

Mental Herb



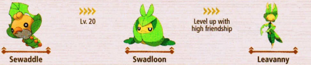
♂ ♀

Same form for male/female

X Upon finding a small Pokémon, it weaves clothing for it from leaves by using the sticky silk secreted from its mouth.

Y It keeps its eggs warm with heat from fermenting leaves. It also uses leaves to make warm wrappings for Sewaddle.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Poni Meadow by using Island Scan on Poni Island on a Wednesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Swarm
Chlorophyll

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×4	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.25	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Slash	Normal	Physical	70	100	20	Normal
1	False Swipe	Normal	Physical	40	100	40	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
1	Bug Bite	Bug	Physical	60	100	20	Normal
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
8	Bug Bite	Bug	Physical	60	100	20	Normal
15	Razor Leaf	Grass	Physical	55	95	25	Many Others
22	Struggle Bug	Bug	Special	50	100	20	Many Others
29	Fell Stinger	Bug	Physical	50	100	25	Normal
32	Helping Hand	Normal	Status	—	—	20	1 Ally
36	Leaf Blade	Grass	Physical	90	100	15	Normal
39	X-Scissor	Bug	Physical	80	100	15	Normal
43	Entrainment	Normal	Status	—	100	15	Normal
46	Swords Dance	Normal	Status	—	—	20	Self
50	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Synthesis	Grass	Status	—	—	5	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Slash	Normal	Physical	70	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

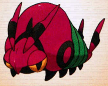
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Venipede

Centipede Pokémon



National Pokédex 543 | BUG
Alola Pokédex — | POISON

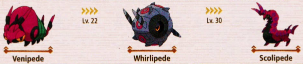
Height: 1'04" | Weight: 11.7 lbs.

Same form for male/female

It discovers what is going on around it by using the feelers on its head and tail. It is brutally aggressive.

Its bite injects a potent poison, enough to paralyze large bird Pokémon that try to prey on it.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 4 by using Island Scan on Akala Island on a Thursday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Poison Point
Swarm

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Defense Curl	Normal	Status	—	—	40	Self
1	Rollout	Rock	Physical	30	90	20	Normal
5	Poison Sting	Poison	Physical	15	100	35	Normal
8	Screech	Normal	Status	—	85	40	Normal
12	Pursuit	Dark	Physical	40	100	20	Normal
15	Protect	Normal	Status	—	—	10	Self
19	Poison Tail	Poison	Physical	50	100	25	Normal
22	Bug Bite	Bug	Physical	60	100	20	Normal
26	Venoshock	Poison	Special	65	100	10	Normal
29	Agility	Psychic	Status	—	—	30	Self
33	Steamroller	Bug	Physical	65	100	20	Normal
36	Toxic	Poison	Status	—	90	10	Normal
38	Venom Drench	Poison	Status	—	100	20	Many Others
40	Rock Climb	Normal	Physical	90	85	20	Normal
43	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

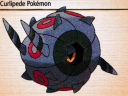
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Twineedle	Bug	Physical	25	100	20	Normal
Pin Missile	Bug	Physical	25	95	20	Normal
Toxic Spikes	Poison	Status	—	—	20	Other Side
Spikes	Ground	Status	—	—	20	Other Side
Take Down	Normal	Physical	90	85	20	Normal
Rock Climb	Normal	Physical	90	85	20	Normal

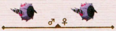
✓ Whirlipede

Curlipede Pokémon



National Pokédex 544 | BUG
Alola Pokédex — | POISON

Height: 3'11" | Weight: 129.0 lbs.

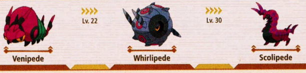


Same form for male/female

Protected by a hard shell, it spins its body like a wheel and crashes furiously into its enemies.

It is usually motionless, but when attacked, it rotates at high speed and then crashes into its opponent.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Venipede, then level it up to Lv. 22 or higher to evolve it into Whirlipede.

ABILITY

Poison Point
Swarm

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Iron Defense	Steel	Status	—	—	15	Self
1	Defense Curl	Normal	Status	—	—	40	Self
1	Rollout	Rock	Physical	30	90	20	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Screech	Normal	Status	—	85	40	Normal
5	Poison Sting	Poison	Physical	15	100	35	Normal
8	Screech	Normal	Status	—	85	40	Normal
12	Pursuit	Dark	Physical	40	100	20	Normal
15	Protect	Normal	Status	—	—	10	Self
19	Poison Tail	Poison	Physical	50	100	25	Normal
23	Bug Bite	Bug	Physical	60	100	20	Normal
28	Venoshock	Poison	Special	65	100	10	Normal
32	Agility	Psychic	Status	—	—	30	Self
37	Steamroller	Bug	Physical	65	100	20	Normal
41	Toxic	Poison	Status	—	90	10	Normal
43	Venom Drench	Poison	Status	—	100	20	Many Others
46	Rock Climb	Normal	Physical	90	85	20	Normal
50	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

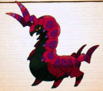
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

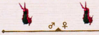
✓ Scolipede

Megapede Pokémon



National Pokédex	545	BUG
Alola Pokédex	—	POISON

Height: 8'02" | Weight: 442.0 lbs.



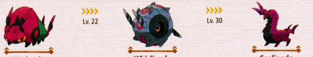
♂ ♀

Same form for male/female

It clasps its prey with the claws on its neck until it stops moving. Then it finishes it off with deadly poison.

With quick movements, it chases down its foes, attacking relentlessly with its horns until it prevails.

EVOLUTION



Venipede
Whirlipede
Scolipede

MAIN WAY TO OBTAIN

Obtain a Whirlipede, then level it up to Lv. 30 or higher to evolve it into Scolipede.

ABILITY

Poison Point
Swarm

HIDDEN ABILITY

Speed Boost

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Baton Pass	Normal	Status	—	—	40	Self
1	Iron Defense	Steel	Status	—	—	15	Self
1	Megahorn	Bug	Physical	120	85	10	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Rollout	Rock	Physical	30	90	20	Normal
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Screech	Normal	Status	—	85	40	Normal
5	Poison Sting	Poison	Physical	15	100	35	Normal
8	Screech	Normal	Status	—	85	40	Normal
12	Pursuit	Dark	Physical	40	100	20	Normal
15	Protect	Normal	Status	—	—	10	Self
19	Poison Tail	Poison	Physical	50	100	25	Normal
23	Bug Bite	Bug	Physical	60	100	20	Normal
28	Venoshock	Poison	Special	65	100	10	Normal
33	Agility	Psychic	Status	—	—	30	Self
39	Steamroller	Bug	Physical	65	100	20	Normal
44	Toxic	Poison	Status	—	90	10	Normal
47	Venom Drench	Poison	Status	—	100	20	Many Others
50	Rock Climb	Normal	Physical	90	85	20	Normal
55	Double-Edge	Normal	Physical	120	100	15	Normal
65	Megahorn	Bug	Physical	120	85	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Baton Pass	Normal	Status	—	—	40	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

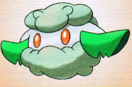
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cottonee

Cotton Puff Pokémon



National Pokédex	546	GRASS
Alola Pokédex	105	FAIRY

Height: 1'00" | Weight: 1.3 lbs.

Absorb Bulb

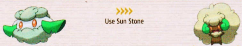
♂ ♀

Same form for male/female

To protect itself, it shoots cotton from its body. When it gets wet in the rain, its cotton grows moist and heavy, and it can't move as well.

When attacked, it expels cotton from its body to create a diversion. The cotton it loses grows back in quickly.

EVOLUTION



Cottonee
Whimsicott

MAIN WAY TO OBTAIN

Catch it when it appears in the yellow flowers in Melemele Meadow in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Prankster
Infiltrator

HIDDEN ABILITY

Chlorophyll

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Grass
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×4	STEEL	×2
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
1	Fairy Wind	Fairy	Special	40	100	30	Normal
4	Growth	Normal	Status	—	—	20	Self
8	Leech Seed	Grass	Status	—	90	10	Normal
10	Stun Spore	Grass	Status	—	75	30	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
17	Cotton Spore	Grass	Status	—	100	40	Many Others
19	Razor Leaf	Grass	Physical	55	95	25	Many Others
22	Poison Powder	Poison	Status	—	75	35	Normal
26	Giga Drain	Grass	Special	75	100	10	Normal
28	Charm	Fairy	Status	—	100	20	Normal
31	Helping Hand	Normal	Status	—	—	20	1 Ally
35	Energy Ball	Grass	Special	90	100	10	Normal
37	Cotton Guard	Grass	Status	—	—	10	Self
40	Sunny Day	Fire	Status	—	—	5	Both Sides
44	Endeavor	Normal	Physical	—	100	5	Normal
46	Solar Beam	Grass	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

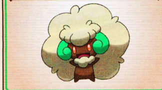
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Natural Gift	Normal	Physical	—	100	15	Normal
Encore	Normal	Status	—	100	5	Normal
Tickle	Normal	Status	—	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Grass Whistle	Grass	Status	—	55	15	Normal
Memento	Dark	Status	—	100	10	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Captivate	Normal	Status	—	100	20	Many Others
Misty Terrain	Fairy	Status	—	—	10	Both Sides

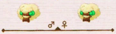
✓ Whimsicott

Windveiled Pokémon



National Pokédex	547	GRASS
Alola Pokédex	106	FAIRY

Height: 2'04" | Weight: 14.6 lbs.



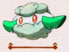
♂ ♀

Same form for male/female

This nuisance sneaks into people's homes, where it hides important things and scatters cotton all over the place.

Whimsicott doesn't live in a fixed location. It floats around on whirling winds, appearing all over the place to perform its mischief.

EVOLUTION



Cottonee

>>>> Use Sun Stone

Whimsicott

MAIN WAY TO OBTAIN

Obtain a Cottonee, then use a Sun Stone on it to evolve it into Whimsicott.

ABILITY

Prankster
Infiltrator

HIDDEN ABILITY

Chlorophyll

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Grass
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×4	STEEL	×2
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growth	Normal	Status	—	—	20	Self
1	Leech Seed	Grass	Status	—	90	10	Normal
1	Mega Drain	Grass	Special	40	100	15	Normal
1	Cotton Spore	Grass	Status	—	100	40	Many Others
10	Gust	Flying	Special	40	100	35	Normal
28	Tailwind	Flying	Status	—	—	15	Your Side
46	Hurricane	Flying	Special	110	70	10	Normal
50	Moonblast	Fairy	Special	95	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

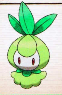
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Petilil

Bulb Pokémon



National Pokédex	548	GRASS
Alola Pokédex	103	

Height: 1'08" | Weight: 14.6 lbs.

Absorb Bulb

♂ ♀

Female only

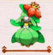
Some say if you dry the leaves on its head, boil them down, and drink the infusion, your vigor will return, so Petilil is popular with the elderly.

They prefer clean water and soil. When the environment they live in turns bad, the whole bunch will up and move to a new area.

EVOLUTION

Petilil

>>>> Use Sun Stone



Lilligant

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears in the yellow flowers in Melemele Meadow in *Pokémon Ultra Moon*.

ABILITY

Chlorophyll
Own Tempo

HIDDEN ABILITY

Leaf Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
4	Growth	Normal	Status	—	—	20	Self
8	Leech Seed	Grass	Status	—	90	10	Normal
10	Sleep Powder	Grass	Status	—	75	15	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
17	Synthesis	Grass	Status	—	—	5	Self
19	Magical Leaf	Grass	Special	60	—	20	Normal
22	Stun Spore	Grass	Status	—	75	30	Normal
26	Giga Drain	Grass	Special	75	100	10	Normal
28	Aromatherapy	Grass	Status	—	—	5	Your Party
31	Helping Hand	Normal	Status	—	—	20	1 Ally
35	Energy Ball	Grass	Special	90	100	10	Normal
37	Entrainment	Normal	Status	—	100	15	Normal
40	Sunny Day	Fire	Status	—	—	5	Both Sides
44	After You	Normal	Status	—	—	15	Normal
46	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

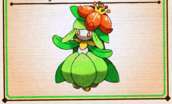
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Natural Gift	Normal	Physical	—	100	15	Normal
Charm	Fairy	Status	—	100	20	Normal
Endure	Normal	Status	—	—	10	Self
Ingrain	Grass	Status	—	—	20	Self
Worry Seed	Grass	Status	—	100	10	Normal
Grass Whistle	Grass	Status	—	55	15	Normal
Sweet Scent	Normal	Status	—	100	20	Many Others
Bide	Normal	Physical	—	—	10	Self
Healing Wish	Psychic	Status	—	—	10	Self
Encore	Normal	Status	—	100	5	Normal

✓ Lilligant

Flowering Pokémon



National Pokédex	549	GRASS
Alola Pokédex	104	

Height: 3'07" | Weight: 35.9 lbs.

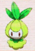
♂ ♀

Female only

The fragrance of its flower differs slightly depending on the soil where it grew up. Sniffing the aroma calms your heart and mind.

It's well liked by other Pokémon because of its beauty. The flower on its head needs constant care, or it will soon wither and rot.

EVOLUTION



Petilil

Use Sun Stone

Lilligant

MAIN WAY TO OBTAIN

Obtain a Petilil, then use a Sun Stone on it to evolve it into Lilligant.

ABILITY

Chlorophyll
Own Tempo

HIDDEN ABILITY

Leaf Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growth	Normal	Status	—	—	20	Self
1	Leech Seed	Grass	Status	—	90	10	Normal
1	Mega Drain	Grass	Special	40	100	15	Normal
1	Synthesis	Grass	Status	—	—	5	Self
10	Teeter Dance	Normal	Status	—	100	20	Adjacent
28	Quiver Dance	Bug	Status	—	—	20	Self
46	Petal Dance	Grass	Special	120	100	10	1 Random
50	Petal Blizzard	Grass	Physical	90	100	15	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

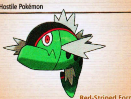
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Basculin

Hostile Pokémon



Red-Striped Form

National Pokédex	550	WATER
Alola Pokédex	188	

Height: 3'03" | Weight: 39.7 lbs.

Deep Sea Tooth

♂ ♀

Same form for male/female

Savage, violent Pokémon, red and blue Basculin are always fighting each other over territory.

When a school of Basculin appears in a lake, everything else disappears, except for Corphish and Crawdaunt. That's how violent Basculin are.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Brooklet Hill in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Reckless
Adaptability

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
3	Uproar	Normal	Special	90	100	10	1 Random
5	Headbutt	Normal	Physical	70	100	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
9	Aqua Jet	Water	Physical	40	100	20	Normal
11	Chip Away	Normal	Physical	70	100	20	Normal
14	Take Down	Normal	Physical	90	85	20	Normal
17	Crunch	Dark	Physical	80	100	15	Normal
20	Aqua Tail	Water	Physical	90	90	10	Normal
23	Soak	Water	Status	—	100	20	Normal
26	Double-Edge	Normal	Physical	120	100	15	Normal
30	Scary Face	Normal	Status	—	100	10	Normal
34	Flail	Normal	Physical	—	100	15	Normal
38	Final Gambit	Fighting	Special	—	100	5	Normal
42	Thrash	Normal	Physical	120	100	10	1 Random
46	Head Smash	Rock	Physical	150	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

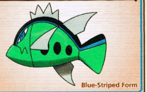
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Swift	Normal	Special	60	—	20	Many Others
Bubble Beam	Water	Special	65	100	20	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Muddy Water	Water	Special	90	85	10	Many Others
Agility	Psychic	Status	—	—	30	Self
Whirlpool	Water	Special	35	85	15	Normal
Rage	Normal	Physical	20	100	20	Normal
Brine	Water	Special	65	100	10	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Head Smash	Rock	Physical	150	80	5	Normal

✓ Basculin

Hostile Pokémon

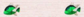

Blue-Striped Form

National Pokédex	550
Alola Pokédex	188

WATER

Height: 3'03" | Weight: 39.7 lbs.

Deep Sea Scale


♂ ♀

Same form for male/female

Even Basculin, which devours everything it can with its huge jaws, is nothing more than food to organisms stronger than itself.

Some people call it "the thug of the lake." Whether the differences in color are meaningful is not yet known.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears at a fishing spot in Brooklet Hill in *Pokémon Ultra Moon*.

ABILITY

Rock Head
Adaptability

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
3	Uproar	Normal	Special	90	100	10	1 Random
5	Headbutt	Normal	Physical	70	100	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
9	Aqua Jet	Water	Physical	40	100	20	Normal
11	Chip Away	Normal	Physical	70	100	20	Normal
14	Take Down	Normal	Physical	90	85	20	Normal
17	Crunch	Dark	Physical	80	100	15	Normal
20	Aqua Tail	Water	Physical	90	90	10	Normal
23	Soak	Water	Status	—	100	20	Normal
26	Double-Edge	Normal	Physical	120	100	15	Normal
30	Scary Face	Normal	Status	—	100	10	Normal
34	Flail	Normal	Physical	—	100	15	Normal
38	Final Gambit	Fighting	Special	—	100	5	Normal
42	Thrash	Normal	Physical	120	100	10	1 Random
46	Head Smash	Rock	Physical	150	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

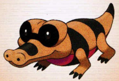
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Sandile

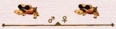
Desert Croc Pokémon



National Pokédex	551
Alola Pokédex	301

GROUND
DARK

Height: 2'04" | Weight: 33.5 lbs.

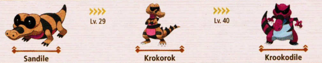

♂ ♀

Same form for male/female

Alola, where it's warm all year round, is a comfortable environment for this Pokémon. Sometimes you'll even see it outside of deserts.

Sandile's still not good at hunting, so it mostly eats things that have collapsed in the desert. It's called "the cleaner of the desert."

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Krokorok or Krookodile, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Intimidate
Moxie

HIDDEN ABILITY

Anger Point

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×2	BUG	×2
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Rage	Normal	Physical	20	100	20	Normal
4	Bite	Dark	Physical	60	100	25	Normal
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Torment	Dark	Status	—	100	15	Normal
13	Sand Tomb	Ground	Physical	35	85	15	Normal
16	Assurance	Dark	Physical	60	100	10	Normal
19	Mud-Slap	Ground	Special	20	100	10	Normal
22	Embargo	Dark	Status	—	100	15	Normal
25	Swagger	Normal	Status	—	85	15	Normal
28	Crunch	Dark	Physical	80	100	15	Normal
31	Dig	Ground	Physical	80	100	10	Normal
34	Scary Face	Normal	Status	—	100	10	Normal
37	Foul Play	Dark	Physical	95	100	15	Normal
40	Sandstorm	Rock	Status	—	—	10	Both Sides
43	Earthquake	Ground	Physical	100	100	10	Adjacent
46	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

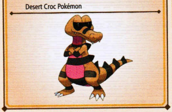
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double-Edge	Normal	Physical	120	100	15	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Beat Up	Dark	Physical	—	100	10	Normal
Focus Energy	Normal	Status	—	—	30	Self
Counter	Fighting	Physical	—	100	20	Varies
Mean Look	Normal	Status	—	—	5	Normal
Me First	Normal	Status	—	—	20	Varies
Power Trip	Dark	Physical	20	100	10	Normal

✓ Krokorok

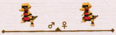
Desert Croc Pokémon



National Pokédex	552	GROUND	
Alola Pokédex	302	DARK	

Height: 3'03" | Weight: 73.6 lbs.

Black Glasses

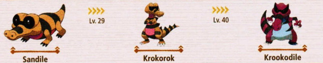


Same form for male/female

☀ Krokorok really hates it when its body gets cold. On nights when the temperature drops, it digs deep into the desert sands.

☾ It buries some of its prey in the sand to use as emergency meals when its hunts are unsuccessful.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in Haina Desert.

ABILITY

Intimidate
Moxie

HIDDEN ABILITY

Anger Point

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×2	BUG	×2
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Rage	Normal	Physical	20	100	20	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
4	Bite	Dark	Physical	60	100	25	Normal
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Torment	Dark	Status	—	100	15	Normal
13	Sand Tomb	Ground	Physical	35	85	15	Normal
16	Assurance	Dark	Physical	60	100	10	Normal
19	Mud-Slap	Ground	Special	20	100	10	Normal
22	Embargo	Dark	Status	—	100	15	Normal
25	Swagger	Normal	Status	—	85	15	Normal
28	Crunch	Dark	Physical	80	100	15	Normal
32	Dig	Ground	Physical	80	100	10	Normal
36	Scary Face	Normal	Status	—	100	10	Normal
40	Foul Play	Dark	Physical	95	100	15	Normal
44	Sandstorm	Rock	Status	—	—	10	Both Sides
48	Earthquake	Ground	Physical	100	100	10	Adjacent
52	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

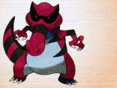
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

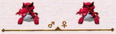
✓ Krookodile

Intimidation Pokémon



National Pokédex	553	GROUND	
Alola Pokédex	303	DARK	

Height: 4'11" | Weight: 212.3 lbs.

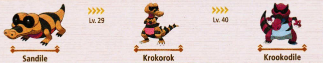


Same form for male/female

☀ When it spots prey, even at a distance of over 30 miles, it swims through the desert as if it were water, then jumps out and chomps them.

☾ It conceals itself in sandstorms that Flygon whip up and waits patiently for prey to appear.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Krokorok, then level it up to Lv. 40 or higher to evolve it into Krookodile.

ABILITY

Intimidate
Moxie

HIDDEN ABILITY

Anger Point

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×2	BUG	×2
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Power Trip	Dark	Physical	20	100	10	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Rage	Normal	Physical	20	100	20	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
4	Bite	Dark	Physical	60	100	25	Normal
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Torment	Dark	Status	—	100	15	Normal
13	Sand Tomb	Ground	Physical	35	85	15	Normal
16	Assurance	Dark	Physical	60	100	10	Normal
19	Mud-Slap	Ground	Special	20	100	10	Normal
22	Embargo	Dark	Status	—	100	15	Normal
25	Swagger	Normal	Status	—	85	15	Normal
28	Crunch	Dark	Physical	80	100	15	Normal
32	Dig	Ground	Physical	80	100	10	Normal
36	Scary Face	Normal	Status	—	100	10	Normal
42	Foul Play	Dark	Physical	95	100	15	Normal
48	Sandstorm	Rock	Status	—	—	10	Both Sides
54	Earthquake	Ground	Physical	100	100	10	Adjacent
60	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

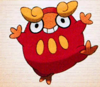
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

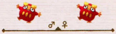
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Darumaka

Zen Charm Pokémon



National Pokédex 554 FIRE
Alola Pokédex —
Height: 2'00" | Weight: 82.7 lbs.

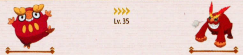


Same form for male/female

X Darumaka's droppings are hot, so people used to put them in their clothes to keep themselves warm.

Y When it sleeps, it pulls its limbs into its body and its internal fire goes down to 1,100 degrees Fahrenheit.

EVOLUTION



Darumaka
Darmanitan

MAIN WAY TO OBTAIN

Obtain a Darmanitan, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Hustle

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Rollout	Rock	Physical	30	90	20	Normal
6	Incinerate	Fire	Special	60	100	15	Many Others
9	Rage	Normal	Physical	20	100	20	Normal
11	Fire Fang	Fire	Physical	65	95	15	Normal
14	Headbutt	Normal	Physical	70	100	15	Normal
17	Uproar	Normal	Special	90	100	10	1 Random
19	Facade	Normal	Physical	70	100	20	Normal
22	Fire Punch	Fire	Physical	75	100	15	Normal
25	Work Up	Normal	Status	—	—	30	Self
27	Thrash	Normal	Physical	120	100	10	1 Random
30	Belly Drum	Normal	Status	—	—	10	Self
33	Flare Blitz	Fire	Physical	120	100	15	Normal
35	Taunt	Dark	Status	—	100	20	Normal
39	Superpower	Fighting	Physical	120	100	5	Normal
42	Overheat	Fire	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snatch	Dark	Status	—	—	10	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

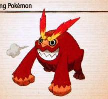
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sleep Talk	Normal	Status	—	—	10	Self
Focus Punch	Fighting	Physical	150	100	20	Normal
Focus Energy	Normal	Status	—	—	30	Self
Endure	Normal	Status	—	—	10	Self
Hammer Arm	Fighting	Physical	100	90	10	Normal
Take Down	Normal	Physical	90	85	20	Normal
Flame Wheel	Fire	Physical	60	100	25	Normal
Encore	Normal	Status	—	100	5	Normal
Yawn	Normal	Status	—	—	10	Normal
Snatch	Dark	Status	—	—	10	Self
Extrasensory	Psychic	Special	80	100	20	Normal

✓ Darmanitan

Blazing Pokémon



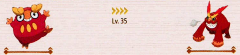
National Pokédex 555 FIRE
Alola Pokédex —
Height: 4'03" | Weight: 204.8 lbs.

Same form for male/female

X When one is injured in a fierce battle, it hardens into a stone-like form. Then it meditates and sharpens its mind.

Y Its internal fire burns at 2,500 degrees Fahrenheit, making enough power that it can destroy a dump truck with one punch.

EVOLUTION



Darumaka
Darmanitan

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sheer Force

HIDDEN ABILITY

Zen Mode

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Rollout	Rock	Physical	30	90	20	Normal
1	Incinerate	Fire	Special	60	100	15	Many Others
1	Rage	Normal	Physical	20	100	20	Normal
3	Rollout	Rock	Physical	30	90	20	Normal
6	Incinerate	Fire	Special	60	100	15	Many Others
9	Rage	Normal	Physical	20	100	20	Normal
11	Fire Fang	Fire	Physical	65	95	15	Normal
14	Headbutt	Normal	Physical	70	100	15	Normal
17	Swagger	Normal	Status	—	85	15	Normal
19	Facade	Normal	Physical	70	100	20	Normal
22	Fire Punch	Fire	Physical	75	100	15	Normal
25	Work Up	Normal	Status	—	—	30	Self
27	Thrash	Normal	Physical	120	100	10	1 Random
30	Belly Drum	Normal	Status	—	—	10	Self
33	Flare Blitz	Fire	Physical	120	100	15	Normal
39	Taunt	Dark	Status	—	100	20	Normal
47	Superpower	Fighting	Physical	120	100	5	Normal
54	Overheat	Fire	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snatch	Dark	Status	—	—	10	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hammer Arm	Fighting	Physical	100	90	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

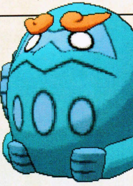
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Darmanitan's Zen Mode

If you obtain a Darmanitan with the Hidden Ability Zen Mode, then you will have a rare specimen on your hands that is capable of a special form change! A Darmanitan with the Zen Mode Ability will change to Zen Mode Darmanitan in battle if its HP drops to half or below of its maximum. While a Darmanitan in its Standard Mode has high Attack and Speed stats, a Zen Mode Darmanitan gets a boost to its Defense and Sp. Def and especially to its Sp. Atk.

If Darmanitan recovers enough HP while it is in Zen Mode that it has more than half of its max HP again, it will return to Standard Mode Darmanitan at the end of that turn. Zen Mode Darmanitan also returns to its usual form after the battle ends, regardless of its current HP.



This Pokémon art is from in-game data.

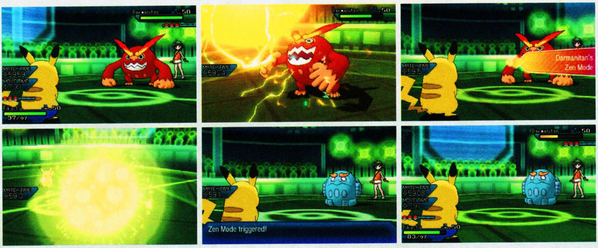
FIRE PSYCHIC

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

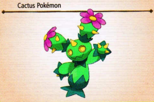
Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×2	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5



Maractus

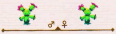
Cactus Pokémon



National Pokédex	556
Alola Pokédex	—

GRASS

Height: 3'03" | Weight: 61.7 lbs.



♂ ♀

Same form for male/female

X It uses an up-tempo song and dance to drive away the bird Pokémon that prey on its flower seeds.

Y Arid regions are their habitat. They move rhythmically, making a sound similar to maracas.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Water Absorb
Chlorophyll

HIDDEN ABILITY

Storm Drain

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Spiky Shield	Grass	Status	—	—	10	Self
1	Cotton Guard	Grass	Status	—	—	10	Self
1	After You	Normal	Status	—	—	15	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Absorb	Grass	Special	20	100	25	Normal
3	Sweet Scent	Normal	Status	—	100	20	Many Others
6	Growth	Normal	Status	—	—	20	Self
10	Pin Missile	Bug	Physical	25	95	20	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
15	Synthesis	Grass	Status	—	—	5	Self
18	Cotton Spore	Grass	Status	—	100	40	Many Others
22	Needle Arm	Grass	Physical	60	100	15	Normal
26	Giga Drain	Grass	Special	75	100	10	Normal
29	Acupressure	Normal	Status	—	—	30	Self/Ally
33	Ingrain	Grass	Status	—	—	20	Self
38	Petal Dance	Grass	Special	120	100	10	1 Random
42	Sucker Punch	Dark	Physical	70	100	5	Normal
45	Sunny Day	Fire	Status	—	—	5	Both Sides
48	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
50	Solar Beam	Grass	Special	120	100	10	Normal
55	Cotton Guard	Grass	Status	—	—	10	Self
57	After You	Normal	Status	—	—	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

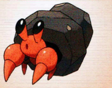
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal

EGG MOVES

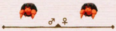
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bullet Seed	Grass	Physical	25	100	30	Normal
Bounce	Flying	Physical	85	85	5	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Leech Seed	Grass	Status	—	90	10	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Wood Hammer	Grass	Physical	120	100	15	Normal
Spikes	Ground	Status	—	—	20	Other Side
Grass Whistle	Grass	Status	—	55	15	Normal
Grassy Terrain	Grass	Status	—	—	10	Both Sides

✓ Dwebble

Rock Inn Pokémon



National Pokédex 557 BUG ROCK
Alola Pokédex —
Height: 1'00" | Weight: 32.0 lbs.

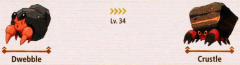


Same form for male/female

X It makes a hole in a suitable rock. If that rock breaks, the Pokémon remains agitated until it locates a replacement.

Y When it finds a stone of a suitable size, it secretes a liquid from its mouth to open up a hole to crawl into.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Crustle, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Sturdy
Shell Armor

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Bug
Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Cutter	Bug	Physical	40	95	20	Normal
5	Rock Blast	Rock	Physical	25	90	10	Normal
7	Withdraw	Water	Status	—	—	40	Self
11	Sand Attack	Ground	Status	—	100	15	Normal
13	Feint Attack	Dark	Physical	60	—	20	Normal
17	Smack Down	Rock	Physical	50	100	15	Normal
19	Rock Polish	Rock	Status	—	—	20	Self
23	Bug Bite	Bug	Physical	60	100	20	Normal
24	Stealth Rock	Rock	Status	—	—	20	Other Side
29	Rock Slide	Rock	Physical	75	90	10	Many Others
31	Slash	Normal	Physical	70	100	20	Normal
35	X-Scissor	Bug	Physical	80	100	15	Normal
37	Shell Smash	Normal	Status	—	—	15	Self
41	Flail	Normal	Physical	—	100	15	Normal
43	Rock Wrecker	Rock	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

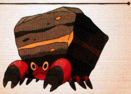
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

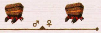
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endure	Normal	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Night Slash	Dark	Physical	70	100	15	Normal
Sand Tomb	Ground	Physical	35	85	15	Normal
Counter	Fighting	Physical	—	100	20	Varies
Curse	Ghost	Status	—	—	10	Varies
Spikes	Ground	Status	—	—	20	Other Side
Block	Normal	Status	—	—	5	Normal
Wide Guard	Rock	Status	—	—	10	Your Side
Rototiller	Ground	Status	—	—	10	Adjacent

✓ Crustle

Stone Home Pokémon



National Pokédex 558 BUG ROCK
Alola Pokédex —
Height: 4'07" | Weight: 440.9 lbs.
Hard Stone

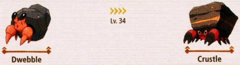


Same form for male/female

X It possesses legs of enormous strength, enabling it to carry heavy slabs for many days, even when crossing arid land.

Y Competing for territory, Crustle fight viciously. The one whose boulder is broken is the loser of the battle.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a yellow warp hole while using Ultra Warp Ride.

ABILITY

Sturdy
Shell Armor

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Bug
Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shell Smash	Normal	Status	—	—	15	Self
1	Rock Blast	Rock	Physical	25	90	10	Normal
1	Withdraw	Water	Status	—	—	40	Self
1	Sand Attack	Ground	Status	—	100	15	Normal
5	Rock Blast	Rock	Physical	25	90	10	Normal
7	Withdraw	Water	Status	—	—	40	Self
11	Sand Attack	Ground	Status	—	100	15	Normal
13	Feint Attack	Dark	Physical	60	—	20	Normal
17	Smack Down	Rock	Physical	50	100	15	Normal
19	Rock Polish	Rock	Status	—	—	20	Self
23	Bug Bite	Bug	Physical	60	100	20	Normal
24	Stealth Rock	Rock	Status	—	—	20	Other Side
29	Rock Slide	Rock	Physical	75	90	10	Many Others
31	Slash	Normal	Physical	70	100	20	Normal
38	X-Scissor	Bug	Physical	80	100	15	Normal
43	Shell Smash	Normal	Status	—	—	15	Self
50	Flail	Normal	Physical	—	100	15	Normal
55	Rock Wrecker	Rock	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

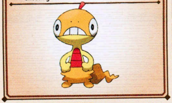
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Scraggy

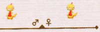
Shedding Pokémon



National Pokédex	559	DARK	
Alola Pokédex	335	FIGHTING	

Height: 2'00" | Weight: 26.0 lbs.

Shed Shell

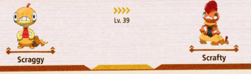


Same form for male/female

They move in small groups, walking around lazily. Anyone who makes eye contact gets smacked with a headbutt.

It stretches its saggy skin up to its neck to protect itself. The saggier their skin, the more respect they garner.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 17.

ABILITY

Shed Skin
Moxie

HIDDEN ABILITY

Intimidate

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.25
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Headbutt	Normal	Physical	70	100	15	Normal
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Feint Attack	Dark	Physical	60	—	20	Normal
12	Swagger	Normal	Status	—	85	15	Normal
16	Low Kick	Fighting	Physical	—	100	20	Normal
20	Payback	Dark	Physical	50	100	10	Normal
23	Brick Break	Fighting	Physical	75	100	15	Normal
27	Chip Away	Normal	Physical	70	100	20	Normal
31	High Jump Kick	Fighting	Physical	130	90	10	Normal
34	Scary Face	Normal	Status	—	100	10	Normal
38	Crunch	Dark	Physical	80	100	15	Normal
42	Facade	Normal	Physical	70	100	20	Normal
45	Rock Climb	Normal	Physical	90	85	20	Normal
48	Focus Punch	Fighting	Physical	150	100	20	Normal
50	Head Smash	Rock	Physical	150	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal

EXCLUSIVE Z-MOVE

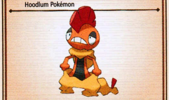
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Counter	Fighting	Physical	—	100	20	Varies
Dragon Dance	Dragon	Status	—	—	20	Self
Detect	Fighting	Status	—	—	5	Self
Fake Out	Normal	Physical	40	100	10	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Amnesia	Psychic	Status	—	—	20	Self
Feint Attack	Dark	Physical	60	—	20	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side
Power-Up Punch	Fighting	Physical	40	100	20	Normal
Acid Spray	Poison	Special	40	100	20	Normal

✓ Scrafty

Hoodlum Pokémon



National Pokédex	560	DARK	
Alola Pokédex	336	FIGHTING	

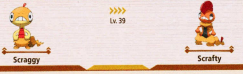
Height: 3'07" | Weight: 66.1 lbs.

Same form for male/female

This Pokémon may be rude, but it takes very good care of its family, its friends, and its turf.

It taunts its opponents by spitting. It has a certain territory that it never leaves its whole life long.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Scraggy, then level it up to Lv. 39 or higher to evolve it into Scrafty.

ABILITY

Shed Skin
Moxie

HIDDEN ABILITY

Intimidate

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Field
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.25
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Headbutt	Normal	Physical	70	100	15	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Feint Attack	Dark	Physical	60	—	20	Normal
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Feint Attack	Dark	Physical	60	—	20	Normal
12	Swagger	Normal	Status	—	85	15	Normal
16	Low Kick	Fighting	Physical	—	100	20	Normal
20	Payback	Dark	Physical	50	100	10	Normal
23	Brick Break	Fighting	Physical	75	100	15	Normal
27	Chip Away	Normal	Physical	70	100	20	Normal
31	High Jump Kick	Fighting	Physical	130	90	10	Normal
34	Scary Face	Normal	Status	—	100	10	Normal
38	Crunch	Dark	Physical	80	100	15	Normal
45	Facade	Normal	Physical	70	100	20	Normal
51	Rock Climb	Normal	Physical	90	85	20	Normal
58	Focus Punch	Fighting	Physical	150	100	20	Normal
65	Head Smash	Rock	Physical	150	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal

EXCLUSIVE Z-MOVE

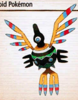
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

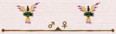
✓ Sigilyph

Avianoid Pokémon



National Pokédex	561	PSYCHIC
Alola Pokédex	—	FLYING

Height: 4'07" | Weight: 30.9 lbs.


♂ ♀

Same form for male/female

X The guardians of an ancient city, they use their psychic power to attack enemies that invade their territory.

Y The guardians of an ancient city, they always fly the same route while keeping watch for invaders.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a red warp hole while using Ultra Warp Ride.

ABILITY

Wonder Skin
Magic Guard

HIDDEN ABILITY

Tinted Lens

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Miracle Eye	Psychic	Status	—	—	40	Normal
4	Hypnosis	Psychic	Status	—	60	20	Normal
8	Psywave	Psychic	Special	—	100	15	Normal
11	Tailwind	Flying	Status	—	—	15	Your Side
14	Whirlwind	Normal	Status	—	—	20	Normal
18	Psybeam	Psychic	Special	65	100	20	Normal
21	Air Cutter	Flying	Special	60	95	25	Many Others
24	Light Screen	Psychic	Status	—	—	30	Your Side
28	Reflect	Psychic	Status	—	—	20	Your Side
31	Synchronoise	Psychic	Special	120	100	10	Adjacent
34	Mirror Move	Flying	Status	—	—	20	Normal
38	Gravity	Psychic	Status	—	—	5	Both Sides
41	Air Slash	Flying	Special	75	95	15	Normal
44	Psychic	Psychic	Special	90	100	10	Normal
48	Cosmic Power	Psychic	Status	—	—	20	Self
50	Sky Attack	Flying	Physical	140	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Attack	Flying	Physical	140	90	5	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

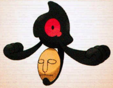
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stored Power	Psychic	Special	20	100	10	Normal
Psycho Shift	Psychic	Status	—	100	10	Normal
Ancient Power	Rock	Special	60	100	5	Normal
Steel Wing	Steel	Physical	70	90	25	Normal
Roost	Flying	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Future Sight	Psychic	Special	120	100	10	Normal

✓ Yamask

Spirit Pokémon



National Pokédex	562	GHOST
Alola Pokédex	—	

Height: 1'08" | Weight: 3.3 lbs.

♂ ♀

Same form for male/female

X These Pokémon arose from the spirits of people interred in graves. Each retains memories of its former life.

Y Each of them carries a mask that used to be its face when it was human. Sometimes they look at it and cry.

EVOLUTION

Lv. 34
Yamask
Cofagrigus

MAIN WAY TO OBTAIN

Obtain a Cofagrigus, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Mummy

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Mineral
Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Protect	Normal	Status	—	—	10	Self
5	Disable	Normal	Status	—	100	20	Normal
9	Haze	Ice	Status	—	—	30	Both Sides
13	Night Shade	Ghost	Special	—	100	15	Normal
17	Hex	Ghost	Special	65	100	10	Normal
21	Will-O-Wisp	Fire	Status	—	85	15	Normal
25	Ominous Wind	Ghost	Special	60	100	5	Normal
29	Curse	Ghost	Status	—	—	10	Varies
33	Power Split	Psychic	Status	—	—	10	Normal
33	Guard Split	Psychic	Status	—	—	10	Normal
37	Shadow Ball	Ghost	Special	80	100	15	Normal
41	Grudge	Ghost	Status	—	—	5	Self
45	Mean Look	Normal	Status	—	—	5	Normal
49	Destiny Bond	Ghost	Status	—	—	5	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

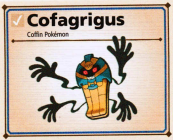
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Memento	Dark	Status	—	100	10	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Nasty Plot	Dark	Status	—	—	20	Self
Endure	Normal	Status	—	—	10	Self
Heal Block	Psychic	Status	—	100	15	Many Others
Imprison	Psychic	Status	—	—	10	Self
Nightmare	Ghost	Status	—	100	15	Normal
Disable	Normal	Status	—	100	20	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Toxic Spikes	Poison	Status	—	—	20	Other Side
Crafty Shield	Fairy	Status	—	—	10	Your Side

✓ Cofagrigus

Coffin Pokémon



National Pokédex 563
Alola Pokédex —
GHOST

Height: 5'07" | Weight: 168.7 lbs.

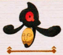
♂ ♀

Same form for male/female

It has been said that they swallow those who get too close and turn them into mummies. They like to eat gold nuggets.

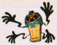
Grave robbers who mistake them for real coffins and get too close end up trapped inside their bodies.

EVOLUTION



Yamask

Lv. 34



Cofagrigus

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Mummy

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Mineral
Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scary Face	Normal	Status	—	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Protect	Normal	Status	—	—	10	Self
1	Disable	Normal	Status	—	100	20	Normal
1	Haze	Ice	Status	—	—	30	Both Sides
5	Disable	Normal	Status	—	100	20	Normal
9	Haze	Ice	Status	—	—	30	Both Sides
13	Night Shade	Ghost	Special	—	100	15	Normal
17	Hex	Ghost	Special	65	100	10	Normal
21	Will-O-Wisp	Fire	Status	—	85	15	Normal
25	Ominous Wind	Ghost	Special	60	100	5	Normal
29	Curse	Ghost	Status	—	—	10	Varies
33	Power Split	Psychic	Status	—	—	10	Normal
33	Guard Split	Psychic	Status	—	—	10	Normal
39	Shadow Ball	Ghost	Special	80	100	15	Normal
45	Grudge	Ghost	Status	—	—	5	Self
51	Mean Look	Normal	Status	—	—	5	Normal
57	Destiny Bond	Ghost	Status	—	—	5	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Scary Face	Normal	Status	—	100	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

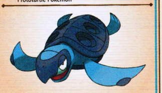
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

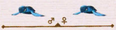
✓ Tirtouga

Prototurtle Pokémon



National Pokédex 564
Alola Pokédex 241
WATER
ROCK

Height: 2'04" | Weight: 36.4 lbs.



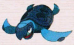
♂ ♀

Same form for male/female

It was restored from an ancient fossil. Tirtouga lived in the sea but came up onto the land to search for prey.

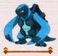
Its hunting grounds encompassed a broad area, from the land to more than half a mile deep in the ocean.

EVOLUTION



Tirtouga

Lv. 37



Carracosta

MAIN WAY TO OBTAIN

Obtain a Cover Fossil, then have it restored to Tirtouga at the Fossil Restoration Center on Route 8.

ABILITY

Solid Rock
Sturdy

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
! GRASS	×4	ROCK	×1
! ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
! FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
! GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bide	Normal	Physical	—	—	10	Self
1	Withdraw	Water	Status	—	—	40	Self
1	Water Gun	Water	Special	40	100	25	Normal
5	Rollout	Rock	Physical	30	90	20	Normal
8	Bite	Dark	Physical	60	100	25	Normal
11	Protect	Normal	Status	—	—	10	Self
15	Aqua Jet	Water	Physical	40	100	20	Normal
18	Ancient Power	Rock	Special	60	100	5	Normal
21	Crunch	Dark	Physical	80	100	15	Normal
25	Wide Guard	Rock	Status	—	—	10	Your Side
28	Brine	Water	Special	65	100	10	Normal
31	Smack Down	Rock	Physical	50	100	15	Normal
35	Curse	Ghost	Status	—	—	10	Varies
38	Shell Smash	Normal	Status	—	—	15	Self
41	Aqua Tail	Water	Physical	90	90	10	Normal
45	Rock Slide	Rock	Physical	75	90	10	Many Others
48	Rain Dance	Water	Status	—	—	5	Both Sides
50	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Liquidation	Water	Physical	85	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

EXCLUSIVE Z-MOVE

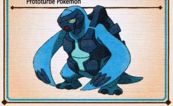
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Rock Throw	Rock	Physical	50	90	15	Normal
Slam	Normal	Physical	80	75	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Flail	Normal	Physical	—	100	15	Normal
Whirlpool	Water	Special	35	85	15	Normal
Body Slam	Normal	Physical	85	100	15	Normal
Bide	Normal	Physical	—	—	10	Self
Guard Swap	Psychic	Status	—	—	10	Normal
Liquidation	Water	Physical	85	100	10	Normal

✓ Carracosta

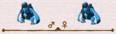
Prototurtle Pokémon



National Pokédex	565
Alola Pokédex	242

WATER
ROCK

Height: 3'11" | Weight: 178.6 lbs.

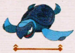


Same form for male/female

Its jaws are terrifyingly powerful. It could eat Omastar and Omanyte whole and not be bothered in the slightest by their shells.

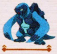
Carracosta eats every last bit of the prey it catches, even the shells and bones, to further strengthen its sturdy shell.

EVOLUTION



Tirtouga

›››› Lv. 37



Carracosta

MAIN WAY TO OBTAIN

Obtain Tirtouga, then level it up to Lv. 37 or higher to evolve it into Carracosta.

ABILITY

Solid Rock
Sturdy

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
! GRASS	×4	ROCK	×1
! ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
! FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
! GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bide	Normal	Physical	—	—	10	Self
1	Withdraw	Water	Status	—	—	40	Self
1	Water Gun	Water	Special	40	100	25	Normal
1	Rollout	Rock	Physical	30	90	20	Normal
5	Rollout	Rock	Physical	30	90	20	Normal
8	Bite	Dark	Physical	60	100	25	Normal
11	Protect	Normal	Status	—	—	10	Self
15	Aqua Jet	Water	Physical	40	100	20	Normal
18	Ancient Power	Rock	Special	60	100	5	Normal
21	Crunch	Dark	Physical	80	100	15	Normal
25	Wide Guard	Rock	Status	—	—	10	Your Side
28	Brine	Water	Special	65	100	10	Normal
31	Smack Down	Rock	Physical	50	100	15	Normal
35	Curse	Ghost	Status	—	—	10	Varies
40	Shell Smash	Normal	Status	—	—	15	Self
45	Aqua Tail	Water	Physical	90	90	10	Normal
51	Rock Slide	Rock	Physical	75	90	10	Many Others
56	Rain Dance	Water	Status	—	—	5	Both Sides
61	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

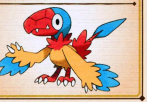
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Archen

First Bird Pokémon



National Pokédex	566
Alola Pokédex	239

ROCK
FLYING

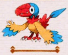
Height: 1'08" | Weight: 20.9 lbs.

Same form for male/female

Once thought to be the ancestor of all bird Pokémon, some of the latest research suggests that may not be the case.

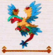
Restored from a fossil, this ancient bird Pokémon has wings but can't yet fly.

EVOLUTION



Archen

›››› Lv. 37



Archeops

MAIN WAY TO OBTAIN

Obtain a Plume Fossil, then have it restored to Archen at the Fossil Restoration Center on Route 8.

ABILITY

Defeatist

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Wing Attack	Flying	Physical	60	100	35	Normal
5	Rock Throw	Rock	Physical	50	90	15	Normal
8	Double Team	Normal	Status	—	—	15	Self
11	Scary Face	Normal	Status	—	100	10	Normal
15	Pluck	Flying	Physical	60	100	20	Normal
18	Ancient Power	Rock	Special	60	100	5	Normal
21	Agility	Psychic	Status	—	—	30	Self
25	Quick Guard	Fighting	Status	—	—	15	Your Side
28	Acrobatics	Flying	Physical	55	100	15	Normal
31	Dragon Breath	Dragon	Special	60	100	20	Normal
35	Crunch	Dark	Physical	80	100	15	Normal
38	Endeavor	Normal	Physical	—	100	5	Normal
41	U-turn	Bug	Physical	70	100	20	Normal
45	Rock Slide	Rock	Physical	75	90	10	Many Others
48	Dragon Claw	Dragon	Physical	80	100	15	Normal
50	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

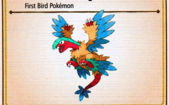
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Steel Wing	Steel	Physical	70	90	25	Normal
Defog	Flying	Status	—	—	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Head Smash	Rock	Physical	150	80	5	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Bite	Dark	Physical	60	100	25	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Switcheroo	Dark	Status	—	100	10	Normal

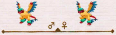
✓ Archeops

First Bird Pokémon



National Pokédex	567	ROCK
Alola Pokédex	240	FLYING

Height: 4'07" | Weight: 70.5 lbs.



Same form for male/female

☀ This ancient Pokémon's plumage is delicate, so if anyone other than an experienced professional tries to restore it, they will fail.

☾ Said to be an ancestor of bird Pokémon, the muscles it uses to flap its wings are still weak, so it needs a long runway in order to take off.

EVOLUTION

Archen
Lv. 37
Archeops

MAIN WAY TO OBTAIN

Obtain Archen, then level it up to Lv. 37 or higher to evolve it into Archeops.

ABILITY

Defeatist

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Flying
Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Wing Attack	Flying	Physical	60	100	35	Normal
1	Rock Throw	Rock	Physical	50	90	15	Normal
5	Rock Throw	Rock	Physical	50	90	15	Normal
8	Double Team	Normal	Status	—	—	15	Self
11	Scary Face	Normal	Status	—	100	10	Normal
15	Pluck	Flying	Physical	60	100	20	Normal
18	Ancient Power	Rock	Special	60	100	5	Normal
21	Agility	Psychic	Status	—	—	30	Self
25	Quick Guard	Fighting	Status	—	—	15	Your Side
28	Acrobatics	Flying	Physical	55	100	15	Normal
31	Dragon Breath	Dragon	Special	60	100	20	Normal
35	Crunch	Dark	Physical	80	100	15	Normal
40	Endeavor	Normal	Physical	—	100	5	Normal
45	U-turn	Bug	Physical	70	100	20	Normal
51	Rock Slide	Rock	Physical	75	90	10	Many Others
56	Dragon Claw	Dragon	Physical	80	100	15	Normal
61	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

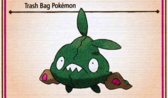
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Trubbish

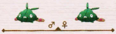
Trash Bag Pokémon



National Pokédex	568	POISON
Alola Pokédex	264	

Height: 2'00" | Weight: 68.3 lbs.

Silk Scarf

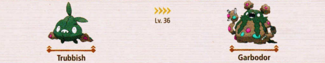


Same form for male/female

☀ Poisonous gas leaks out of it when it breathes. Muk that catch a whiff of that stench will come drooling.

☾ If a young Pokémon or child breathes in the toxic gas that Trubbish belches out, it could be a life-threatening situation.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the Outer Cape.

ABILITY

Stench
Sticky Hold

HIDDEN ABILITY

Aftermath

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
3	Recycle	Normal	Status	—	—	10	Self
7	Toxic Spikes	Poison	Status	—	—	20	Other Side
12	Acid Spray	Poison	Special	40	100	20	Normal
14	Double Slap	Normal	Physical	15	85	10	Normal
18	Sludge	Poison	Special	65	100	20	Normal
23	Stockpile	Normal	Status	—	—	20	Self
23	Swallow	Normal	Status	—	—	10	Self
25	Take Down	Normal	Physical	90	85	20	Normal
29	Sludge Bomb	Poison	Special	90	100	10	Normal
34	Clear Smog	Poison	Special	50	—	15	Normal
36	Toxic	Poison	Status	—	90	10	Normal
40	Amnesia	Psychic	Status	—	—	20	Self
42	Belch	Poison	Special	120	90	10	Normal
45	Gunk Shot	Poison	Physical	120	80	5	Normal
47	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

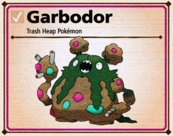
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spikes	Ground	Status	—	—	20	Other Side
Rollout	Rock	Physical	30	90	20	Normal
Haze	Ice	Status	—	—	30	Both Sides
Curse	Ghost	Status	—	—	10	Varies
Rock Blast	Rock	Physical	25	90	10	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Self-Destruct	Normal	Physical	200	100	5	Adjacent
Autotomize	Steel	Status	—	—	15	Self

✓ Garbodor

Trash Heap Pokémon



National Pokédex	569	POISON
Alola Pokédex	265	

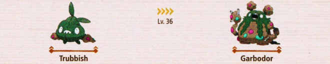
Height: 6'03" | Weight: 236.6 lbs.

Same form for male/female

It locks opponents in place with its left hand, immobilizing them by entirely dousing their bodies with poisonous liquid.

Some say the reason Garbodor in Alola are a little stronger than their counterparts elsewhere is the presence of Muk, their natural enemy.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Trubbish, then level it up to Lv. 36 or higher to evolve it into Garbodor.

ABILITY

Stench
Weak Armor

HIDDEN ABILITY

Aftermath

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Recycle	Normal	Status	—	—	10	Self
1	Toxic Spikes	Poison	Status	—	—	20	Other Side
3	Recycle	Normal	Status	—	—	10	Self
7	Toxic Spikes	Poison	Status	—	—	20	Other Side
12	Acid Spray	Poison	Special	40	100	20	Normal
14	Double Slap	Normal	Physical	15	85	10	Normal
18	Sludge	Poison	Special	65	100	20	Normal
23	Stockpile	Normal	Status	—	—	20	Self
23	Swallow	Normal	Status	—	—	10	Self
25	Body Slam	Normal	Physical	85	100	15	Normal
29	Sludge Bomb	Poison	Special	90	100	10	Normal
34	Clear Smog	Poison	Special	50	—	15	Normal
39	Toxic	Poison	Status	—	90	10	Normal
46	Amnesia	Psychic	Status	—	—	20	Self
49	Belch	Poison	Special	120	90	10	Normal
54	Gunk Shot	Poison	Physical	120	80	5	Normal
59	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

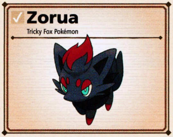
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

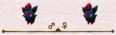
✓ Zorua

Tricky Fox Pokémon



National Pokédex	570	DARK
Alola Pokédex	028	

Height: 2'04" | Weight: 27.6 lbs.



Same form for male/female

This Pokémon has a cowardly disposition, so when it's not around friends, it basically always stays transformed as something else.

If a normally talkative child suddenly stops talking, it may have been replaced by Zorua.

EVOLUTION

Lv. 30
Zorua
Zoroark

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the grounds of the Trainers' School.

ABILITY

Illusion

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Pursuit	Dark	Physical	40	100	20	Normal
9	Fake Tears	Dark	Status	—	100	20	Normal
13	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
25	Taunt	Dark	Status	—	100	20	Normal
29	Foul Play	Dark	Physical	95	100	15	Normal
33	Torment	Dark	Status	—	100	15	Normal
37	Agility	Psychic	Status	—	—	30	Self
41	Embargo	Dark	Status	—	100	15	Normal
45	Punishment	Dark	Physical	—	100	5	Normal
49	Nasty Plot	Dark	Status	—	—	20	Self
53	Imprison	Psychic	Status	—	—	10	Self
57	Night Daze	Dark	Special	85	95	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Trick	Psychic	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

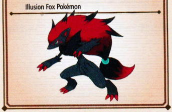
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

◆ EGG MOVES

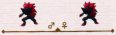
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Detect	Fighting	Status	—	—	5	Self
Captivate	Normal	Status	—	100	20	Many Others
Dark Pulse	Dark	Special	80	100	15	Normal
Snatch	Dark	Status	—	—	10	Self
Memento	Dark	Status	—	100	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Extrasensory	Psychic	Special	80	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Copycat	Normal	Status	—	—	20	Self

✓ Zoroark

Illusion Fox Pokémon



National Pokédex 571 DARK
Alola Pokédex 029
Height: 5'03" | Weight: 178.8 lbs.

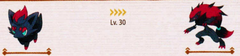


♂ ♀
Same form for male/female

It doesn't just transform itself—it also has the power to make hundreds of people see its illusions.

If it thinks humans are going to discover its den, Zoroark shows them visions that make them wander around in the woods.

EVOLUTION



Zorua → Zoroark

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Poni Grove. Or obtain a Zorua, then level it up to Lv. 30 or above to evolve it into Zoroark.

ABILITY

Illusion

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆♦
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆♦

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Night Daze	Dark	Special	85	95	10	Normal
1	Imprison	Psychic	Status	—	—	10	Self
1	U-turn	Bug	Physical	70	100	20	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Hone Claws	Dark	Status	—	—	15	Self
5	Pursuit	Dark	Physical	40	100	20	Normal
9	Hone Claws	Dark	Status	—	—	15	Self
13	Fury Swipes	Normal	Physical	18	80	15	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
25	Taunt	Dark	Status	—	100	20	Normal
29	Foul Play	Dark	Physical	95	100	15	Normal
34	Torment	Dark	Status	—	100	15	Normal
39	Agility	Psychic	Status	—	—	30	Self
44	Embargo	Dark	Status	—	100	15	Normal
49	Punishment	Dark	Physical	—	100	5	Normal
54	Nasty Plot	Dark	Status	—	—	20	Self
59	Imprison	Psychic	Status	—	—	10	Self
64	Night Daze	Dark	Special	85	95	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Night Slash	Dark	Physical	70	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

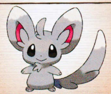
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

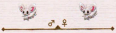
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Minccino

Chinchilla Pokémon



National Pokédex 572 NORMAL
Alola Pokédex 266
Height: 1'04" | Weight: 12.8 lbs.

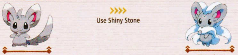


♂ ♀
Same form for male/female

A clean freak that will not allow even the slightest mess, it uses its tail like a mop to thoroughly clean any and all filth.

When its tail has gotten dirty from self-cleaning or from cleaning its nest, Minccino spends a whole day washing its tail in clean spring water.

EVOLUTION



Minccino → Cinccino

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the Outer Cape.

ABILITY

Cute Charm
Technician

HIDDEN ABILITY

Skill Link

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
3	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
7	Helping Hand	Normal	Status	—	—	20	1 Ally
9	Tickle	Normal	Status	—	100	20	Normal
13	Double Slap	Normal	Physical	15	85	10	Normal
15	Encore	Normal	Status	—	100	5	Normal
19	Swift	Normal	Special	60	—	20	Many Others
21	Sing	Normal	Status	—	55	15	Normal
25	Tail Slap	Normal	Physical	25	85	10	Normal
27	Charm	Fairy	Status	—	100	20	Normal
31	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
33	Echoed Voice	Normal	Special	40	100	15	Normal
37	Slam	Normal	Physical	80	75	20	Normal
39	Captivate	Normal	Status	—	100	20	Many Others
43	Hyper Voice	Normal	Special	90	100	10	Many Others
45	Last Resort	Normal	Physical	140	100	5	Normal
49	After You	Normal	Status	—	—	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

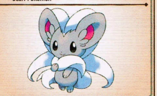
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Tail	Steel	Physical	100	75	15	Normal
Tail Whip	Normal	Status	—	100	30	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Endure	Normal	Status	—	—	10	Self
Flail	Normal	Physical	—	100	15	Normal

✓ Cinccino

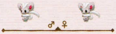
Scarf Pokémon



National Pokédex	573
Alola Pokédex	267

NORMAL

Height: 1'08" | Weight: 16.5 lbs.



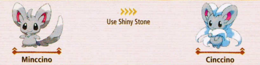
♂ ♀

Same form for male/female

The white parts of its coat are covered in an oil secreted from its body, so this Pokémon can slide right away from its enemies' attacks.

The oil that seeps from its body is really smooth. For people troubled by bad skin, this oil is an effective treatment.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Minccino, then use a Shiny Stone on it to evolve it into Cinccino.

ABILITY

Cute Charm
Technician

HIDDEN ABILITY

Skill Link

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bullet Seed	Grass	Physical	25	100	30	Normal
1	Rock Blast	Rock	Physical	25	90	10	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tickle	Normal	Status	—	100	20	Normal
1	Sing	Normal	Status	—	55	15	Normal
1	Tail Slap	Normal	Physical	25	85	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

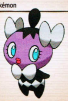
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Gothita

Fixation Pokémon



National Pokédex	574
Alola Pokédex	—

PSYCHIC

Height: 1'04" | Weight: 12.8 lbs.

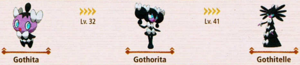
♂ ♀

Same form for male/female

Their ribbonlike feelers increase their psychic power. They are always staring at something.

They intently observe both Trainers and Pokémon. Apparently, they are looking at something that only Gothita can see.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Route 6 by using Island Scan on Akala Island on a Sunday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Frisk
Competitive

HIDDEN ABILITY

Shadow Tag

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
3	Confusion	Psychic	Special	50	100	25	Normal
7	Tickle	Normal	Status	—	100	20	Normal
8	Play Nice	Normal	Status	—	—	20	Normal
10	Fake Tears	Dark	Status	—	100	20	Normal
14	Double Slap	Normal	Physical	15	85	10	Normal
16	Psybeam	Psychic	Special	65	100	20	Normal
19	Embargo	Dark	Status	—	100	15	Normal
24	Feint Attack	Dark	Physical	60	—	20	Normal
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Flatter	Dark	Status	—	100	15	Normal
31	Future Sight	Psychic	Special	120	100	10	Normal
33	Heal Block	Psychic	Status	—	100	15	Many Others
37	Psychic	Psychic	Special	90	100	10	Normal
40	Telekinesis	Psychic	Status	—	—	15	Normal
46	Charm	Fairy	Status	—	100	20	Normal
48	Magic Room	Psychic	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

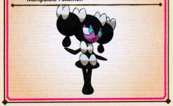
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

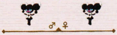
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mirror Coat	Psychic	Special	—	100	20	Varies
Uproar	Normal	Special	90	100	10	1 Random
Miracle Eye	Psychic	Status	—	—	40	Normal
Captivate	Normal	Status	—	100	20	Many Others
Mean Look	Normal	Status	—	—	5	Normal
Dark Pulse	Dark	Special	80	100	15	Normal
Heal Pulse	Psychic	Status	—	—	10	Normal

✓ Gothorita

Manipulate Pokémon



National Pokédex 575 PSYCHIC
Alola Pokédex —
Height: 2'04" | Weight: 39.7 lbs.

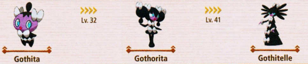


♂ ♀
Same form for male/female

X Starlight is the source of their power. At night, they mark star positions by using psychic power to float stones.

Y According to many old tales, it creates friends for itself by controlling sleeping children on starry nights.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Gothita, then level it up to Lv. 32 or higher to evolve it into Gothorita.

ABILITY

Frisk
Competitive

HIDDEN ABILITY

Shadow Tag

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
1	Tickle	Normal	Status	—	100	20	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
3	Confusion	Psychic	Special	50	100	25	Normal
7	Tickle	Normal	Status	—	100	20	Normal
10	Fake Tears	Dark	Status	—	100	20	Normal
14	Double Slap	Normal	Physical	15	85	10	Normal
16	Psybeam	Psychic	Special	65	100	20	Normal
19	Embargo	Dark	Status	—	100	15	Normal
24	Feint Attack	Dark	Physical	60	—	20	Normal
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Flatter	Dark	Status	—	100	15	Normal
31	Future Sight	Psychic	Special	120	100	10	Normal
34	Heal Block	Psychic	Status	—	100	15	Many Others
39	Psychic	Psychic	Special	90	100	10	Normal
43	Telekinesis	Psychic	Status	—	—	15	Normal
50	Charm	Fairy	Status	—	100	20	Normal
53	Magic Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

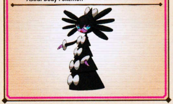
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

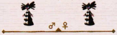
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Gothitelle

Astral Body Pokémon



National Pokédex 576 PSYCHIC
Alola Pokédex —
Height: 4'11" | Weight: 97.0 lbs.

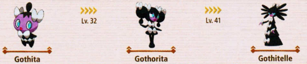


♂ ♀
Same form for male/female

X Starry skies thousands of light-years away are visible in the space distorted by their intense psychic power.

Y They can predict the future from the placement and movement of the stars. They can see Trainers' life spans.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Gothorita, then level it up to Lv. 41 or higher to evolve it into Gothitelle.

ABILITY

Frisk
Competitive

HIDDEN ABILITY

Shadow Tag

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
1	Tickle	Normal	Status	—	100	20	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
3	Confusion	Psychic	Special	50	100	25	Normal
7	Tickle	Normal	Status	—	100	20	Normal
10	Fake Tears	Dark	Status	—	100	20	Normal
14	Double Slap	Normal	Physical	15	85	10	Normal
16	Psybeam	Psychic	Special	65	100	20	Normal
19	Embargo	Dark	Status	—	100	15	Normal
24	Feint Attack	Dark	Physical	60	—	20	Normal
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Flatter	Dark	Status	—	100	15	Normal
31	Future Sight	Psychic	Special	120	100	10	Normal
34	Heal Block	Psychic	Status	—	100	15	Many Others
39	Psychic	Psychic	Special	90	100	10	Normal
45	Telekinesis	Psychic	Status	—	—	15	Normal
54	Charm	Fairy	Status	—	100	20	Normal
59	Magic Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

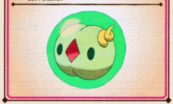
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Solosis

Cell Pokémon



National Pokédex	577	PSYCHIC	
Alola Pokédex	—		

Height: 1'00" | Weight: 2.2 lbs.

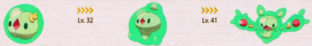
♂ ♀

Same form for male/female

X Because their bodies are enveloped in a special liquid, they are fine in any environment, no matter how severe.

Y They drive away attackers by unleashing psychic power. They can use telepathy to talk with others.

EVOLUTION



Solosis Duosion Reuniclus

MAIN WAY TO OBTAIN

Obtain a Duosion or Reuniclus, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Overcoat
Magic Guard

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psywave	Psychic	Special	—	100	15	Normal
3	Reflect	Psychic	Status	—	—	20	Your Side
7	Rollout	Rock	Physical	30	90	20	Normal
10	Snatch	Dark	Status	—	—	10	Self
14	Hidden Power	Normal	Special	60	100	15	Normal
16	Light Screen	Psychic	Status	—	—	30	Your Side
19	Charm	Fairy	Status	—	100	20	Normal
24	Recover	Normal	Status	—	—	10	Self
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Endeavor	Normal	Physical	—	100	5	Normal
31	Future Sight	Psychic	Special	120	100	10	Normal
33	Pain Split	Normal	Status	—	—	20	Normal
37	Psychic	Psychic	Special	90	100	10	Normal
40	Skill Swap	Psychic	Status	—	—	10	Normal
46	Heal Block	Psychic	Status	—	100	15	Many Others
48	Wonder Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

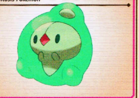
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Night Shade	Ghost	Special	—	100	15	Normal
Confuse Ray	Ghost	Status	—	100	10	Normal
Acid Armor	Poison	Status	—	—	20	Self
Trick	Psychic	Status	—	100	10	Normal
Imprison	Psychic	Status	—	—	10	Self
Secret Power	Normal	Physical	70	100	20	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

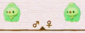
✓ Duosion

Mitosis Pokémon



National Pokédex	578	PSYCHIC	
Alola Pokédex	—		

Height: 2'00" | Weight: 17.6 lbs.



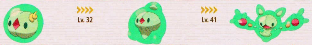
♂ ♀

Same form for male/female

X Since they have two divided brains, at times they suddenly try to take two different actions at once.

Y When their two divided brains think the same thoughts, their psychic power is maximized.

EVOLUTION



Solosis Duosion Reuniclus

MAIN WAY TO OBTAIN

Find it on Route 16 by using Island Scan on Ula'ula Island on a Tuesday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Overcoat
Magic Guard

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psywave	Psychic	Special	—	100	15	Normal
1	Reflect	Psychic	Status	—	—	20	Your Side
1	Rollout	Rock	Physical	30	90	20	Normal
1	Snatch	Dark	Status	—	—	10	Self
3	Reflect	Psychic	Status	—	—	20	Your Side
7	Rollout	Rock	Physical	30	90	20	Normal
10	Snatch	Dark	Status	—	—	10	Self
14	Hidden Power	Normal	Special	60	100	15	Normal
16	Light Screen	Psychic	Status	—	—	30	Your Side
19	Charm	Fairy	Status	—	100	20	Normal
24	Recover	Normal	Status	—	—	10	Self
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Endeavor	Normal	Physical	—	100	5	Normal
31	Future Sight	Psychic	Special	120	100	10	Normal
34	Pain Split	Normal	Status	—	—	20	Normal
39	Psychic	Psychic	Special	90	100	10	Normal
43	Skill Swap	Psychic	Status	—	—	10	Normal
50	Heal Block	Psychic	Status	—	100	15	Many Others
53	Wonder Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

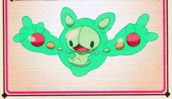
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Reuniclus

Multiplying Pokémon



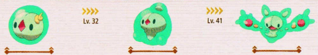
National Pokédex 579 PSYCHIC
Alola Pokédex —
Height: 3'03" | Weight: 44.3 lbs.

♂ ♀
Same form for male/female

X They use psychic power to control their arms, which are made of a special liquid. They can crush boulders psychically.

Y When Reuniclus shake hands, a network forms between their brains, increasing their psychic power.

EVOLUTION



Solosis → Duosion → Reuniclus

MAIN WAY TO OBTAIN

Obtain a Duosion, then level it up to Lv. 41 or higher to evolve it into Reuniclus.

ABILITY

Overcoat
Magic Guard

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dizzy Punch	Normal	Physical	70	100	10	Normal
1	Psywave	Psychic	Special	—	100	15	Normal
1	Reflect	Psychic	Status	—	—	20	Your Side
1	Rollout	Rock	Physical	30	90	20	Normal
1	Snatch	Dark	Status	—	—	10	Self
3	Reflect	Psychic	Status	—	—	20	Your Side
7	Rollout	Rock	Physical	30	90	20	Normal
10	Snatch	Dark	Status	—	—	10	Self
14	Hidden Power	Normal	Special	60	100	15	Normal
16	Light Screen	Psychic	Status	—	—	30	Your Side
19	Charm	Fairy	Status	—	100	20	Normal
24	Recover	Normal	Status	—	—	10	Self
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Endeavor	Normal	Physical	—	100	5	Normal
31	Future Sight	Psychic	Special	120	100	10	Normal
34	Pain Split	Normal	Status	—	—	20	Normal
39	Psychic	Psychic	Special	90	100	10	Normal
45	Skill Swap	Psychic	Status	—	—	10	Normal
54	Heal Block	Psychic	Status	—	100	15	Many Others
59	Wonder Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dizzy Punch	Normal	Physical	70	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

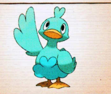
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

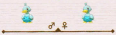
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Ducklett

Water Bird Pokémon



National Pokédex 580 WATER FLYING
Alola Pokédex —
Height: 1'08" | Weight: 12.1 lbs.

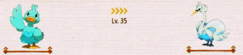


♂ ♀
Same form for male/female

X When attacked, it uses its feathers to splash water, escaping under cover of the spray.

Y They are better at swimming than flying, and they happily eat their favorite food, peat moss, as they dive underwater.

EVOLUTION



Ducklett → Swanna

MAIN WAY TO OBTAIN

Obtain a Swanna, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Keen Eye
Big Pecks

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 1
Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×4	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
3	Water Sport	Water	Status	—	—	15	Both Sides
6	Defog	Flying	Status	—	—	15	Normal
9	Wing Attack	Flying	Physical	60	100	35	Normal
13	Water Pulse	Water	Special	60	100	20	Normal
15	Aerial Ace	Flying	Physical	60	—	20	Normal
19	Bubble Beam	Water	Special	65	100	20	Normal
21	Feather Dance	Flying	Status	—	100	15	Normal
24	Aqua Ring	Water	Status	—	—	20	Self
27	Air Slash	Flying	Special	75	95	15	Normal
30	Roost	Flying	Status	—	—	10	Self
34	Rain Dance	Water	Status	—	—	5	Both Sides
37	Tailwind	Flying	Status	—	—	15	Your Side
41	Brave Bird	Flying	Physical	120	100	15	Normal
46	Hurricane	Flying	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

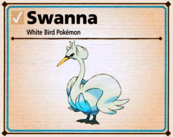
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Steel Wing	Steel	Physical	70	90	25	Normal
Brine	Water	Special	65	100	10	Normal
Gust	Flying	Special	40	100	35	Normal
Air Cutter	Flying	Special	60	95	25	Many Others
Mirror Move	Flying	Status	—	—	20	Normal
Me First	Normal	Status	—	—	20	Varies
Lucky Chant	Normal	Status	—	—	30	Your Side
Mud Sport	Ground	Status	—	—	15	Both Sides
Aqua Jet	Water	Physical	40	100	20	Normal

✓ Swanna

White Bird Pokémon



National Pokédex	581	WATER
Alola Pokédex	—	FLYING

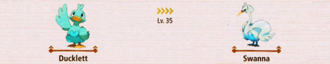
Height: 4'03" | Weight: 53.4 lbs.

Same form for male/female

X Despite their elegant appearance, they can flap their wings strongly and fly for thousands of miles.

Y Swanna start to dance at dusk. The one dancing in the middle is the leader of the flock.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a red warp hole while using Ultra Warp Ride.

ABILITY

Keen Eye
Big Pecks

HIDDEN ABILITY

Hydration

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Water 1
Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×4	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Defog	Flying	Status	—	—	15	Normal
1	Wing Attack	Flying	Physical	60	100	35	Normal
3	Water Sport	Water	Status	—	—	15	Both Sides
6	Defog	Flying	Status	—	—	15	Normal
9	Wing Attack	Flying	Physical	60	100	35	Normal
13	Water Pulse	Water	Special	60	100	20	Normal
15	Aerial Ace	Flying	Physical	60	—	20	Normal
19	Bubble Beam	Water	Special	65	100	20	Normal
21	Feather Dance	Flying	Status	—	100	15	Normal
24	Aqua Ring	Water	Status	—	—	20	Self
27	Air Slash	Flying	Special	75	95	15	Normal
30	Roost	Flying	Status	—	—	10	Self
34	Rain Dance	Water	Status	—	—	5	Both Sides
40	Tailwind	Flying	Status	—	—	15	Your Side
47	Brave Bird	Flying	Physical	120	100	15	Normal
55	Hurricane	Flying	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

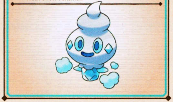
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

SWANNA

581

✓ Vanillite

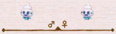
Fresh Snow Pokémon



National Pokédex	582	ICE
Alola Pokédex	332	

Height: 1'04" | Weight: 12.6 lbs.

Never-Melt Ice

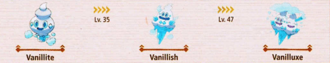


Same form for male/female

It exhales cold air that is at –58 degrees Fahrenheit. When it's in a warm place, it shrinks little by little.

When the morning sun hit an icicle, it wished not to melt, and thus Vanillite was born. At night, it buries itself in snow to sleep.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally when it is hailing in Tapu Village.

ABILITY

Ice Body
Snow Cloak

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icicle Spear	Ice	Physical	25	100	30	Normal
4	Harden	Normal	Status	—	—	30	Self
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Uproar	Normal	Special	90	100	10	1 Random
13	Icy Wind	Ice	Special	55	95	15	Many Others
16	Mist	Ice	Status	—	—	30	Your Side
19	Avalanche	Ice	Physical	60	100	10	Normal
22	Taunt	Dark	Status	—	100	20	Normal
26	Mirror Shot	Steel	Special	65	85	10	Normal
31	Acid Armor	Poison	Status	—	—	20	Self
35	Ice Beam	Ice	Special	90	100	10	Normal
40	Hail	Ice	Status	—	—	10	Both Sides
44	Mirror Coat	Psychic	Special	—	100	20	Varies
49	Blizzard	Ice	Special	110	70	5	Many Others
53	Sheer Cold	Ice	Special	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

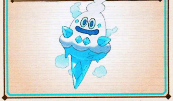
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Imprison	Psychic	Status	—	—	10	Self
Autotomize	Steel	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Magnet Rise	Electric	Status	—	—	10	Self
Ice Shard	Ice	Physical	40	100	30	Normal
Powder Snow	Ice	Special	40	100	25	Many Others

VANILLITE

582

✓ Vanillish

Icy Snow Pokémon



National Pokédex	583	ICE
Alola Pokédex	333	

Height: 3'07" | Weight: 90.4 lbs.

Never-Melt Ice

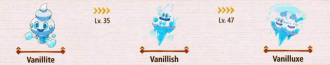
♂ ♀

Same form for male/female

It sprays its enemies with grains of ice to freeze them. Most Vanillish in Alola are smaller than average.

This hearty Pokémon survived the Ice Age. It's incredibly popular in very hot regions.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally when it is hailing at the upper reaches of Mount Lanakila. Or obtain a Vanillite, then level it up to Lv. 35 or higher to evolve it into Vanillish.

ABILITY

Ice Body
Snow Cloak

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icicle Spear	Ice	Physical	25	100	30	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Uproar	Normal	Special	90	100	10	1 Random
4	Harden	Normal	Status	—	—	30	Self
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Uproar	Normal	Special	90	100	10	1 Random
13	Icy Wind	Ice	Special	55	95	15	Many Others
16	Mist	Ice	Status	—	—	30	Your Side
19	Avalanche	Ice	Physical	60	100	10	Normal
22	Taunt	Dark	Status	—	100	20	Normal
26	Mirror Shot	Steel	Special	65	85	10	Normal
31	Acid Armor	Poison	Status	—	—	20	Self
36	Ice Beam	Ice	Special	90	100	10	Normal
42	Hail	Ice	Status	—	—	10	Both Sides
47	Mirror Coat	Psychic	Special	—	100	20	Varies
53	Blizzard	Ice	Special	110	70	5	Many Others
58	Sheer Cold	Ice	Special	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

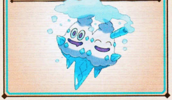
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Vanilluxe

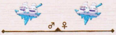
Snowstorm Pokémon



National Pokédex	584	ICE
Alola Pokédex	334	

Height: 4'03" | Weight: 126.8 lbs.

Never-Melt Ice



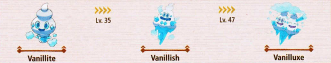
♂ ♀

Same form for male/female

It blasts blizzards from its two mouths. It can create snow anywhere, so it gets a lot of love from skiers and snowboarders.

Vanilluxe is born when two Vanillish, half-melted by the day's light, stick to each other and freeze together in the cold return of night.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally when it is hailing at the upper reaches of Mount Lanakila. Or obtain a Vanillish, then level it up to Lv. 47 or higher to evolve it into Vanilluxe.

ABILITY

Ice Body
Snow Warning

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sheer Cold	Ice	Special	—	30	5	Normal
1	Freeze-Dry	Ice	Special	70	100	20	Normal
1	Weather Ball*	Normal	Special	50	100	10	Normal
1	Icicle Spear	Ice	Physical	25	100	30	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Uproar	Normal	Special	90	100	10	1 Random
4	Harden	Normal	Status	—	—	30	Self
7	Astonish	Ghost	Physical	30	100	15	Normal
10	Uproar	Normal	Special	90	100	10	1 Random
13	Icy Wind	Ice	Special	55	95	15	Many Others
16	Mist	Ice	Status	—	—	30	Your Side
19	Avalanche	Ice	Physical	60	100	10	Normal
22	Taunt	Dark	Status	—	100	20	Normal
26	Mirror Shot	Steel	Special	65	85	10	Normal
31	Acid Armor	Poison	Status	—	—	20	Self
36	Ice Beam	Ice	Special	90	100	10	Normal
42	Hail	Ice	Status	—	—	10	Both Sides
50	Mirror Coat	Psychic	Special	—	100	20	Varies
59	Blizzard	Ice	Special	110	70	5	Many Others
67	Sheer Cold	Ice	Special	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

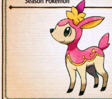
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

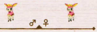
*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Deerling

Season Pokémon


Spring Form

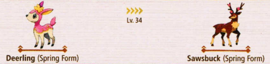
National Pokédex	585	NORMAL	
Alola Pokédex	—	GRASS	
Height: 2'00"	Weight: 43.0 lbs.		


♂ ♀
Same form for male/female

X Their coloring changes according to the seasons and can be slightly affected by the temperature and humidity as well.

Y The turning of the seasons changes the color and scent of this Pokémon's fur. People use it to mark the seasons.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Chlorophyll
Sap Sipper

HIDDEN ABILITY

Serene Grace

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
! GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Camouflage	Normal	Status	—	—	20	Self
4	Growl	Normal	Status	—	100	40	Many Others
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Double Kick	Fighting	Physical	30	100	30	Normal
13	Leech Seed	Grass	Status	—	90	10	Normal
16	Feint Attack	Dark	Physical	60	—	20	Normal
20	Take Down	Normal	Physical	90	85	20	Normal
24	Jump Kick	Fighting	Physical	100	95	10	Normal
28	Aromatherapy	Grass	Status	—	—	5	Your Party
32	Energy Ball	Grass	Special	90	100	10	Normal
36	Charm	Fairy	Status	—	100	20	Normal
41	Nature Power	Normal	Status	—	—	20	Normal
46	Double-Edge	Normal	Physical	120	100	15	Normal
51	Solar Beam	Grass	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

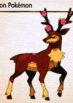
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

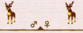
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fake Tears	Dark	Status	—	100	20	Normal
Natural Gift	Normal	Physical	—	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Worry Seed	Grass	Status	—	100	10	Normal
Odor Sleuth	Normal	Status	—	—	40	Normal
Agility	Psychic	Status	—	—	30	Self
Sleep Talk	Normal	Status	—	—	10	Self
Baton Pass	Normal	Status	—	—	40	Self
Grass Whistle	Grass	Status	—	55	15	Normal
Headbutt	Normal	Physical	70	100	15	Normal

✓ Sawsbuck

Season Pokémon


Spring Form

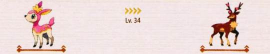
National Pokédex	586	NORMAL	
Alola Pokédex	—	GRASS	
Height: 6'03"	Weight: 203.9 lbs.		


♂ ♀
Same form for male/female

X They migrate according to the seasons. People can tell the season by looking at Sawsbuck's horns.

Y They migrate according to the seasons, so some people call Sawsbuck the harbingers of spring.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Spring Form Deerling, then level it up to Lv. 34 or higher to evolve it into Spring Form Sawsbuck.

ABILITY

Chlorophyll
Sap Sipper

HIDDEN ABILITY

Serene Grace

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
! GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Horn Leech	Grass	Physical	75	100	10	Normal
1	Megahorn	Bug	Physical	120	85	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Camouflage	Normal	Status	—	—	20	Self
1	Growl	Normal	Status	—	100	40	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal
4	Growl	Normal	Status	—	100	40	Many Others
7	Sand Attack	Ground	Status	—	100	15	Normal
10	Double Kick	Fighting	Physical	30	100	30	Normal
13	Leech Seed	Grass	Status	—	90	10	Normal
16	Feint Attack	Dark	Physical	60	—	20	Normal
20	Take Down	Normal	Physical	90	85	20	Normal
24	Jump Kick	Fighting	Physical	100	95	10	Normal
28	Aromatherapy	Grass	Status	—	—	5	Your Party
32	Energy Ball	Grass	Special	90	100	10	Normal
36	Charm	Fairy	Status	—	100	20	Normal
44	Nature Power	Normal	Status	—	—	20	Normal
52	Double-Edge	Normal	Physical	120	100	15	Normal
60	Solar Beam	Grass	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Horn Leech	Grass	Physical	75	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

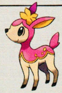
Deerling and Sawsbuck

Deerling and Sawsbuck are Pokémon first found in *Pokémon Black Version* and *Pokémon White Version*. You can obtain the Spring Form of Deerling in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*, and then evolve it into Spring Form Sawsbuck. But if you hope to obtain any of these Pokémon's other seasonal forms, you will have to bring them from an older game using *Pokémon Bank* and its linked application, *Poké Transporter*. If you do bring a Deerling or Sawsbuck into your game using this method, it will retain whatever form it was in when you sent it to *Pokémon Bank*. These different forms do not change type, but they sure do look festive!

Spring Form

NORMAL GRASS

Catch in *Pokémon Black, Pokémon White, Pokémon Black 2*, or *Pokémon White 2 Versions* during January, May, or September. Or catch it in *Pokémon Omega Ruby* or *Pokémon Alpha Sapphire*.



Deerling (Spring Form)

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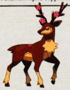
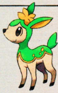


Sawsbuck (Spring Form)

Summer Form

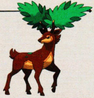
NORMAL GRASS

Catch in *Pokémon Black, Pokémon White, Pokémon Black 2*, or *Pokémon White 2 Versions* during February, June, or October.



Deerling (Summer Form)

››››

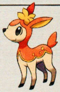


Sawsbuck (Summer Form)

Autumn Form

NORMAL GRASS

Catch in *Pokémon Black, Pokémon White, Pokémon Black 2*, or *Pokémon White 2 Versions* during March, July, or November.



Deerling (Autumn Form)

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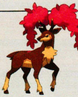
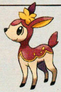


Sawsbuck (Autumn Form)

Winter Form

NORMAL GRASS

Catch in *Pokémon Black, Pokémon White, Pokémon Black 2*, or *Pokémon White 2 Versions* during April, August, or December.



Deerling (Winter Form)

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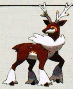
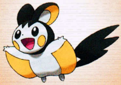


Sawsbuck (Winter Form)

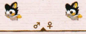
✓ Emolga

Sky Squirrel Pokémon



National Pokédex	587	ELECTRIC
Alola Pokédex	364	FLYING

Height: 1'04" | **Weight: 11.0 lbs.**



♂ ♀

Same form for male/female

They store up electricity to fly through the air. When thunder cracks at night, sometimes there are almost enough of them to blot out the sky.

As it flies, it scatters electricity around, so bird Pokémon keep their distance. That's why Emolga can keep all its food to itself.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears from a shaking tree in Poni Plains.

ABILITY

Static

HIDDEN ABILITY

Motor Drive

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
! ELECTRIC	×1	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Shock	Electric	Special	40	100	30	Normal
4	Quick Attack	Normal	Physical	40	100	30	Normal
7	Tail Whip	Normal	Status	—	100	30	Many Others
10	Charge	Electric	Status	—	—	20	Self
13	Spark	Electric	Physical	65	100	20	Normal
15	Nuzzle	Electric	Physical	20	100	20	Normal
16	Pursuit	Dark	Physical	40	100	20	Normal
19	Double Team	Normal	Status	—	—	15	Self
22	Shock Wave	Electric	Special	60	—	20	Normal
26	Electro Ball	Electric	Special	—	100	10	Normal
30	Acrobatics	Flying	Physical	55	100	15	Normal
34	Light Screen	Psychic	Status	—	—	30	Your Side
38	Encore	Normal	Status	—	100	5	Normal
42	Volt Switch	Electric	Special	70	100	20	Normal
46	Agility	Psychic	Status	—	—	30	Self
50	Discharge	Electric	Special	80	100	15	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

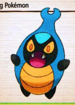
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Roost	Flying	Status	—	—	10	Self
Iron Tail	Steel	Physical	100	75	15	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Air Slash	Flying	Special	75	95	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Charm	Fairy	Status	—	100	20	Normal
Covet	Normal	Physical	60	100	25	Normal
Tickle	Normal	Status	—	100	20	Normal
Baton Pass	Normal	Status	—	—	40	Self
Ion Deluge	Electric	Status	—	—	25	Both Sides
Speed Swap	Psychic	Status	—	—	10	Normal

✓ Karrablast

Clamping Pokémon



National Pokédex	588	BUG
Alola Pokédex	—	

Height: 1'08" | Weight: 13.0 lbs.

♂ ♀

Same form for male/female

X These mysterious Pokémon evolve when they receive electrical stimulation while they are in the same place as Shelmet.

Y For some reason they evolve when they receive electrical energy while they are attacking Shelmet.

EVOLUTION

Karrablast

»»»
Trade Karrablast for a Shelmet

Escavalier

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Swarm
Shed Skin

HIDDEN ABILITY

No Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
4	Leer	Normal	Status	—	100	30	Many Others
8	Endure	Normal	Status	—	—	10	Self
13	Fury Cutter	Bug	Physical	40	95	20	Normal
16	Fury Attack	Normal	Physical	15	85	20	Normal
20	Headbutt	Normal	Physical	70	100	15	Normal
25	False Swipe	Normal	Physical	40	100	40	Normal
28	Bug Buzz	Bug	Special	90	100	10	Normal
32	Slash	Normal	Physical	70	100	20	Normal
37	Take Down	Normal	Physical	90	85	20	Normal
40	Scary Face	Normal	Status	—	100	10	Normal
44	X-Scissor	Bug	Physical	80	100	15	Normal
49	Flail	Normal	Physical	—	100	15	Normal
52	Swords Dance	Normal	Status	—	—	20	Self
56	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

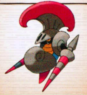
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Megahorn	Bug	Physical	120	85	10	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Counter	Fighting	Physical	—	100	20	Varies
Horn Attack	Normal	Physical	65	100	25	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Bug Bite	Bug	Physical	60	100	20	Normal
Screech	Normal	Status	—	85	40	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drill Run	Ground	Physical	80	95	10	Normal

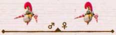
✓ Escavalier

Cavalry Pokémon



National Pokédex	589	BUG
Alola Pokédex	—	STEEL

Height: 3'03" | Weight: 72.8 lbs.



♂ ♀

Same form for male/female

X Wearing the shell covering they stole from Shelmet, they defend themselves and attack with two lances.

Y These Pokémon evolve by wearing the shell covering of a Shelmet. The steel armor protects their whole body.

EVOLUTION

Karrablast

»»»
Trade Karrablast for a Shelmet

Escavalier

MAIN WAY TO OBTAIN

Obtain a Shelmet, then trade it for a Karrablast. The Karrablast that you receive will immediately evolve into Escavalier.

ABILITY

Swarm
Shell Armor

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆

Bug

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double-Edge	Normal	Physical	120	100	15	Normal
1	Fell Stinger	Bug	Physical	50	100	25	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Quick Guard	Fighting	Status	—	—	15	Your Side
1	Twineedle	Bug	Physical	25	100	20	Normal
4	Leer	Normal	Status	—	100	30	Many Others
8	Quick Guard	Fighting	Status	—	—	15	Your Side
13	Twineedle	Bug	Physical	25	100	20	Normal
16	Fury Attack	Normal	Physical	15	85	20	Normal
20	Headbutt	Normal	Physical	70	100	15	Normal
25	False Swipe	Normal	Physical	40	100	40	Normal
28	Bug Buzz	Bug	Special	90	100	10	Normal
32	Slash	Normal	Physical	70	100	20	Normal
37	Iron Head	Steel	Physical	80	100	15	Normal
40	Iron Defense	Steel	Status	—	—	15	Self
44	X-Scissor	Bug	Physical	80	100	15	Normal
49	Reversal	Fighting	Physical	—	100	15	Normal
52	Swords Dance	Normal	Status	—	—	20	Self
56	Giga Impact	Normal	Physical	150	90	5	Normal
60	Fell Stinger	Bug	Physical	50	100	25	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

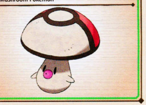
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal

EGG MOVES

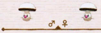
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Foongus

Mushroom Pokémon



National Pokédex	590	GRASS	
Alola Pokédex	—	POISON	
Height: 0'08"		Weight: 2.2 lbs.	



Same form for male/female

X It lures people in with its Poké Ball pattern, then releases poison spores. Why it resembles a Poké Ball is unknown.

Y It lures Pokémon with its pattern that looks just like a Poké Ball, then releases poison spores.

EVOLUTION

Lv. 39
Foongus
Amoongus

MAIN WAY TO OBTAIN

Obtain an Amoonguss, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Effect Spore

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
6	Growth	Normal	Status	—	—	20	Self
8	Astonish	Ghost	Physical	30	100	15	Normal
12	Bide	Normal	Physical	—	—	10	Self
15	Mega Drain	Grass	Special	40	100	15	Normal
18	Ingrain	Grass	Status	—	—	20	Self
20	Feint Attack	Dark	Physical	60	—	20	Normal
24	Sweet Scent	Normal	Status	—	100	20	Many Others
28	Giga Drain	Grass	Special	75	100	10	Normal
32	Toxic	Poison	Status	—	90	10	Normal
35	Synthesis	Grass	Status	—	—	5	Self
39	Clear Smog	Poison	Special	50	—	15	Normal
43	Solar Beam	Grass	Special	120	100	10	Normal
45	Rage Powder	Bug	Status	—	—	20	Self
50	Spore	Grass	Status	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

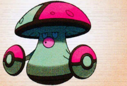
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

◆ EGG MOVES

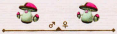
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gastro Acid	Poison	Status	—	100	10	Normal
Growth	Normal	Status	—	—	20	Self
Poison Powder	Poison	Status	—	75	35	Normal
Stun Spore	Grass	Status	—	75	30	Normal
Rollout	Rock	Physical	30	90	20	Normal
Defense Curl	Normal	Status	—	—	40	Self
Endure	Normal	Status	—	—	10	Self
Body Slam	Normal	Physical	85	100	15	Normal

✓ Amoonguss

Mushroom Pokémon



National Pokédex	591	GRASS	
Alola Pokédex	—	POISON	
Height: 2'00"		Weight: 23.1 lbs.	

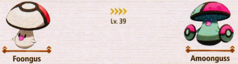


Same form for male/female

X They show off their Poké Ball caps to lure prey, but very few Pokémon are fooled by this.

Y It lures prey close by dancing and waving its arm caps, which resemble Poké Balls, in a swaying motion.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Effect Spore

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
1	Growth	Normal	Status	—	—	20	Self
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Bide	Normal	Physical	—	—	10	Self
6	Growth	Normal	Status	—	—	20	Self
8	Astonish	Ghost	Physical	30	100	15	Normal
12	Bide	Normal	Physical	—	—	10	Self
15	Mega Drain	Grass	Special	40	100	15	Normal
18	Ingrain	Grass	Status	—	—	20	Self
20	Feint Attack	Dark	Physical	60	—	20	Normal
24	Sweet Scent	Normal	Status	—	100	20	Many Others
28	Giga Drain	Grass	Special	75	100	10	Normal
32	Toxic	Poison	Status	—	90	10	Normal
35	Synthesis	Grass	Status	—	—	5	Self
43	Clear Smog	Poison	Special	50	—	15	Normal
49	Solar Beam	Grass	Special	120	100	10	Normal
54	Rage Powder	Bug	Status	—	—	20	Self
62	Spore	Grass	Status	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

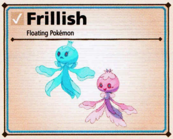
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Frillish

Floating Pokémon

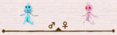


National Pokédex	592	WATER
Alola Pokédex	318	GHOST

Height: 3'11" | Weight: 72.8 lbs.

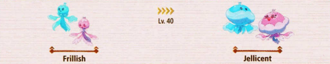
It wraps its veillike arms and legs around prey swimming by and drags them down to the depths of the ocean.

Using the invisible poison spikes on its veillike arms and legs, it paralyzes its enemies and causes them to drown.



The male is blue. The female is pink.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface on Route 14.

ABILITY

Water Absorb
Cursed Body

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×0.5
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
5	Absorb	Grass	Special	20	100	25	Normal
9	Night Shade	Ghost	Special	—	100	15	Normal
13	Bubble Beam	Water	Special	65	100	20	Normal
17	Recover	Normal	Status	—	—	10	Self
22	Water Pulse	Water	Special	60	100	20	Normal
27	Ominous Wind	Ghost	Special	60	100	5	Normal
32	Brine	Water	Special	65	100	10	Normal
37	Rain Dance	Water	Status	—	—	5	Both Sides
43	Hex	Ghost	Special	65	100	10	Normal
49	Hydro Pump	Water	Special	110	80	5	Normal
55	Wring Out	Normal	Special	—	100	5	Normal
61	Water Spout	Water	Special	150	100	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

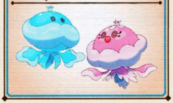
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Acid Armor	Poison	Status	—	—	20	Self
Confuse Ray	Ghost	Status	—	100	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Mist	Ice	Status	—	—	30	Your Side
Recover	Normal	Status	—	—	10	Self
Constrict	Normal	Physical	10	100	35	Normal

✓ Jellicent

Floating Pokémon

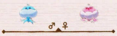


National Pokédex	593	WATER
Alola Pokédex	319	GHOST

Height: 7'03" | Weight: 297.6 lbs.

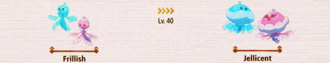
Jellicent is always hanging around fancy cruise ships and tankers, hoping to drag away its prey.

Fishermen are terrified of Jellicent. It's rumored to drag them into the sea and steal their lives away.



The male is blue. The female is pink.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Frillish, then level it up to Lv. 40 or higher to evolve it into Jellicent.

ABILITY

Water Absorb
Cursed Body

HIDDEN ABILITY

Damp

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
! WATER	×0.5	BUG	×0.5
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Spout	Water	Special	150	100	5	Many Others
1	Wring Out	Normal	Special	—	100	5	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Absorb	Grass	Special	20	100	25	Normal
1	Night Shade	Ghost	Special	—	100	15	Normal
5	Absorb	Grass	Special	20	100	25	Normal
9	Night Shade	Ghost	Special	—	100	15	Normal
13	Bubble Beam	Water	Special	65	100	20	Normal
17	Recover	Normal	Status	—	—	10	Self
22	Water Pulse	Water	Special	60	100	20	Normal
27	Ominous Wind	Ghost	Special	60	100	5	Normal
32	Brine	Water	Special	65	100	10	Normal
37	Rain Dance	Water	Status	—	—	5	Both Sides
45	Hex	Ghost	Special	65	100	10	Normal
53	Hydro Pump	Water	Special	110	80	5	Normal
61	Wring Out	Normal	Special	—	100	5	Normal
69	Water Spout	Water	Special	150	100	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

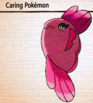
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

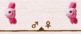
✓ Alomomola

Caring Pokémon



National Pokédex	594	WATER
Alola Pokédex	191	

Height: 3'11" | Weight: 69.7 lbs.



♂ ♀

Same form for male/female

Fishermen take them along on long voyages, because if you have an Alomomola with you, there'll be no need for a doctor or medicine.

The reason it helps Pokémon in a weakened condition is that any Pokémon coming after them may also attack Alomomola.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot in Brooklet Hill's Totem's Den, especially at a bubbling fishing spot.

ABILITY

Healer
Hydration

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1
Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Play Nice	Normal	Status	—	—	20	Normal
1	Hydro Pump	Water	Special	110	80	5	Normal
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Healing Wish	Psychic	Status	—	—	10	Self
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Pound	Normal	Physical	40	100	35	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
5	Aqua Ring	Water	Status	—	—	20	Self
9	Aqua Jet	Water	Physical	40	100	20	Normal
13	Double Slap	Normal	Physical	15	85	10	Normal
17	Heal Pulse	Psychic	Status	—	—	10	Normal
21	Protect	Normal	Status	—	—	10	Self
25	Water Pulse	Water	Special	60	100	20	Normal
29	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
33	Soak	Water	Status	—	100	20	Normal
37	Wish	Normal	Status	—	—	10	Self
41	Brine	Water	Special	65	100	10	Normal
45	Safeguard	Normal	Status	—	—	25	Your Side
49	Whirlpool	Water	Special	35	85	15	Normal
53	Helping Hand	Normal	Status	—	—	20	1 Ally
57	Healing Wish	Psychic	Status	—	—	10	Self
61	Wide Guard	Rock	Status	—	—	10	Your Side
65	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

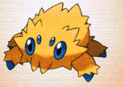
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pain Split	Normal	Status	—	—	20	Normal
Refresh	Normal	Status	—	—	20	Self
Tickle	Normal	Status	—	100	20	Normal
Mirror Coat	Psychic	Special	—	100	20	Varies
Mist	Ice	Status	—	—	30	Your Side
Endure	Normal	Status	—	—	10	Self

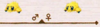
✓ Joltik

Attaching Pokémon



National Pokédex	595	BUG
Alola Pokédex	—	ELECTRIC

Height: 0'04" | Weight: 1.3 lbs.



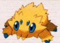
♂ ♀

Same form for male/female

Since it can't generate its own electricity, it sticks onto large-bodied Pokémon and absorbs static electricity.

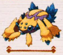
They attach themselves to large-bodied Pokémon and absorb static electricity, which they store in an electric pouch.

EVOLUTION



Joltik

Lv. 36



Galvantula

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Compound Eyes
Unnerve

HIDDEN ABILITY

Swarm

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	String Shot	Bug	Status	—	95	40	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
1	Spider Web	Bug	Status	—	—	10	Normal
4	Thunder Wave	Electric	Status	—	90	20	Normal
7	Screech	Normal	Status	—	85	40	Normal
12	Fury Cutter	Bug	Physical	40	95	20	Normal
15	Electroweb	Electric	Special	55	95	15	Many Others
18	Bug Bite	Bug	Physical	60	100	20	Normal
23	Gastro Acid	Poison	Status	—	100	10	Normal
26	Slash	Normal	Physical	70	100	20	Normal
29	Electro Ball	Electric	Special	—	100	10	Normal
34	Signal Beam	Bug	Special	75	100	15	Normal
37	Agility	Psychic	Status	—	—	30	Self
40	Sucker Punch	Dark	Physical	70	100	5	Normal
45	Discharge	Electric	Special	80	100	15	Adjacent
48	Bug Buzz	Bug	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gastro Acid	Poison	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

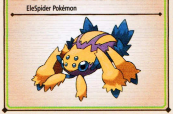
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pin Missile	Bug	Physical	25	95	20	Normal
Poison Sting	Poison	Physical	15	100	35	Normal
Cross Poison	Poison	Physical	70	100	20	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Disable	Normal	Status	—	100	20	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Camouflage	Normal	Status	—	—	20	Self
Lunge	Bug	Physical	80	100	15	Normal

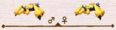
✓ Galvantula

EleSpider Pokémon



National Pokédex	596	BUG
Alola Pokédex	—	ELECTRIC

Height: 2'07" | Weight: 31.5 lbs.

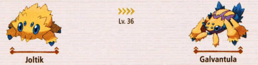


Same form for male/female

They employ an electrically charged web to trap their prey. While it is immobilized by shock, they leisurely consume it.

When attacked, they create an electric barrier by spitting out many electrically charged threads.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Joltik, then level it up to Lv. 36 or higher to evolve it into Galvantula.

ABILITY

Compound Eyes
Unnerve

HIDDEN ABILITY

Swarm

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sticky Web	Bug	Status	—	—	20	Other Side
1	String Shot	Bug	Status	—	95	40	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
1	Spider Web	Bug	Status	—	—	10	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
4	Thunder Wave	Electric	Status	—	90	20	Normal
7	Screech	Normal	Status	—	85	40	Normal
12	Fury Cutter	Bug	Physical	40	95	20	Normal
15	Electroweb	Electric	Special	55	95	15	Many Others
18	Bug Bite	Bug	Physical	60	100	20	Normal
23	Gastro Acid	Poison	Status	—	100	10	Normal
26	Slash	Normal	Physical	70	100	20	Normal
29	Electro Ball	Electric	Special	—	100	10	Normal
34	Signal Beam	Bug	Special	75	100	15	Normal
40	Agility	Psychic	Status	—	—	30	Self
46	Sucker Punch	Dark	Physical	70	100	5	Normal
54	Discharge	Electric	Special	80	100	15	Adjacent
60	Bug Buzz	Bug	Special	90	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gastro Acid	Poison	Status	—	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sticky Web	Bug	Status	—	—	20	Other Side

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal

◆ EXCLUSIVE Z-MOVE

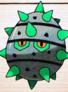
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

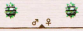
✓ Ferroseed

Thorn Seed Pokémon



National Pokédex	597	GRASS
Alola Pokédex	—	STEEL

Height: 2'00" | Weight: 41.4 lbs.



Same form for male/female

When threatened, it attacks by shooting a barrage of spikes, which gives it a chance to escape by rolling away.

It absorbs the iron it finds in the rock while clinging to the ceiling. It shoots spikes when in danger.

EVOLUTION

Lv. 40
Ferroseed
Ferrothorn

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Iron Barbs

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆◆
SPEED	◆

Grass
Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
6	Rollout	Rock	Physical	30	90	20	Normal
9	Curse	Ghost	Status	—	—	10	Varies
14	Metal Claw	Steel	Physical	50	95	35	Normal
18	Pin Missile	Bug	Physical	25	95	20	Normal
21	Gyro Ball	Steel	Physical	—	100	5	Normal
26	Iron Defense	Steel	Status	—	—	15	Self
30	Mirror Shot	Steel	Special	65	85	10	Normal
35	Ingrain	Grass	Status	—	—	20	Self
38	Self-Destruct	Normal	Physical	200	100	5	Adjacent
43	Iron Head	Steel	Physical	80	100	15	Normal
47	Payback	Dark	Physical	50	100	10	Normal
52	Flash Cannon	Steel	Special	80	100	10	Normal
55	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

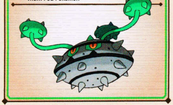
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bullet Seed	Grass	Physical	25	100	30	Normal
Leech Seed	Grass	Status	—	90	10	Normal
Spikes	Ground	Status	—	—	20	Other Side
Worry Seed	Grass	Status	—	100	10	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Rock Climb	Normal	Physical	90	85	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Acid Spray	Poison	Special	40	100	20	Normal

✓ Ferrothorn

Thorn Pod Pokémon



National Pokédex	598	GRASS
Alola Pokédex	—	STEEL

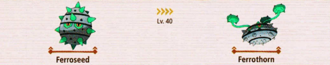
Height: 3'03" | Weight: 242.5 lbs.

Same form for male/female

X: By swinging around its three spiky feelers and shooting spikes, it can obliterate an opponent.

Y: They attach themselves to cave ceilings, firing steel spikes at targets passing beneath them.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Ferroseed, then level it up to Lv. 40 or higher to evolve it into Ferrothorn.

ABILITY

Iron Barbs

HIDDEN ABILITY

Anticipation

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆

Grass
Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Power Whip	Grass	Physical	120	85	10	Normal
1	Rock Climb	Normal	Physical	90	85	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Rollout	Rock	Physical	30	90	20	Normal
1	Curse	Ghost	Status	—	—	10	Varies
6	Rollout	Rock	Physical	30	90	20	Normal
9	Curse	Ghost	Status	—	—	10	Varies
14	Metal Claw	Steel	Physical	50	95	35	Normal
18	Pin Missile	Bug	Physical	25	95	20	Normal
21	Gyro Ball	Steel	Physical	—	100	5	Normal
26	Iron Defense	Steel	Status	—	—	15	Self
30	Mirror Shot	Steel	Special	65	85	10	Normal
35	Ingrain	Grass	Status	—	—	20	Self
38	Self-Destruct	Normal	Physical	200	100	5	Adjacent
46	Iron Head	Steel	Physical	80	100	15	Normal
53	Payback	Dark	Physical	50	100	10	Normal
61	Flash Cannon	Steel	Special	80	100	10	Normal
67	Explosion	Normal	Physical	250	100	5	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Power Whip	Grass	Physical	120	85	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

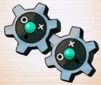
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Klink

Gear Pokémon



National Pokédex	599	STEEL
Alola Pokédex	—	

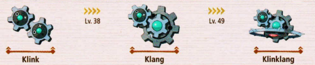
Height: 1'00" | Weight: 46.3 lbs.

Gender unknown

X: Interlocking two bodies and spinning around generates the energy they need to live.

Y: The two minigears that mesh together are predetermined. Each will rebound from other minigears without meshing.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Hau'oli City by using Island Scan on Melemele Island on a Thursday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Plus
Minus

HIDDEN ABILITY

Clear Body

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Vice Grip	Normal	Physical	55	100	30	Normal
6	Charge	Electric	Status	—	—	20	Self
11	Thunder Shock	Electric	Special	40	100	30	Normal
16	Gear Grind	Steel	Physical	50	85	15	Normal
21	Bind	Normal	Physical	15	85	20	Normal
26	Charge Beam	Electric	Special	50	90	10	Normal
31	Autotomize	Steel	Status	—	—	15	Self
36	Mirror Shot	Steel	Special	65	85	10	Normal
39	Screech	Normal	Status	—	85	40	Normal
42	Discharge	Electric	Special	80	100	15	Adjacent
45	Metal Sound	Steel	Status	—	85	40	Normal
48	Shift Gear	Steel	Status	—	—	10	Self
50	Lock-On	Normal	Status	—	—	5	Normal
54	Zap Cannon	Electric	Special	120	50	5	Normal
57	Hyper Beam	Normal	Special	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

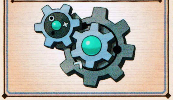
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Klang

Gear Pokémon



National Pokédex 600
Alola Pokédex —
STEEL

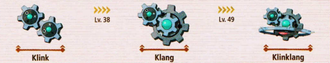
Height: 2'00" | Weight: 112.4 lbs.

Gender unknown

X By changing the direction in which it rotates, it communicates its feelings to others. When angry, it rotates faster.

Y A minigear and big gear comprise its body. If the minigear it launches at a foe doesn't return, it will die.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Klink, then level it up to Lv. 38 or higher to evolve it into Klang.

ABILITY

Plus
Minus

HIDDEN ABILITY

Clear Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	Charge	Electric	Status	—	—	20	Self
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Gear Grind	Steel	Physical	50	85	15	Normal
6	Charge	Electric	Status	—	—	20	Self
11	Thunder Shock	Electric	Special	40	100	30	Normal
16	Gear Grind	Steel	Physical	50	85	15	Normal
21	Bind	Normal	Physical	15	85	20	Normal
26	Charge Beam	Electric	Special	50	90	10	Normal
31	Autotomize	Steel	Status	—	—	15	Self
36	Mirror Shot	Steel	Special	65	85	10	Normal
40	Screech	Normal	Status	—	85	40	Normal
44	Discharge	Electric	Special	80	100	15	Adjacent
48	Metal Sound	Steel	Status	—	85	40	Normal
52	Shift Gear	Steel	Status	—	—	10	Self
56	Lock-On	Normal	Status	—	—	5	Normal
60	Zap Cannon	Electric	Special	120	50	5	Normal
64	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

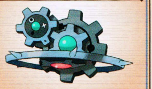
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Klinklang

Gear Pokémon



National Pokédex 601
Alola Pokédex —
STEEL

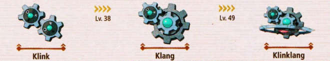
Height: 2'00" | Weight: 178.6 lbs.

Gender unknown

X The gear with the red core is rotated at high speed for a rapid energy charge.

Y Its red core functions as an energy tank. It fires the charged energy through its spikes into an area.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Klang, then level it up to Lv. 49 or higher to evolve it into Klinklang.

ABILITY

Plus
Minus

HIDDEN ABILITY

Clear Body

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Magnetic Flux	Electric	Status	—	—	20	Your Party
1	Gear Up	Steel	Status	—	—	20	Your Party
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	Charge	Electric	Status	—	—	20	Self
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Gear Grind	Steel	Physical	50	85	15	Normal
6	Charge	Electric	Status	—	—	20	Self
11	Thunder Shock	Electric	Special	40	100	30	Normal
16	Gear Grind	Steel	Physical	50	85	15	Normal
21	Bind	Normal	Physical	15	85	20	Normal
25	Charge Beam	Electric	Special	50	90	10	Normal
31	Autotomize	Steel	Status	—	—	15	Self
36	Mirror Shot	Steel	Special	65	85	10	Normal
40	Screech	Normal	Status	—	85	40	Normal
44	Discharge	Electric	Special	80	100	15	Adjacent
48	Metal Sound	Steel	Status	—	85	40	Normal
54	Shift Gear	Steel	Status	—	—	10	Self
60	Lock-On	Normal	Status	—	—	5	Normal
66	Zap Cannon	Electric	Special	120	50	5	Normal
72	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magnetic Flux	Electric	Status	—	—	20	Your Party

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

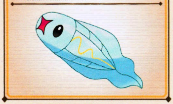
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

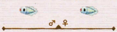
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tynamo

ElеFish Pokémon



National Pokédex	602	ELECTRIC	
Alola Pokédex	—		
Height: 0'08"		Weight: 0.7 lbs.	

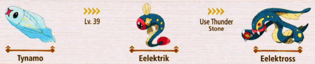


Same form for male/female

X: While one alone doesn't have much power, a chain of many Tynamo can be as powerful as lightning.

Y: One alone can emit only a trickle of electricity, so a group of them gathers to unleash a powerful electric shock.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Eelektrik or Eelektross, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
! GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Spark	Electric	Physical	65	100	20	Normal
1	Charge Beam	Electric	Special	50	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magnet Rise	Electric	Status	—	—	10	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

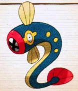
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

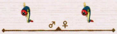
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Eelektrik

EleFish Pokémon



National Pokédex	603	ELECTRIC	
Alola Pokédex	—		
Height: 3'11"		Weight: 48.5 lbs.	

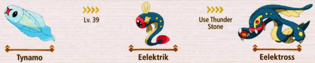


Same form for male/female

X: It wraps itself around its prey and paralyzes it with electricity from the round spots on its sides. Then it chomps.

Y: These Pokémon have a big appetite. When they spot their prey, they attack it and paralyze it with electricity.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Tynamo, then level it up to Lv. 39 or higher to evolve it into Eelektrik.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
! GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Crunch	Dark	Physical	80	100	15	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Spark	Electric	Physical	65	100	20	Normal
1	Charge Beam	Electric	Special	50	90	10	Normal
9	Bind	Normal	Physical	15	85	20	Normal
19	Acid	Poison	Special	40	100	30	Many Others
29	Discharge	Electric	Special	80	100	15	Adjacent
44	Thunderbolt	Electric	Special	90	100	15	Normal
49	Acid Spray	Poison	Special	40	100	20	Normal
54	Coil	Poison	Status	—	—	20	Self
59	Wild Charge	Electric	Physical	90	100	15	Normal
64	Gastro Acid	Poison	Status	—	100	10	Normal
69	Zap Cannon	Electric	Special	120	50	5	Normal
74	Thrash	Normal	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crunch	Dark	Physical	80	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

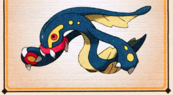
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Eelektross

EleFish Pokémon



National Pokédex 604 ELECTRIC
Alola Pokédex —

Height: 6'11" | Weight: 177.5 lbs.

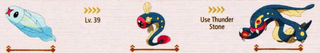
♂ ♀

Same form for male/female

With their sucker mouths, they suck in prey. Then they use their fangs to shock the prey with electricity.

They crawl out of the ocean using their arms. They will attack prey on shore and immediately drag it into the ocean.

EVOLUTION



Tynamo → Eelektrik → Eelektross

MAIN WAY TO OBTAIN

Find it in Poni Grove by using Island Scan on Poni Island on a Sunday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
! GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Crunch	Dark	Physical	80	100	15	Normal
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Zap Cannon	Electric	Special	120	50	5	Normal
1	Gastro Acid	Poison	Status	—	100	10	Normal
1	Coil	Poison	Status	—	—	20	Self
1	Ion Deluge	Electric	Status	—	—	25	Both Sides
1	Crush Claw	Normal	Physical	75	95	10	Normal
1	Headbutt	Normal	Physical	70	100	15	Normal
1	Acid	Poison	Special	40	100	30	Many Others
1	Discharge	Electric	Special	80	100	15	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

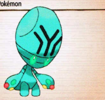
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

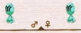
✓ Elgyem

Cerebral Pokémon



National Pokédex 605 PSYCHIC
Alola Pokédex 275

Height: 1'08" | Weight: 19.8 lbs.



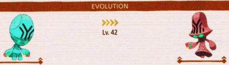
♂ ♀

Same form for male/female

It controls tremendous psychic power. Most reports of alien sightings are actually just people mistaking Elgyem for an alien.

This Pokémon is shrouded in mystery. It's said to have appeared from a UFO that fell from the sky about 50 years ago.

EVOLUTION



Elgyem → Beheeyem

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Mount Hokulani.

ABILITY

Telepathy
Synchronize

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Confusion	Psychic	Special	50	100	25	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Heal Block	Psychic	Status	—	100	15	Many Others
11	Miracle Eye	Psychic	Status	—	—	40	Normal
15	Psybeam	Psychic	Special	65	100	20	Normal
18	Headbutt	Normal	Physical	70	100	15	Normal
22	Hidden Power	Normal	Special	60	100	15	Normal
25	Imprison	Psychic	Status	—	—	10	Self
29	Simple Beam	Normal	Status	—	100	15	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Psych Up	Normal	Status	—	—	10	Normal
39	Psychic	Psychic	Special	90	100	10	Normal
43	Calm Mind	Psychic	Status	—	—	20	Self
46	Recover	Normal	Status	—	—	10	Self
50	Guard Split	Psychic	Status	—	—	10	Normal
50	Power Split	Psychic	Status	—	—	10	Normal
53	Synchronoise	Psychic	Special	120	100	10	Adjacent
56	Wonder Room	Psychic	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

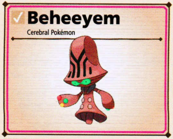
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Teleport	Psychic	Status	—	—	20	Self
Disable	Normal	Status	—	100	20	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Power Swap	Psychic	Status	—	—	10	Normal
Guard Swap	Psychic	Status	—	—	10	Normal
Barrier	Psychic	Status	—	—	20	Self
Nasty Plot	Dark	Status	—	—	20	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Cosmic Power	Psychic	Status	—	—	20	Self
Ally Switch	Psychic	Status	—	—	15	Self

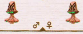
✓ Beheeyem

Cerebral Pokémon



National Pokédex	606	PSYCHIC
Alola Pokédex	276	

Height: 3'03" | Weight: 76.1 lbs.



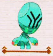
♂ ♀

Same form for male/female

With its psychic powers, it rewrites its opponents' memories. You, too, may have already had your memories rewritten.

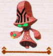
It has strong psychic powers. Using its fingers that flash three different colors, it controls its opponents and rewrites their memories.

EVOLUTION



Elgyem

›››› Lv. 42



Beheeyem

MAIN WAY TO OBTAIN

Obtain an Elgyem, then level it up to Lv. 42 or higher to evolve it into Beheeyem.

ABILITY

Telepathy
Synchronize

HIDDEN ABILITY

Analytic

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psychic Terrain	Psychic	Status	—	—	10	Both Sides
1	Wonder Room	Psychic	Status	—	—	10	Both Sides
1	Synchronoise	Psychic	Special	120	100	10	Adjacent
1	Confusion	Psychic	Special	50	100	25	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Heal Block	Psychic	Status	—	100	15	Many Others
1	Miracle Eye	Psychic	Status	—	—	40	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Heal Block	Psychic	Status	—	100	15	Many Others
11	Miracle Eye	Psychic	Status	—	—	40	Normal
15	Psybeam	Psychic	Special	65	100	20	Normal
18	Headbutt	Normal	Physical	70	100	15	Normal
22	Hidden Power	Normal	Special	60	100	15	Normal
25	Imprison	Psychic	Status	—	—	10	Self
29	Simple Beam	Normal	Status	—	100	15	Normal
32	Zen Headbutt	Psychic	Physical	80	90	15	Normal
36	Psych Up	Normal	Status	—	—	10	Normal
39	Psychic	Psychic	Special	90	100	10	Normal
45	Calm Mind	Psychic	Status	—	—	20	Self
50	Recover	Normal	Status	—	—	10	Self
56	Guard Split	Psychic	Status	—	—	10	Normal
58	Power Split	Psychic	Status	—	—	10	Normal
63	Synchronoise	Psychic	Special	120	100	10	Adjacent
68	Wonder Room	Psychic	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

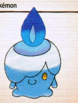
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Litwick

Candle Pokémon



National Pokédex	607	GHOST
Alola Pokédex	—	FIRE

Height: 1'00" | Weight: 6.8 lbs.

♂ ♀

Same form for male/female

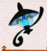
While shining a light and pretending to be a guide, it leeches off the life force of any who follow it.

Litwick shines a light that absorbs the life energy of people and Pokémon, which becomes the fuel that it burns.

EVOLUTION

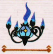
Litwick

›››› Lv. 41



Lampent

›››› Use Dusk Stone



Chandelure

MAIN WAY TO OBTAIN

Find it in Hau'oli Cemetery by using Island Scan on Melemele Island on a Saturday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Flash Fire
Flame Body

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
3	Minimize	Normal	Status	—	—	10	Self
5	Smog	Poison	Special	30	70	20	Normal
7	Fire Spin	Fire	Special	35	85	15	Normal
10	Confuse Ray	Ghost	Status	—	100	10	Normal
13	Night Shade	Ghost	Special	—	100	15	Normal
16	Will-O-Wisp	Fire	Status	—	85	15	Normal
20	Flame Burst	Fire	Special	70	100	15	Normal
24	Imprison	Psychic	Status	—	—	10	Self
28	Hex	Ghost	Special	65	100	10	Normal
33	Memento	Dark	Status	—	100	10	Normal
38	Inferno	Fire	Special	100	50	5	Normal
43	Curse	Ghost	Status	—	—	10	Varies
49	Shadow Ball	Ghost	Special	80	100	15	Normal
55	Pain Split	Normal	Status	—	—	20	Normal
61	Overheat	Fire	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

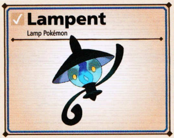
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Acid Armor	Poison	Status	—	—	20	Self
Heat Wave	Fire	Special	95	90	10	Many Others
Haze	Ice	Status	—	—	30	Both Sides
Endure	Normal	Status	—	—	10	Self
Captivate	Normal	Status	—	100	20	Many Others
Acid	Poison	Special	40	100	30	Many Others
Clear Smog	Poison	Special	50	—	15	Normal
Power Split	Psychic	Status	—	—	10	Normal

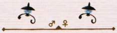
✓ Lampent

Lamp Pokémon



National Pokédex	608	GHOST
Alola Pokédex	—	FIRE

Height: 2'00" | Weight: 28.7 lbs.



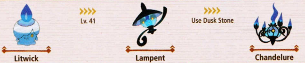
♂ ♀

Same form for male/female

X The spirits it absorbs fuel its baleful fire. It hangs around hospitals waiting for people to pass on.

Y It arrives near the moment of death and steals spirit from the body.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Litwick, then level it up to Lv. 41 or higher to evolve it into Lampent.

ABILITY

Flash Fire
Flame Body

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Minimize	Normal	Status	—	—	10	Self
1	Smog	Poison	Special	30	70	20	Normal
3	Minimize	Normal	Status	—	—	10	Self
5	Smog	Poison	Special	30	70	20	Normal
7	Fire Spin	Fire	Special	35	85	15	Normal
10	Confuse Ray	Ghost	Status	—	100	10	Normal
13	Night Shade	Ghost	Special	—	100	15	Normal
16	Will-O-Wisp	Fire	Status	—	85	15	Normal
20	Flame Burst	Fire	Special	70	100	15	Normal
24	Imprison	Psychic	Status	—	—	10	Self
28	Hex	Ghost	Special	65	100	10	Normal
33	Memento	Dark	Status	—	100	10	Normal
38	Inferno	Fire	Special	100	50	5	Normal
45	Curse	Ghost	Status	—	—	10	Varies
53	Shadow Ball	Ghost	Special	80	100	15	Normal
61	Pain Split	Normal	Status	—	—	20	Normal
69	Overheat	Fire	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

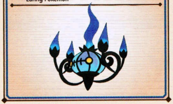
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Chandelure

Luring Pokémon



National Pokédex	609	GHOST
Alola Pokédex	—	FIRE

Height: 3'03" | Weight: 75.6 lbs.

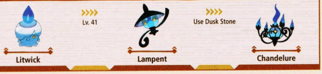
♂ ♀

Same form for male/female

X Being consumed in Chandelure's flame burns up the spirit, leaving the body behind.

Y The spirits burned up in its ominous flame lose their way and wander this world forever.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Lampent and use a Dusk Stone on it to evolve it into Chandelure.

ABILITY

Flash Fire
Flame Body

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pain Split	Normal	Status	—	—	20	Normal
1	Smog	Poison	Special	30	70	20	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Flame Burst	Fire	Special	70	100	15	Normal
1	Hex	Ghost	Special	65	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

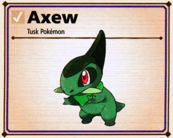
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

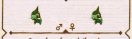
✓ Axew

Tusk Pokémon



National Pokédex	610	DRAGON
Alola Pokédex	—	

Height: 2'00" | Weight: 39.7 lbs.



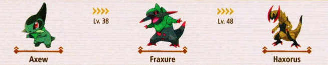
♂ ♀

Same form for male/female

X They use their tusks to crush the berries they eat. Repeated regrowth makes their tusks strong and sharp.

Y They mark their territory by leaving gashes in trees with their tusks. If a tusk breaks, a new one grows in quickly.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on Mount Hokulani by using Island Scan on Ula'ula Island on a Saturday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Rivalry
Mold Breaker

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Assurance	Dark	Physical	60	100	10	Normal
10	Dragon Rage	Dragon	Special	—	100	10	Normal
13	Dual Chop	Dragon	Physical	40	90	15	Normal
16	Scary Face	Normal	Status	—	100	10	Normal
20	Slash	Normal	Physical	70	100	20	Normal
24	False Swipe	Normal	Physical	40	100	40	Normal
28	Dragon Claw	Dragon	Physical	80	100	15	Normal
32	Dragon Dance	Dragon	Status	—	—	20	Self
36	Taunt	Dark	Status	—	100	20	Normal
41	Dragon Pulse	Dragon	Special	85	100	10	Normal
46	Swords Dance	Normal	Status	—	—	20	Self
50	Guillotine	Normal	Physical	—	30	5	Normal
56	Outrage	Dragon	Physical	120	100	10	1 Random
61	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

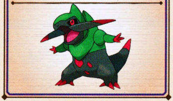
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Focus Energy	Normal	Status	—	—	30	Self
Reversal	Fighting	Physical	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Razor Wind	Normal	Special	80	100	10	Many Others
Night Slash	Dark	Physical	70	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Harden	Normal	Status	—	—	30	Self

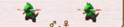
✓ Fraxure

Axe Jaw Pokémon



National Pokédex	611	DRAGON
Alola Pokédex	—	

Height: 3'03" | Weight: 79.4 lbs.



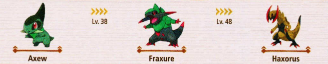
♂ ♀

Same form for male/female

X Their tusks can shatter rocks. Territory battles between Fraxure can be intensely violent.

Y A broken tusk will not grow back, so it diligently sharpens its tusks on river rocks after the end of a battle.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain an Axew, then level it up to Lv. 38 or higher to evolve it into Fraxure.

ABILITY

Rivalry
Mold Breaker

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Assurance	Dark	Physical	60	100	10	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Assurance	Dark	Physical	60	100	10	Normal
10	Dragon Rage	Dragon	Special	—	100	10	Normal
13	Dual Chop	Dragon	Physical	40	90	15	Normal
16	Scary Face	Normal	Status	—	100	10	Normal
20	Slash	Normal	Physical	70	100	20	Normal
24	False Swipe	Normal	Physical	40	100	40	Normal
28	Dragon Claw	Dragon	Physical	80	100	15	Normal
32	Dragon Dance	Dragon	Status	—	—	20	Self
36	Taunt	Dark	Status	—	100	20	Normal
42	Dragon Pulse	Dragon	Special	85	100	10	Normal
48	Swords Dance	Normal	Status	—	—	20	Self
54	Guillotine	Normal	Physical	—	30	5	Normal
60	Outrage	Dragon	Physical	120	100	10	1 Random
66	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

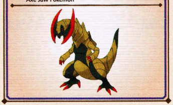
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

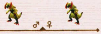
✓ Haxorus

Axe Jaw Pokémon



National Pokédex	612	DRAGON
Alola Pokédex	—	

Height: 5'11" | Weight: 232.6 lbs.

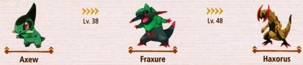


Same form for male/female

X They are kind but can be relentless when defending territory. They challenge foes with tusks that can cut steel.

Y Their sturdy tusks will stay sharp even if used to cut steel beams. These Pokémon are covered in hard armor.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Fraxure, then level it up to Lv. 48 or higher to evolve it into Haxorus.

ABILITY

Rivalry
Mold Breaker

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Outrage	Dragon	Physical	120	100	10	1 Random
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Assurance	Dark	Physical	60	100	10	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
4	Leer	Normal	Status	—	100	30	Many Others
7	Assurance	Dark	Physical	60	100	10	Normal
10	Dragon Rage	Dragon	Special	—	100	10	Normal
13	Dual Chop	Dragon	Physical	40	90	15	Normal
16	Scary Face	Normal	Status	—	100	10	Normal
20	Slash	Normal	Physical	70	100	20	Normal
24	False Swipe	Normal	Physical	40	100	40	Normal
28	Dragon Claw	Dragon	Physical	80	100	15	Normal
32	Dragon Dance	Dragon	Status	—	—	20	Self
36	Taunt	Dark	Status	—	100	20	Normal
42	Dragon Pulse	Dragon	Special	85	100	10	Normal
50	Swords Dance	Normal	Status	—	—	20	Self
58	Guillotine	Normal	Physical	—	30	5	Normal
66	Outrage	Dragon	Physical	120	100	10	1 Random
74	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

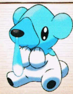
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

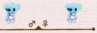
✓ Cubchoo

Chill Pokémon



National Pokédex	613	ICE
Alola Pokédex	—	

Height: 1'08" | Weight: 18.7 lbs.

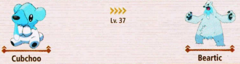


Same form for male/female

X Its nose is always running. It sniffs the snot back up because the mucus provides the raw material for its moves.

Y Their snot is a barometer of health. When healthy, their snot is sticky and the power of their ice moves increases.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Snow Cloak
Slush Rush

HIDDEN ABILITY

Rattled

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
5	Powder Snow	Ice	Special	40	100	25	Many Others
9	Bide	Normal	Physical	—	—	10	Self
13	Icy Wind	Ice	Special	55	95	15	Many Others
15	Play Nice	Normal	Status	—	—	20	Normal
17	Fury Swipes	Normal	Physical	18	80	15	Normal
21	Brine	Water	Special	65	100	10	Normal
25	Endure	Normal	Status	—	—	10	Self
29	Charm	Fairy	Status	—	100	20	Normal
33	Slash	Normal	Physical	70	100	20	Normal
36	Flail	Normal	Physical	—	100	15	Normal
41	Rest	Psychic	Status	—	—	10	Self
45	Blizzard	Ice	Special	110	70	5	Many Others
49	Hail	Ice	Status	—	—	10	Both Sides
53	Thrash	Normal	Physical	120	100	10	1 Random
57	Sheer Cold	Ice	Special	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

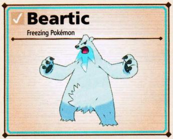
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Yawn	Normal	Status	—	—	10	Normal
Avalanche	Ice	Physical	60	100	10	Normal
Encore	Normal	Status	—	100	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Assurance	Dark	Physical	60	100	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Focus Punch	Fighting	Physical	150	100	20	Normal
Play Rough	Fairy	Physical	90	90	10	Normal

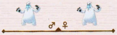
✓ Beartic

Freezing Pokémon



National Pokédex	614	ICE
Alola Pokédex	—	

Height: 8'06" | Weight: 573.2 lbs.

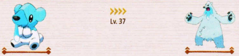


Same form for male/female

X: They love the cold seas of the north. They create pathways across the ocean waters by freezing their own breath.

Y: It freezes its breath to create fangs and claws of ice to fight with. Cold northern areas are its habitat.

EVOLUTION



Cubchoo

Beartic

MAIN WAY TO OBTAIN

Obtain a Cubchoo, then level it up to Lv. 37 or higher to evolve it into Beartic.

ABILITY

Snow Cloak
Slush Rush

HIDDEN ABILITY

Swift Swim

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icicle Crash	Ice	Physical	85	90	10	Normal
1	Sheer Cold	Ice	Special	—	30	5	Normal
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Superpower	Fighting	Physical	120	100	5	Normal
1	Aqua Jet	Water	Physical	40	100	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Bide	Normal	Physical	—	—	10	Self
1	Icy Wind	Ice	Special	55	95	15	Many Others
5	Powder Snow	Ice	Special	40	100	25	Many Others
9	Bide	Normal	Physical	—	—	10	Self
13	Icy Wind	Ice	Special	55	95	15	Many Others
15	Play Nice	Normal	Status	—	—	20	Normal
17	Fury Swipes	Normal	Physical	18	80	15	Normal
21	Brine	Water	Special	65	100	10	Normal
25	Endure	Normal	Status	—	—	10	Self
29	Swagger	Normal	Status	—	85	15	Normal
33	Slash	Normal	Physical	70	100	20	Normal
36	Flail	Normal	Physical	—	100	15	Normal
41	Rest	Psychic	Status	—	—	10	Self
45	Blizzard	Ice	Special	110	70	5	Many Others
53	Hail	Ice	Status	—	—	10	Both Sides
59	Thrash	Normal	Physical	120	100	10	1 Random
66	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Throat Chop	Dark	Physical	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Icicle Crash	Ice	Physical	85	90	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

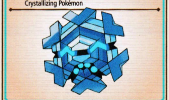
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cryogonal

Crystallizing Pokémon



National Pokédex	615	ICE
Alola Pokédex	—	

Height: 3'07" | Weight: 326.3 lbs.

Gender unknown

X: They are born in snow clouds. They use chains made of ice crystals to capture prey.

Y: They are composed of ice crystals. They capture prey with chains of ice, freezing the prey at -148 degrees Fahrenheit.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sheer Cold	Ice	Special	—	30	5	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Bind	Normal	Physical	15	85	20	Normal
1	Ice Shard	Ice	Physical	40	100	30	Normal
1	Sharpen	Normal	Status	—	—	30	Self
1	Rapid Spin	Normal	Physical	20	100	40	Normal
5	Icy Wind	Ice	Special	55	95	15	Many Others
9	Mist	Ice	Status	—	—	30	Your Side
9	Haze	Ice	Status	—	—	30	Both Sides
13	Aurora Beam	Ice	Special	65	100	20	Normal
17	Acid Armor	Poison	Status	—	—	20	Self
21	Ancient Power	Rock	Special	60	100	5	Normal
25	Ice Beam	Ice	Special	90	100	10	Normal
29	Light Screen	Psychic	Status	—	—	30	Your Side
33	Reflect	Psychic	Status	—	—	20	Your Side
37	Slash	Normal	Physical	70	100	20	Normal
41	Confuse Ray	Ghost	Status	—	100	10	Normal
45	Recover	Normal	Status	—	—	10	Self
49	Freeze-Dry	Ice	Special	70	100	20	Normal
50	Solar Beam	Grass	Special	120	100	10	Normal
53	Night Slash	Dark	Physical	70	100	15	Normal
57	Sheer Cold	Ice	Special	—	30	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM70	Aurora Veil	Ice	Status	—	—	20	Your Side
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal

EXCLUSIVE Z-MOVE

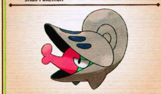
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Shelmet

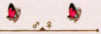
Snail Pokémon



National Pokédex 616 BUG

Alola Pokédex

Height: 1'04" | Weight: 17.0 lbs.



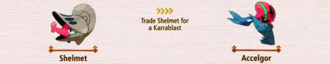
♂ ♀

Same form for male/female

X When it and Karrablast are together, and both receive electrical stimulation, they both evolve.

Y It evolves when bathed in an electric-like energy along with Karrablast. The reason is still unknown.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Hydration
Shell Armor

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
4	Acid	Poison	Special	40	100	30	Many Others
8	Bide	Normal	Physical	—	—	10	Self
13	Curse	Ghost	Status	—	—	10	Varies
16	Struggle Bug	Bug	Special	50	100	20	Many Others
20	Mega Drain	Grass	Special	40	100	15	Normal
25	Yawn	Normal	Status	—	—	10	Normal
28	Protect	Normal	Status	—	—	10	Self
32	Acid Armor	Poison	Status	—	—	20	Self
37	Giga Drain	Grass	Special	75	100	10	Normal
40	Body Slam	Normal	Physical	85	100	15	Normal
44	Bug Buzz	Bug	Special	90	100	10	Normal
49	Recover	Normal	Status	—	—	10	Self
50	Guard Swap	Psychic	Status	—	—	10	Normal
56	Final Gambit	Fighting	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

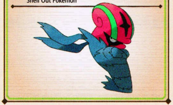
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endure	Normal	Status	—	—	10	Self
Baton Pass	Normal	Status	—	—	40	Self
Double-Edge	Normal	Physical	120	100	15	Normal
Encore	Normal	Status	—	100	5	Normal
Guard Split	Psychic	Status	—	—	10	Normal
Mind Reader	Normal	Status	—	—	5	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Spikes	Ground	Status	—	—	20	Other Side
Feint	Normal	Physical	30	100	10	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Toxic Spikes	Poison	Status	—	—	20	Other Side

✓ Accelgor

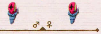
Shell Out Pokémon



National Pokédex 617 BUG

Alola Pokédex —

Height: 2'07" | Weight: 55.8 lbs.



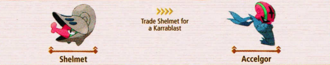
♂ ♀

Same form for male/female

X Having removed its heavy shell, it becomes very light and can fight with ninja-like movements.

Y When its body dries out, it weakens. So, to prevent dehydration, it wraps itself in many layers of thin membrane.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Karrablast, then trade it for a Shelmet. The Shelmet that you receive will immediately evolve into Accelgor.

ABILITY

Hydration
Sticky Hold

HIDDEN ABILITY

Unburden

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Shuriken	Water	Special	15	100	20	Normal
1	Final Gambit	Fighting	Special	—	100	5	Normal
1	Power Swap	Psychic	Status	—	—	10	Normal
1	Absorb	Grass	Special	20	100	25	Normal
1	Acid Spray	Poison	Special	40	100	20	Normal
1	Double Team	Normal	Status	—	—	15	Self
1	Quick Attack	Normal	Physical	40	100	30	Normal
4	Acid Spray	Poison	Special	40	100	20	Normal
8	Double Team	Normal	Status	—	—	15	Self
13	Quick Attack	Normal	Physical	40	100	30	Normal
16	Struggle Bug	Bug	Special	50	100	20	Many Others
20	Mega Drain	Grass	Special	40	100	15	Normal
25	Swift	Normal	Special	60	—	20	Many Others
28	Me First	Normal	Status	—	—	20	Varies
32	Agility	Psychic	Status	—	—	30	Self
37	Giga Drain	Grass	Special	75	100	10	Normal
40	U-turn	Bug	Physical	70	100	20	Normal
44	Bug Buzz	Bug	Special	90	100	10	Normal
49	Recover	Normal	Status	—	—	10	Self
52	Power Swap	Psychic	Status	—	—	10	Normal
56	Final Gambit	Fighting	Special	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

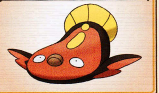
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Stunfisk

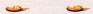
Trap Pokémon



National Pokédex	618	GROUND
Alola Pokédex	—	ELECTRIC

Height: 2'04" | Weight: 24.3 lbs.

Soft Sand



♂ ♀

Same form for male/female

X: Its skin is very hard, so it is unhurt even if stepped on by sumo wrestlers. It smiles when transmitting electricity.

Y: It conceals itself in the mud of the seashore. Then it waits. When prey touch it, it delivers a jolt of electricity.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a blue warp hole while using Ultra Warp Ride.

ABILITY

Static
Limber

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Water 1
Amorphous

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fissure	Ground	Physical	—	30	5	Normal
1	Flail	Normal	Physical	—	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
5	Bide	Normal	Physical	—	—	10	Self
9	Thunder Shock	Electric	Special	40	100	30	Normal
13	Mud Shot	Ground	Special	55	95	15	Normal
17	Camouflage	Normal	Status	—	—	20	Self
21	Mud Bomb	Ground	Special	65	85	10	Normal
25	Discharge	Electric	Special	80	100	15	Adjacent
30	Endure	Normal	Status	—	—	10	Self
35	Bounce	Flying	Physical	85	85	5	Normal
40	Muddy Water	Water	Special	90	85	10	Many Others
45	Thunderbolt	Electric	Special	90	100	15	Normal
50	Revenge	Fighting	Physical	60	100	10	Normal
55	Flail	Normal	Physical	—	100	15	Normal
61	Fissure	Ground	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

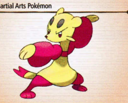
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shock Wave	Electric	Special	60	—	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Yawn	Normal	Status	—	—	10	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Astonish	Ghost	Physical	30	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Spite	Ghost	Status	—	100	10	Normal
Spark	Electric	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Eerie Impulse	Electric	Status	—	100	15	Normal
Reflect Type	Normal	Status	—	—	15	Normal
Me First	Normal	Status	—	—	20	Varies

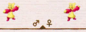
✓ Mienfoo

Martial Arts Pokémon



National Pokédex	619	FIGHTING
Alola Pokédex	359	

Height: 2'11" | Weight: 44.1 lbs.



♂ ♀

Same form for male/female

They can often be seen in packs in the morning, slowly moving their bodies through a series of poses.

They seclude themselves in the mountains and devote themselves to training. The form of their kicks and chops differs from pack to pack.

EVOLUTION

Lv. 50
Mienfoo
Mienshao

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the Vast Poni Canyon.

ABILITY

Inner Focus
Regenerator

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
5	Meditate	Psychic	Status	—	—	40	Self
9	Detect	Fighting	Status	—	—	5	Self
13	Fake Out	Normal	Physical	40	100	10	Normal
17	Double Slap	Normal	Physical	15	85	10	Normal
21	Swift	Normal	Special	60	—	20	Many Others
25	Calm Mind	Psychic	Status	—	—	20	Self
29	Force Palm	Fighting	Physical	60	100	10	Normal
33	Drain Punch	Fighting	Physical	75	100	10	Normal
37	Jump Kick	Fighting	Physical	100	95	10	Normal
41	U-turn	Bug	Physical	70	100	20	Normal
45	Quick Guard	Fighting	Status	—	—	15	Your Side
49	Bounce	Flying	Physical	85	85	5	Normal
50	High Jump Kick	Fighting	Physical	130	90	10	Normal
57	Reversal	Fighting	Physical	—	100	15	Normal
61	Aura Sphere	Fighting	Special	80	—	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

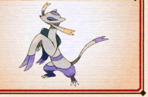
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

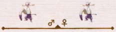
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endure	Normal	Status	—	—	10	Self
Vital Throw	Fighting	Physical	70	—	10	Normal
Baton Pass	Normal	Status	—	—	40	Self
Smelling Salts	Normal	Physical	70	100	10	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Feint	Normal	Physical	30	100	10	Normal
Me First	Normal	Status	—	—	20	Varies
Knock Off	Dark	Physical	65	100	20	Normal
Ally Switch	Psychic	Status	—	—	15	Self

✓ Mienshao

Martial Arts Pokémon



National Pokédex 620 FIGHTING
Alola Pokédex 360
Height: 4'07" | Weight: 78.3 lbs.

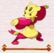


Same form for male/female

It overwhelms its opponents with continuous attacks and then slowly stores up power before delivering the finishing blow.

When Mienshao lets out a bizarre wail, you're in danger. A flurry of kicks and chops too fast to see is about to be unleashed!

EVOLUTION


Mienfoo

Lv. 50

Mienshao

MAIN WAY TO OBTAIN

Obtain a Mienfoo, then level it up to Lv. 50 or higher to evolve it into Mienshao.

ABILITY

Inner Focus
Regenerator

HIDDEN ABILITY

Reckless

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aura Sphere	Fighting	Special	80	—	20	Normal
1	Reversal	Fighting	Physical	—	100	15	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Meditate	Psychic	Status	—	—	40	Self
1	Detect	Fighting	Status	—	—	5	Self
1	Fake Out	Normal	Physical	40	100	10	Normal
5	Meditate	Psychic	Status	—	—	40	Self
9	Detect	Fighting	Status	—	—	5	Self
13	Fake Out	Normal	Physical	40	100	10	Normal
17	Double Slap	Normal	Physical	15	85	10	Normal
21	Swift	Normal	Special	60	—	20	Many Others
25	Calm Mind	Psychic	Status	—	—	20	Self
29	Force Palm	Fighting	Physical	60	100	10	Normal
33	Drain Punch	Fighting	Physical	75	100	10	Normal
37	Jump Kick	Fighting	Physical	100	95	10	Normal
41	U-turn	Bug	Physical	70	100	20	Normal
45	Wide Guard	Rock	Status	—	—	10	Your Side
49	Bounce	Flying	Physical	85	85	5	Normal
56	High Jump Kick	Fighting	Physical	130	90	10	Normal
63	Reversal	Fighting	Physical	—	100	15	Normal
70	Aura Sphere	Fighting	Special	80	—	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

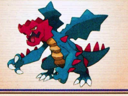
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

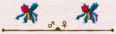
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Druddigon

Cave Pokémon



National Pokédex 621 DRAGON
Alola Pokédex 374
Height: 5'03" | Weight: 306.4 lbs.
Dragon Fang



Same form for male/female

The red skin on its face is harder than rock. In narrow caves, it squares off against its enemies and charges face-first right into them.

It infiltrates tunnels that Pokémon like Diglett and Dugtrio have dug and quietly waits for prey to pass through.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in Resolution Cave.

ABILITY

Rough Skin
Sheer Force

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Dragon
Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Leer	Normal	Status	—	100	30	Many Others
1	Scratch	Normal	Physical	40	100	35	Normal
5	Hone Claws	Dark	Status	—	—	15	Self
9	Bite	Dark	Physical	60	100	25	Normal
13	Scary Face	Normal	Status	—	100	10	Normal
18	Dragon Rage	Dragon	Special	—	100	10	Normal
21	Slash	Normal	Physical	70	100	20	Normal
25	Crunch	Dark	Physical	80	100	15	Normal
27	Dragon Claw	Dragon	Physical	80	100	15	Normal
31	Chip Away	Normal	Physical	70	100	20	Normal
35	Revenge	Fighting	Physical	60	100	10	Normal
40	Night Slash	Dark	Physical	70	100	15	Normal
45	Dragon Tail	Dragon	Physical	60	90	10	Normal
49	Rock Climb	Normal	Physical	90	85	20	Normal
55	Superpower	Fighting	Physical	120	100	5	Normal
62	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

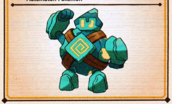
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Crush Claw	Normal	Physical	75	95	10	Normal
Feint Attack	Dark	Physical	60	—	20	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Poison Tail	Poison	Physical	50	100	25	Normal
Snatch	Dark	Status	—	—	10	Self
Metal Claw	Steel	Physical	50	95	35	Normal
Glare	Normal	Status	—	100	30	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal

✓ Golett

Automaton Pokémon



National Pokédex	622	GROUND
Alola Pokédex	312	GHOST

Height: 3'03" | Weight: 202.8 lbs.

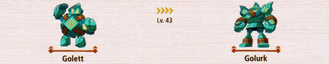
Light Clay

Gender unknown

Its movements are powered by a mysterious energy. It has continued to move since ancient times, so its power may soon run out.

Although ancient people apparently built it by working with clay, the source of its energy is unclear.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally when the weather is neither rain, hail, nor sandstorm in Haina Desert in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Iron Fist
Klutz

HIDDEN ABILITY

No Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
5	Mud-Slap	Ground	Special	20	100	10	Normal
9	Rollout	Rock	Physical	30	90	20	Normal
13	Shadow Punch	Ghost	Physical	60	—	20	Normal
17	Iron Defense	Steel	Status	—	—	15	Self
21	Stomping Tantrum	Ground	Physical	75	100	10	Normal
25	Mega Punch	Normal	Physical	80	85	20	Normal
30	Magnitude	Ground	Physical	—	100	30	Adjacent
35	Dynamic Punch	Fighting	Physical	100	50	5	Normal
40	Night Shade	Ghost	Special	—	100	15	Normal
45	Curse	Ghost	Status	—	—	10	Varies
50	Earthquake	Ground	Physical	100	100	10	Adjacent
55	Hammer Arm	Fighting	Physical	100	90	10	Normal
61	Focus Punch	Fighting	Physical	150	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

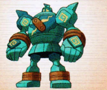
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Golurk

Automaton Pokémon



National Pokédex	623	GROUND
Alola Pokédex	313	GHOST

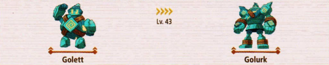
Height: 9'02" | Weight: 727.5 lbs.

Gender unknown

Some say that ancient people invented Golurk to serve as a laborer. It follows its master's orders faithfully.

When the seal on its chest is removed, it rages indiscriminately, turning the whole town around it into a mountain of rubble.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Golett, then level it up to Lv. 43 or higher to evolve it into Golurk.

ABILITY

Iron Fist
Klutz

HIDDEN ABILITY

No Guard

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Heavy Slam	Steel	Physical	—	100	10	Normal
1	High Horsepower	Ground	Physical	95	95	10	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Mud-Slap	Ground	Special	20	100	10	Normal
5	Mud-Slap	Ground	Special	20	100	10	Normal
9	Rollout	Rock	Physical	30	90	20	Normal
13	Shadow Punch	Ghost	Physical	60	—	20	Normal
17	Iron Defense	Steel	Status	—	—	15	Self
21	Stomping Tantrum	Ground	Physical	75	100	10	Normal
25	Mega Punch	Normal	Physical	80	85	20	Normal
30	Magnitude	Ground	Physical	—	100	30	Adjacent
35	Dynamic Punch	Fighting	Physical	100	50	5	Normal
40	Night Shade	Ghost	Special	—	100	15	Normal
47	Curse	Ghost	Status	—	—	10	Varies
54	Earthquake	Ground	Physical	100	100	10	Adjacent
61	Hammer Arm	Fighting	Physical	100	90	10	Normal
69	Focus Punch	Fighting	Physical	150	100	20	Normal
76	Phantom Force	Ghost	Physical	90	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heavy Slam	Steel	Physical	—	100	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

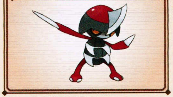
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

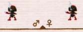
✓ Pawniard

Sharp Blade Pokémon



National Pokédex	624	DARK
Alola Pokédex	337	STEEL

Height: 1'08" | Weight: 22.5 lbs.



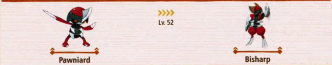
♂ ♀

Same form for male/female

After shredding its prey, it sharpens its blades on a stone by the river. Each Pawniard has its own favorite sharpening stone.

It follows Bisharp's orders to a tee when it attacks enemies. After slashing an opponent, Pawniard clangs both of its blades together.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain it when it appears as an SOS ally called by Bisharp in the parched grass on Route 17. Or obtain a Bisharp, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Defiant
Inner Focus

HIDDEN ABILITY

Pressure

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×0.5
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
6	Leer	Normal	Status	—	100	30	Many Others
9	Fury Cutter	Bug	Physical	40	95	20	Normal
14	Torment	Dark	Status	—	100	15	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
22	Scary Face	Normal	Status	—	100	10	Normal
25	Metal Claw	Steel	Physical	50	95	35	Normal
30	Slash	Normal	Physical	70	100	20	Normal
33	Assurance	Dark	Physical	60	100	10	Normal
38	Metal Sound	Steel	Status	—	85	40	Normal
41	Embargo	Dark	Status	—	100	15	Normal
46	Iron Defense	Steel	Status	—	—	15	Self
49	Night Slash	Dark	Physical	70	100	15	Normal
54	Iron Head	Steel	Physical	80	100	15	Normal
57	Swords Dance	Normal	Status	—	—	20	Self
62	Guillotine	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

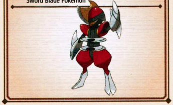
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Revenge	Fighting	Physical	60	100	10	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Pursuit	Dark	Physical	40	100	20	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Psycho Cut	Psychic	Physical	70	100	20	Normal
Mean Look	Normal	Status	—	—	5	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side

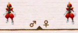
✓ Bisharp

Sword Blade Pokémon



National Pokédex	625	DARK
Alola Pokédex	338	STEEL

Height: 5'03" | Weight: 154.3 lbs.



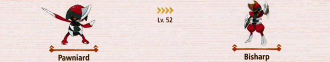
♂ ♀

Same form for male/female

No matter how strong the Bisharp, it's said that if the blade on its head is chipped, it will retire from its position as the boss.

It leads a group of Pawniard. Bisharp doesn't even change its expression when it deals the finishing blow to an opponent.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the parched tall grass on Route 17.

ABILITY

Defiant
Inner Focus

HIDDEN ABILITY

Pressure

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×0.5
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Guillotine	Normal	Physical	—	30	5	Normal
1	Iron Head	Steel	Physical	80	100	15	Normal
1	Metal Burst	Steel	Physical	—	100	10	Varies
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Torment	Dark	Status	—	100	15	Normal
6	Leer	Normal	Status	—	100	30	Many Others
9	Fury Cutter	Bug	Physical	40	95	20	Normal
14	Torment	Dark	Status	—	100	15	Normal
17	Feint Attack	Dark	Physical	60	—	20	Normal
22	Scary Face	Normal	Status	—	100	10	Normal
25	Metal Claw	Steel	Physical	50	95	35	Normal
30	Slash	Normal	Physical	70	100	20	Normal
33	Assurance	Dark	Physical	60	100	10	Normal
38	Metal Sound	Steel	Status	—	85	40	Normal
41	Embargo	Dark	Status	—	100	15	Normal
46	Iron Defense	Steel	Status	—	—	15	Self
49	Night Slash	Dark	Physical	70	100	15	Normal
57	Iron Head	Steel	Physical	80	100	15	Normal
63	Swords Dance	Normal	Status	—	—	20	Self
71	Guillotine	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

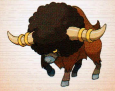
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

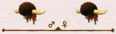
✓ Bouffalant

Bash Buffalo Pokémon



National Pokédex	626	NORMAL
Alola Pokédex	—	

Height: 5'03" | Weight: 208.6 lbs.



Same form for male/female

They charge wildly and headbutt everything. Their headbutts have enough destructive force to derail a train.

Their fluffy fur absorbs damage, even if they strike foes with a fierce headbutt.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon Omega Ruby* and *Pokémon Alpha Sapphire*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Reckless
Sap Sipper

HIDDEN ABILITY

Soundproof

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
! GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
6	Rage	Normal	Physical	20	100	20	Normal
11	Fury Attack	Normal	Physical	15	85	20	Normal
16	Horn Attack	Normal	Physical	65	100	25	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
26	Revenge	Fighting	Physical	60	100	10	Normal
31	Head Charge	Normal	Physical	120	100	15	Normal
36	Focus Energy	Normal	Status	—	—	30	Self
41	Megahorn	Bug	Physical	120	85	10	Normal
46	Reversal	Fighting	Physical	—	100	15	Normal
50	Thrash	Normal	Physical	120	100	10	1 Random
56	Swords Dance	Normal	Status	—	—	20	Self
61	Giga Impact	Normal	Physical	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

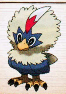
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomp	Normal	Physical	65	100	20	Normal
Rock Climb	Normal	Physical	90	85	20	Normal
Headbutt	Normal	Physical	70	100	15	Normal
Skull Bash	Normal	Physical	130	100	10	Normal
Mud Shot	Ground	Special	55	95	15	Normal
Mud-Slap	Ground	Special	20	100	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Amnesia	Psychic	Status	—	—	20	Self
Belch	Poison	Special	120	90	10	Normal
Cotton Guard	Grass	Status	—	—	10	Self

✓ Rufflet

Eaglet Pokémon



National Pokédex	627	NORMAL
Alola Pokédex	089	FLYING

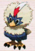
Height: 1'08" | Weight: 23.1 lbs.

Male only

With its powerful legs and sturdy claws, it can crack even the hard shells of Shellder and pluck out their insides.

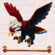
Known as a natural-born warrior, soon after its hatching, it will challenge its parent to a fight in order to gain their acceptance.

EVOLUTION



Rufflet

Lv. 54



Braviary

MAIN WAY TO OBTAIN

Catch it when it attacks from a shadow cast from overhead on Route 3 in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Keen Eye
Sheer Force

HIDDEN ABILITY

Hustle

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Fury Attack	Normal	Physical	15	85	20	Normal
10	Wing Attack	Flying	Physical	60	100	35	Normal
14	Hone Claws	Dark	Status	—	—	15	Self
19	Scary Face	Normal	Status	—	100	10	Normal
23	Aerial Ace	Flying	Physical	60	—	20	Normal
28	Slash	Normal	Physical	70	100	20	Normal
32	Defog	Flying	Status	—	—	15	Normal
37	Tailwind	Flying	Status	—	—	15	Your Side
41	Air Slash	Flying	Special	75	95	15	Normal
46	Crush Claw	Normal	Physical	75	95	10	Normal
50	Sky Drop	Flying	Physical	60	100	10	Normal
55	Whirlwind	Normal	Status	—	—	20	Normal
59	Brave Bird	Flying	Physical	120	100	15	Normal
64	Thrash	Normal	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

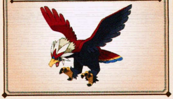
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Braviary

Valiant Pokémon



National Pokédex	628	NORMAL
Alola Pokédex	090	FLYING

Height: 4'11" | Weight: 90.4 lbs.

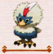
♂ ♀

Male only

The more scars it has on its front, the more heroic it's considered to be. Those with many scars on their back are mocked by the flock.

Known as "the hero of the skies," this Pokémon is so proud and so brave that it will never retreat, even when it's injured.

EVOLUTION



Rufflet

Lv. 54

Braviary

MAIN WAY TO OBTAIN

Catch it when it attacks from a shadow cast from overhead in the Poni Plains in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Keen Eye
Sheer Force

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Superpower	Fighting	Physical	120	100	5	Normal
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Brave Bird	Flying	Physical	120	100	15	Normal
1	Whirlwind	Normal	Status	—	—	20	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Wing Attack	Flying	Physical	60	100	35	Normal
5	Fury Attack	Normal	Physical	15	85	20	Normal
10	Wing Attack	Flying	Physical	60	100	35	Normal
14	Hone Claws	Dark	Status	—	—	15	Self
19	Scary Face	Normal	Status	—	100	10	Normal
23	Aerial Ace	Flying	Physical	60	—	20	Normal
28	Slash	Normal	Physical	70	100	20	Normal
32	Defog	Flying	Status	—	—	15	Normal
37	Tailwind	Flying	Status	—	—	15	Your Side
41	Air Slash	Flying	Special	75	95	15	Normal
46	Crush Claw	Normal	Physical	75	95	10	Normal
50	Sky Drop	Flying	Physical	60	100	10	Normal
57	Whirlwind	Normal	Status	—	—	20	Normal
63	Brave Bird	Flying	Physical	120	100	15	Normal
70	Thrash	Normal	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Superpower	Fighting	Physical	120	100	5	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

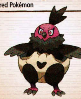
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Vullaby

Diapered Pokémon



National Pokédex	629	DARK
Alola Pokédex	091	FLYING

Height: 1'08" | Weight: 19.8 lbs.

♂ ♀

Female only

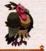
Mandibuzz gives it the bones it wears. Vullaby's wings are short, so it can't fly yet, but it jumps around, dreaming of wide open skies.

Its healthy appetite leads to visible growth spurts. It often has to replace the bones it wears as its size increases.

EVOLUTION

Vullaby

Lv. 54



Mandibuzz

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it attacks from a shadow cast from overhead on Route 3 in *Pokémon Ultra Moon*.

ABILITY

Big Pecks
Overcoat

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Fury Attack	Normal	Physical	15	85	20	Normal
10	Pluck	Flying	Physical	60	100	20	Normal
14	Nasty Plot	Dark	Status	—	—	20	Self
19	Flatter	Dark	Status	—	100	15	Normal
23	Feint Attack	Dark	Physical	60	—	20	Normal
28	Punishment	Dark	Physical	—	100	5	Normal
32	Defog	Flying	Status	—	—	15	Normal
37	Tailwind	Flying	Status	—	—	15	Your Side
41	Air Slash	Flying	Special	75	95	15	Normal
46	Dark Pulse	Dark	Special	80	100	15	Normal
50	Embargo	Dark	Status	—	100	15	Normal
55	Whirlwind	Normal	Status	—	—	20	Normal
59	Brave Bird	Flying	Physical	120	100	15	Normal
64	Mirror Move	Flying	Status	—	—	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

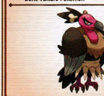
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Steel Wing	Steel	Physical	70	90	25	Normal
Mean Look	Normal	Status	—	—	5	Normal
Roost	Flying	Status	—	—	10	Self
Scary Face	Normal	Status	—	100	10	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Fake Tears	Dark	Status	—	100	20	Normal
Foul Play	Dark	Physical	95	100	15	Normal

✓ Mandibuzz

Bone Vulture Pokémon



National Pokédex	630	DARK
Alola Pokédex	092	FLYING

Height: 3'11" | Weight: 87.1 lbs.

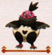
♂ ♀

Female only

It skillfully arranges the bones of its prey to construct its nest. Most of the bones are Cubone.

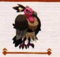
It's always searching for food for Vullaby. When it finds a weak Pokémon, Mandibuzz swoops it right off to its nest.

EVOLUTION



Vullaby

Lv. 54



Mandibuzz

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it attacks from a shadow cast from overhead in the Poni Plains in *Pokémon Ultra Moon*.

ABILITY

Big Pecks
Overcoat

HIDDEN ABILITY

Weak Armor

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bone Rush	Ground	Physical	25	90	10	Normal
1	Mirror Move	Flying	Status	—	—	20	Normal
1	Brave Bird	Flying	Physical	120	100	15	Normal
1	Whirlwind	Normal	Status	—	—	20	Normal
1	Gust	Flying	Special	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Fury Attack	Normal	Physical	15	85	20	Normal
1	Pluck	Flying	Physical	60	100	20	Normal
5	Fury Attack	Normal	Physical	15	85	20	Normal
10	Pluck	Flying	Physical	60	100	20	Normal
14	Nasty Plot	Dark	Status	—	—	20	Self
19	Flatter	Dark	Status	—	100	15	Normal
23	Feint Attack	Dark	Physical	60	—	20	Normal
28	Punishment	Dark	Physical	—	100	5	Normal
32	Defog	Flying	Status	—	—	15	Normal
37	Tailwind	Flying	Status	—	—	15	Your Side
41	Air Slash	Flying	Special	75	95	15	Normal
46	Dark Pulse	Dark	Special	80	100	15	Normal
50	Embargo	Dark	Status	—	100	15	Normal
57	Whirlwind	Normal	Status	—	—	20	Normal
63	Brave Bird	Flying	Physical	120	100	15	Normal
70	Mirror Move	Flying	Status	—	—	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bone Rush	Ground	Physical	25	90	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

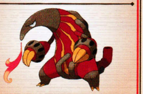
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

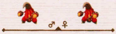
✓ Heatmor

Anteater Pokémon



National Pokédex	631	FIRE
Alola Pokédex	—	

Height: 4'07" | Weight: 127.9 lbs.



♂ ♀

Same form for male/female

Using their very hot, flame-covered tongues, they burn through Durant's steel bodies and consume their insides.

It draws in air through its tail, transforms it into fire, and uses it like a tongue. It melts Durant and eats them.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Gluttony
Flash Fire

HIDDEN ABILITY

White Smoke

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
! FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hone Claws	Dark	Status	—	—	15	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Incinerate	Fire	Special	60	100	15	Many Others
1	Lick	Ghost	Physical	30	100	30	Normal
6	Odor Sleuth	Normal	Status	—	—	40	Normal
11	Bind	Normal	Physical	15	85	20	Normal
16	Fire Spin	Fire	Special	35	85	15	Normal
21	Fury Swipes	Normal	Physical	18	80	15	Normal
26	Snatch	Dark	Status	—	—	10	Self
31	Flame Burst	Fire	Special	70	100	15	Normal
36	Bug Bite	Bug	Physical	60	100	20	Normal
41	Slash	Normal	Physical	70	100	20	Normal
44	Fire Lash	Fire	Physical	80	100	15	Normal
47	Amnesia	Psychic	Status	—	—	20	Self
50	Flamethrower	Fire	Special	90	100	15	Normal
56	Stockpile	Normal	Status	—	—	20	Self
56	Spit Up	Normal	Special	—	100	10	Normal
56	Swallow	Normal	Status	—	—	10	Self
61	Flare Blitz	Fire	Physical	120	100	15	Normal
66	Inferno	Fire	Special	100	50	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

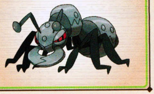
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pursuit	Dark	Physical	40	100	20	Normal
Wrap	Normal	Physical	15	90	20	Normal
Night Slash	Dark	Physical	70	100	15	Normal
Curse	Ghost	Status	—	—	10	Varies
Body Slam	Normal	Physical	85	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Feint Attack	Dark	Physical	60	—	20	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Tickle	Normal	Status	—	100	20	Normal
Sleep Talk	Normal	Status	—	—	10	Self
Belch	Poison	Special	120	90	10	Normal

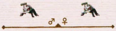
✓ Durant

Iron Ant Pokémon



National Pokédex	632	BUG
Alola Pokédex	—	STEEL

Height: 1'00" | Weight: 72.8 lbs.



Same form for male/female

X Individuals each play different roles in driving Heatmor, their natural predator, away from their colony.

Y They attack in groups, covering themselves in steel armor to protect themselves from Heatmor.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Swarm
Hustle

HIDDEN ABILITY

Truant

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Metal Sound	Steel	Status	—	85	40	Normal
1	Guillotine	Normal	Physical	—	30	5	Normal
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Bite	Dark	Physical	60	100	25	Normal
6	Agility	Psychic	Status	—	—	30	Self
11	Metal Claw	Steel	Physical	50	95	35	Normal
16	Bug Bite	Bug	Physical	60	100	20	Normal
21	Crunch	Dark	Physical	80	100	15	Normal
26	Iron Head	Steel	Physical	80	100	15	Normal
31	Dig	Ground	Physical	80	100	10	Normal
36	Entrainment	Normal	Status	—	100	15	Normal
41	X-Scissor	Bug	Physical	80	100	15	Normal
46	Iron Defense	Steel	Status	—	—	15	Self
51	Guillotine	Normal	Physical	—	30	5	Normal
56	Metal Sound	Steel	Status	—	85	40	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

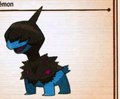
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Screech	Normal	Status	—	85	40	Normal
Endure	Normal	Status	—	—	10	Self
Rock Climb	Normal	Physical	90	85	20	Normal
Baton Pass	Normal	Status	—	—	40	Self
Thunder Fang	Electric	Physical	65	95	15	Normal
Feint Attack	Dark	Physical	60	—	20	Normal

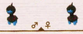
✓ Deino

Irate Pokémon



National Pokédex	633	DARK
Alola Pokédex	—	DRAGON

Height: 2'07" | Weight: 38.1 lbs.

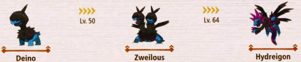


Same form for male/female

X They cannot see, so they tackle and bite to learn about their surroundings. Their bodies are covered in wounds.

Y Lacking sight, it's unaware of its surroundings, so it bumps into things and eats anything that moves.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Ten Carat Hill by using Island Scan on Melemele Island on a Tuesday in *Pokémon Sun* or *Pokémon Moon*.

ABILITY

Hustle

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0.5
ICE	×2	DRAGON	×2
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
4	Focus Energy	Normal	Status	—	—	30	Self
9	Bite	Dark	Physical	60	100	25	Normal
12	Headbutt	Normal	Physical	70	100	15	Normal
17	Dragon Breath	Dragon	Special	60	100	20	Normal
20	Roar	Normal	Status	—	—	20	Normal
25	Crunch	Dark	Physical	80	100	15	Normal
28	Slam	Normal	Physical	80	75	20	Normal
32	Dragon Pulse	Dragon	Special	85	100	10	Normal
38	Work Up	Normal	Status	—	—	30	Self
42	Dragon Rush	Dragon	Physical	100	75	10	Normal
48	Body Slam	Normal	Physical	85	100	15	Normal
50	Scary Face	Normal	Status	—	100	10	Normal
58	Hyper Voice	Normal	Special	90	100	10	Many Others
62	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

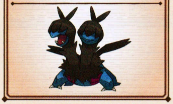
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Double Hit	Normal	Physical	35	90	10	Normal
Astonish	Ghost	Physical	30	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Screech	Normal	Status	—	85	40	Normal
Head Smash	Rock	Physical	150	80	5	Normal
Assurance	Dark	Physical	60	100	10	Normal
Dark Pulse	Dark	Special	80	100	15	Normal
Belch	Poison	Special	120	90	10	Normal

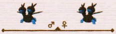
✓ Zweilous

Hostile Pokémon



National Pokédex	634	DARK	
Alola Pokédex	—	DRAGON	

Height: 4'07" | Weight: 110.2 lbs.



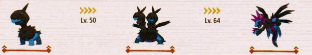
♂ ♀

Same form for male/female

X: The two heads do not get along. Whichever head eats more than the other gets to be the leader.

Y: After it has eaten up all the food in its territory, it moves to another area. Its two heads do not get along.

EVOLUTION



Deino Zweilous Hydreigon

MAIN WAY TO OBTAIN

Obtain a Deino, then level it up to Lv. 50 or higher to evolve it into Zweilous.

ABILITY

Hustle

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0.5
ICE	×2	DRAGON	×2
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double Hit	Normal	Physical	35	90	10	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
1	Bite	Dark	Physical	60	100	25	Normal
4	Focus Energy	Normal	Status	—	—	30	Self
9	Bite	Dark	Physical	60	100	25	Normal
12	Headbutt	Normal	Physical	70	100	15	Normal
17	Dragon Breath	Dragon	Special	60	100	20	Normal
20	Roar	Normal	Status	—	—	20	Normal
25	Crunch	Dark	Physical	80	100	15	Normal
28	Slam	Normal	Physical	80	75	20	Normal
32	Dragon Pulse	Dragon	Special	85	100	10	Normal
38	Work Up	Normal	Status	—	—	30	Self
42	Dragon Rush	Dragon	Physical	100	75	10	Normal
48	Body Slam	Normal	Physical	85	100	15	Normal
55	Scary Face	Normal	Status	—	100	10	Normal
64	Hyper Voice	Normal	Special	90	100	10	Many Others
71	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

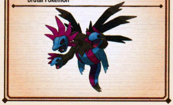
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

ZWEILOUS

634

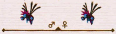
✓ Hydreigon

Brutal Pokémon



National Pokédex	635	DARK	
Alola Pokédex	—	DRAGON	

Height: 5'11" | Weight: 352.7 lbs.



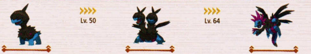
♂ ♀

Same form for male/female

X: The heads on their arms do not have brains. They use all three heads to consume and destroy everything.

Y: It responds to movement by attacking. This scary, three-headed Pokémon devours everything in its path!

EVOLUTION



Deino Zweilous Hydreigon

MAIN WAY TO OBTAIN

Obtain a Zweilous, then level it up to Lv. 64 or higher to evolve it into Hydreigon.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0.5
ICE	×2	DRAGON	×2
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
! GROUND	×1	FAIRY	×4

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Outrage	Dragon	Physical	120	100	10	1 Random
1	Hyper Voice	Normal	Special	90	100	10	Many Others
1	Tri Attack	Normal	Special	80	100	10	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
1	Bite	Dark	Physical	60	100	25	Normal
4	Focus Energy	Normal	Status	—	—	30	Self
9	Bite	Dark	Physical	60	100	25	Normal
12	Headbutt	Normal	Physical	70	100	15	Normal
17	Dragon Breath	Dragon	Special	60	100	20	Normal
20	Roar	Normal	Status	—	—	20	Normal
25	Crunch	Dark	Physical	80	100	15	Normal
28	Slam	Normal	Physical	80	75	20	Normal
32	Dragon Pulse	Dragon	Special	85	100	10	Normal
38	Work Up	Normal	Status	—	—	30	Self
42	Dragon Rush	Dragon	Physical	100	75	10	Normal
48	Body Slam	Normal	Physical	85	100	15	Normal
55	Scary Face	Normal	Status	—	100	10	Normal
68	Hyper Voice	Normal	Special	90	100	10	Many Others
79	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

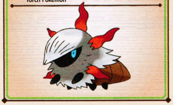
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

HYDREIGON

635

✓ Larvesta

Torch Pokémon



National Pokédex	636	BUG
Alola Pokédex	203	FIRE

Height: 3'07" | Weight: 63.5 lbs.

Same form for male/female

When battling opponents, it sprays fire from its five horns. The max temperature of the flames can reach nearly 5,500 degrees Fahrenheit.

It protects itself with flame. Long years ago, people believed Larvesta had a nest on the sun.

EVOLUTION

Larvesta

>>>> Lv. 59

Volcarona

MAIN WAY TO OBTAIN

Catch it when it appears in the cave in Lush Jungle.

ABILITY

Flame Body

HIDDEN ABILITY

Swarm

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
10	Absorb	Grass	Special	20	100	25	Normal
20	Take Down	Normal	Physical	90	85	20	Normal
30	Flame Charge	Fire	Physical	50	100	20	Normal
40	Bug Bite	Bug	Physical	60	100	20	Normal
50	Double-Edge	Normal	Physical	120	100	15	Normal
60	Flame Wheel	Fire	Physical	60	100	25	Normal
70	Bug Buzz	Bug	Special	90	100	10	Normal
80	Amnesia	Psychic	Status	—	—	20	Self
90	Thrash	Normal	Physical	120	100	10	1 Random
100	Flare Blitz	Fire	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Giga Drain	Grass	Special	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

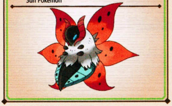
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
String Shot	Bug	Status	—	95	40	Many Others
Harden	Normal	Status	—	—	30	Self
Foresight	Normal	Status	—	—	40	Normal
Endure	Normal	Status	—	—	10	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Morning Sun	Normal	Status	—	—	5	Self
Magnet Rise	Electric	Status	—	—	10	Self

✓ Volcarona

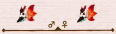
Sun Pokémon



National Pokédex	637	BUG
Alola Pokédex	204	FIRE

Height: 5'03" | Weight: 101.4 lbs.

Silver Powder



Same form for male/female

As it flies, it scatters its flaming scales. It was feared by ancient people, who referred to it as "the rage of the sun."

According to legends, it was hatched from a flaming cocoon to save people and Pokémon that were suffering from the cold.

EVOLUTION

Larvesta

>>>> Lv. 59

Volcarona

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Larvesta in Lush Jungle. Or obtain a Larvesta, then level it up to Lv. 59 or higher to evolve it into Volcarona.

ABILITY

Flame Body

HIDDEN ABILITY

Swarm

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Fiery Dance	Fire	Special	80	100	10	Normal
1	Hurricane	Flying	Special	110	70	10	Normal
1	Rage Powder	Bug	Status	—	—	20	Self
1	Heat Wave	Fire	Special	95	90	10	Many Others
1	Flare Blitz	Fire	Physical	120	100	15	Normal
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Amnesia	Psychic	Status	—	—	20	Self
1	Bug Buzz	Bug	Special	90	100	10	Normal
1	Flame Wheel	Fire	Physical	60	100	25	Normal
1	Ember	Fire	Special	40	100	25	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
1	Gust	Flying	Special	40	100	35	Normal
10	Absorb	Grass	Special	20	100	25	Normal
20	Gust	Flying	Special	40	100	35	Normal
30	Fire Spin	Fire	Special	35	85	15	Normal
40	Whirlwind	Normal	Status	—	—	20	Normal
50	Silver Wind	Bug	Special	60	100	5	Normal
60	Heat Wave	Fire	Special	95	90	10	Many Others
70	Bug Buzz	Bug	Special	90	100	10	Normal
80	Rage Powder	Bug	Status	—	—	20	Self
90	Hurricane	Flying	Special	110	70	10	Normal
100	Fiery Dance	Fire	Special	80	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quiver Dance	Bug	Status	—	—	20	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

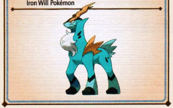
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cobalion

Iron Will Pokémon



National Pokédex	638	STEEL
Alola Pokédex	—	FIGHTING

Height: 6'11" | Weight: 551.2 lbs.

Gender unknown

X It has a body and heart of steel. Its glare is sufficient to make even an unruly Pokémon obey it.

Y It has a body and heart of steel. It worked with its allies to punish people when they hurt Pokémon.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride.

ABILITY

Justified

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.25
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×0.5
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Metal Burst	Steel	Physical	—	100	10	Varies
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
7	Take Down	Normal	Physical	90	85	20	Normal
13	Helping Hand	Normal	Status	—	—	20	1 Ally
19	Retaliate	Normal	Physical	70	100	5	Normal
25	Iron Head	Steel	Physical	80	100	15	Normal
31	Sacred Sword	Fighting	Physical	90	100	15	Normal
37	Swords Dance	Normal	Status	—	—	20	Self
42	Quick Guard	Fighting	Status	—	—	15	Your Side
49	Work Up	Normal	Status	—	—	30	Self
55	Metal Burst	Steel	Physical	—	100	10	Varies
61	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Block	Normal	Status	—	—	5	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stealth Rock	Rock	Status	—	—	20	Other Side
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

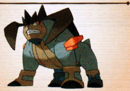
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Terrakion

Cavern Pokémon



National Pokédex	639	ROCK
Alola Pokédex	—	FIGHTING

Height: 6'03" | Weight: 573.2 lbs.

Gender unknown

X Its charge is strong enough to break through a giant castle wall in one blow. This Pokémon is spoken of in legends.

Y Spoken of in legend, this Pokémon used its phenomenal power to destroy a castle in its effort to protect Pokémon.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride.

ABILITY

Justified

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Smack Down	Rock	Physical	50	100	15	Normal
7	Take Down	Normal	Physical	90	85	20	Normal
13	Helping Hand	Normal	Status	—	—	20	1 Ally
19	Retaliate	Normal	Physical	70	100	5	Normal
25	Rock Slide	Rock	Physical	75	90	10	Many Others
31	Sacred Sword	Fighting	Physical	90	100	15	Normal
37	Swords Dance	Normal	Status	—	—	20	Self
42	Quick Guard	Fighting	Status	—	—	15	Your Side
49	Work Up	Normal	Status	—	—	30	Self
55	Stone Edge	Rock	Physical	100	80	5	Normal
61	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

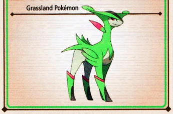
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Virizion

Grassland Pokémon



National Pokédex	640	GRASS
Alola Pokédex	—	FIGHTING

Height: 6'07" | Weight: 440.9 lbs.

Gender unknown

X: Its head sprouts horns as sharp as blades. Using whirlwind-like movements, it confounds and swiftly cuts opponents.

Y: Legends say this Pokémon confounded opponents with its swift movements.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride.

ABILITY

Justified

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Close Combat	Fighting	Physical	120	100	5	Normal
1	Leaf Blade	Grass	Physical	90	100	15	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Magical Leaf	Grass	Special	60	—	20	Normal
7	Take Down	Normal	Physical	90	85	20	Normal
13	Helping Hand	Normal	Status	—	—	20	1 Ally
19	Retaliate	Normal	Physical	70	100	5	Normal
25	Giga Drain	Grass	Special	75	100	10	Normal
31	Sacred Sword	Fighting	Physical	90	100	15	Normal
37	Swords Dance	Normal	Status	—	—	20	Self
42	Quick Guard	Fighting	Status	—	—	15	Your Side
49	Work Up	Normal	Status	—	—	30	Self
55	Leaf Blade	Grass	Physical	90	100	15	Normal
61	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

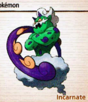
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tornadus

Cyclone Pokémon



Incarnate Forme

National Pokédex	641	FLYING
Alola Pokédex	—	

Height: 4'11" | Weight: 138.9 lbs.

♂ ♀

Male only

X: The lower half of its body is wrapped in a cloud of energy. It zooms through the sky at 200 mph.

Y: Tornadus expels massive energy from its tail, causing severe storms. Its power is great enough to blow houses away.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Prankster

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Hurricane	Flying	Special	110	70	10	Normal
1	Uproar	Normal	Special	90	100	10	1 Random
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Gust	Flying	Special	40	100	35	Normal
1	Swagger	Normal	Status	—	85	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
13	Revenge	Fighting	Physical	60	100	10	Normal
19	Air Cutter	Flying	Special	60	95	25	Many Others
25	Extrasensory	Psychic	Special	80	100	20	Normal
31	Agility	Psychic	Status	—	—	30	Self
37	Air Slash	Flying	Special	75	95	15	Normal
43	Crunch	Dark	Physical	80	100	15	Normal
49	Tailwind	Flying	Status	—	—	15	Your Side
55	Rain Dance	Water	Status	—	—	5	Both Sides
61	Hurricane	Flying	Special	110	70	10	Normal
67	Dark Pulse	Dark	Special	80	100	15	Normal
73	Hammer Arm	Fighting	Physical	100	90	10	Normal
79	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

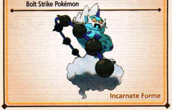
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Thundurus

Bolt Strike Pokémon



Incarnate Forme

National Pokédex	642	ELECTRIC
Alola Pokédex	—	FLYING

Height: 4'11" | Weight: 134.5 lbs.

♂ ♀

Male only

X The spikes on its tail discharge immense bolts of lightning. It flies around the Unova region firing off lightning bolts.

Y As it flies around, it shoots lightning all over the place and causes forest fires. It is therefore disliked.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Prankster

HIDDEN ABILITY

Defiant

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Nasty Plot	Dark	Status	—	—	20	Self
1	Uproar	Normal	Special	90	100	10	1 Random
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
1	Swagger	Normal	Status	—	85	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
13	Revenge	Fighting	Physical	60	100	10	Normal
19	Shock Wave	Electric	Special	60	—	20	Normal
25	Heal Block	Psychic	Status	—	100	15	Many Others
31	Agility	Psychic	Status	—	—	30	Self
37	Discharge	Electric	Special	80	100	15	Adjacent
43	Crunch	Dark	Physical	80	100	15	Normal
49	Charge	Electric	Status	—	—	20	Self
55	Nasty Plot	Dark	Status	—	—	20	Self
61	Thunder	Electric	Special	110	70	10	Normal
67	Dark Pulse	Dark	Special	80	100	15	Normal
73	Hammer Arm	Fighting	Physical	100	90	10	Normal
79	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike*	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

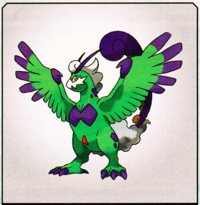
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Therian Formes of Tornadus, Thundurus, and Landorus

Once you obtain Tornadus, Thundurus, and Landorus in the Ultra Space Wilds, or from another game, you can help them change their forms by using an item called the Reveal Glass. You can receive this item from Professor Burnet in the Dimensional Research Lab in Heahea City once you have cleared your second grand trial. Choose to use it on any of these three Pokémon to change them between their Therian Forme and Incarnate Forme.



Tornadus (Therian Forme)

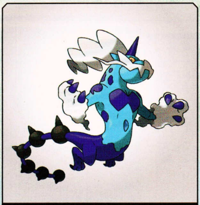
FLYING

Height: 4'07" | Weight: 138.9 lbs.

ABILITY

Regenerator

Use the Reveal Glass on Tornadus when in its Incarnate Forme, and it will change to its Therian Forme. It will stay in this form unless you use the Reveal Glass on it again.



Thundurus (Therian Forme)

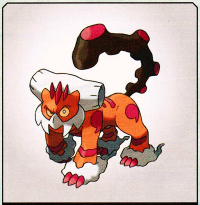
ELECTRIC FLYING

Height: 9'10" | Weight: 134.5 lbs.

ABILITY

Volt Absorb

Use the Reveal Glass on Thundurus when in its Incarnate Forme, and it will change to its Therian Forme. It will stay in this form unless you use the Reveal Glass on it again.



Landorus (Therian Forme)

GROUND FLYING

Height: 4'03" | Weight: 149.9 lbs.

ABILITY

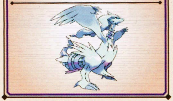
Intimidate

Use the Reveal Glass on Thundurus when in its Incarnate Forme, and it will change to its Therian Forme. It will stay in this form unless you use the Reveal Glass on it again.

*Although Tornadus, Thundurus, and Landorus mostly learn the same moves in both their Incarnate Forme and Therian Forme, there is one exception. Incarnate Forme Thundurus can learn Smart Strike from TM67, but Therian Forme Thundurus cannot.

✓ Reshiram

Vast White Pokémon



National Pokédex 643 | DRAGON
Alola Pokédex — | FIRE

Height: 10'06" | Weight: 727.5 lbs.

Gender unknown

X This legendary Pokémon can scorch the world with fire. It helps those who want to build a world of truth.

Y When Reshiram's tail flares, the heat energy moves the atmosphere and changes the world's weather.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Turboblaze

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
8	Imprison	Psychic	Status	—	—	10	Self
15	Ancient Power	Rock	Special	60	100	5	Normal
22	Flamethrower	Fire	Special	90	100	15	Normal
29	Dragon Breath	Dragon	Special	60	100	20	Normal
36	Slash	Normal	Physical	70	100	20	Normal
43	Extrasensory	Psychic	Special	80	100	20	Normal
50	Fusion Flare	Fire	Special	100	100	5	Normal
54	Dragon Pulse	Dragon	Special	85	100	10	Normal
64	Noble Roar	Normal	Status	—	100	30	Normal
71	Crunch	Dark	Physical	80	100	15	Normal
78	Fire Blast	Fire	Special	110	85	5	Normal
85	Outrage	Dragon	Physical	120	100	10	1 Random
92	Hyper Voice	Normal	Special	90	100	10	Many Others
100	Blue Flare	Fire	Special	130	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

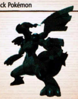
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Zekrom

Deep Black Pokémon



National Pokédex 644 | DRAGON
Alola Pokédex — | ELECTRIC

Height: 9'06" | Weight: 760.6 lbs.

Gender unknown

X This legendary Pokémon can scorch the world with lightning. It assists those who want to build an ideal world.

Y Concealing itself in lightning clouds, it flies throughout the Unova region. It creates electricity in its tail.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Teravolt

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.25	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Dragon Rage	Dragon	Special	—	100	10	Normal
8	Imprison	Psychic	Status	—	—	10	Self
15	Ancient Power	Rock	Special	60	100	5	Normal
22	Thunderbolt	Electric	Special	90	100	15	Normal
29	Dragon Breath	Dragon	Special	60	100	20	Normal
36	Slash	Normal	Physical	70	100	20	Normal
43	Zen Headbutt	Psychic	Physical	80	90	15	Normal
50	Fusion Bolt	Electric	Physical	100	100	5	Normal
54	Dragon Claw	Dragon	Physical	80	100	15	Normal
64	Noble Roar	Normal	Status	—	100	30	Normal
71	Crunch	Dark	Physical	80	100	15	Normal
78	Thunder	Electric	Special	110	70	10	Normal
85	Outrage	Dragon	Physical	120	100	10	1 Random
92	Hyper Voice	Normal	Special	90	100	10	Many Others
100	Bolt Strike	Electric	Physical	130	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

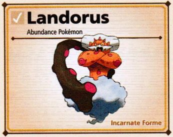
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Landorus

Abundance Pokémon



Incarnate Forme

National Pokédex 645 | GROUND / FLYING
Alola Pokédex —

Height: 4'11" | Weight: 149.9 lbs.

♂ ♀

Male only

X: Lands visited by Landorus grant such bountiful crops that it has been hailed as "The Guardian of the Fields."

Y: From the forces of lightning and wind, it creates energy to give nutrients to the soil and make the land abundant.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride with Tornadus and Thundurus in your party.

ABILITY

Sand Force

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Outrage	Dragon	Physical	120	100	10	1 Random
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Fissure	Ground	Physical	—	30	5	Normal
1	Block	Normal	Status	—	—	5	Normal
1	Mud Shot	Ground	Special	55	95	15	Normal
1	Rock Tomb	Rock	Physical	60	95	15	Normal
1	Imprison	Psychic	Status	—	—	10	Self
7	Punishment	Dark	Physical	—	100	5	Normal
13	Bulldoze	Ground	Physical	60	100	20	Adjacent
19	Rock Throw	Rock	Physical	50	90	15	Normal
25	Extrasensory	Psychic	Special	80	100	20	Normal
31	Swords Dance	Normal	Status	—	—	20	Self
37	Earth Power	Ground	Special	90	100	10	Normal
43	Rock Slide	Rock	Physical	75	90	10	Many Others
49	Earthquake	Ground	Physical	100	100	10	Adjacent
55	Sandstorm	Rock	Status	—	—	10	Both Sides
61	Fissure	Ground	Physical	—	30	5	Normal
67	Stone Edge	Rock	Physical	100	80	5	Normal
73	Hammer Arm	Fighting	Physical	100	90	10	Normal
79	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

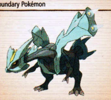
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Kyurem

Boundary Pokémon



National Pokédex 646 | DRAGON / ICE
Alola Pokédex —

Height: 9'10" | Weight: 716.5 lbs.

Gender unknown

X: This legendary ice Pokémon waits for a hero to fill in the missing parts of its body with truth or ideals.

Y: It generates a powerful, freezing energy inside itself, but its body became frozen when the energy leaked out.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare blue warp hole while using Ultra Warp Ride with Reshiram and Zekrom in your party.

ABILITY

Pressure

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icy Wind	Ice	Special	55	95	15	Many Others
1	Dragon Rage	Dragon	Special	—	100	10	Normal
8	Imprison	Psychic	Status	—	—	10	Self
15	Ancient Power	Rock	Special	60	100	5	Normal
22	Ice Beam	Ice	Special	90	100	10	Normal
29	Dragon Breath	Dragon	Special	60	100	20	Normal
36	Slash	Normal	Physical	70	100	20	Normal
43	Scary Face	Normal	Status	—	100	10	Normal
50	Glaciate	Ice	Special	65	95	10	Many Others
57	Dragon Pulse	Dragon	Special	85	100	10	Normal
64	Noble Roar	Normal	Status	—	100	30	Normal
71	Endeavor	Normal	Physical	—	100	5	Normal
78	Blizzard	Ice	Special	110	70	5	Many Others
85	Outrage	Dragon	Physical	120	100	10	1 Random
92	Hyper Voice	Normal	Special	90	100	10	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

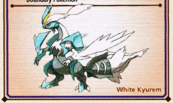
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Kyurem

Boundary Pokémon



White Kyurem

National Pokédex 646 DRAGON
Alola Pokédex — ICE

Height: 11'10" | Weight: 716.5 lbs.

Gender unknown

X: This legendary ice Pokémon waits for a hero to fill in the missing parts of its body with truth or ideals.

Y: It generates a powerful, freezing energy inside itself, but its body became frozen when the energy leaked out.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Have both Kyurem and Reshiram in your party, then choose to use the DNA Splicers on Kyurem to fuse it with Reshiram. It will become White Kyurem. Use the DNA Splicers again to return it to its regular form.

ABILITY

Turboblaze

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icy Wind	Ice	Special	55	95	15	Many Others
1	Dragon Rage	Dragon	Special	—	100	10	Normal
8	Imprison	Psychic	Status	—	—	10	Self
15	Ancient Power	Rock	Special	60	100	5	Normal
22	Ice Beam	Ice	Special	90	100	10	Normal
29	Dragon Breath	Dragon	Special	60	100	20	Normal
36	Slash	Normal	Physical	70	100	20	Normal
43	Fusion Flare	Fire	Special	100	100	5	Normal
50	Ice Burn	Ice	Special	140	90	5	Normal
57	Dragon Pulse	Dragon	Special	85	100	10	Normal
64	Noble Roar	Normal	Status	—	100	30	Normal
71	Endeavor	Normal	Physical	—	100	5	Normal
78	Blizzard	Ice	Special	110	70	5	Many Others
85	Outrage	Dragon	Physical	120	100	10	1 Random
92	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

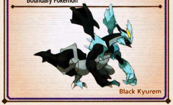
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Kyurem

Boundary Pokémon



Black Kyurem

National Pokédex 646 DRAGON
Alola Pokédex — ICE

Height: 10'10" | Weight: 716.5 lbs.

Gender unknown

X: This legendary ice Pokémon waits for a hero to fill in the missing parts of its body with truth or ideals.

Y: It generates a powerful, freezing energy inside itself, but its body became frozen when the energy leaked out.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Have both Kyurem and Zekrom in your party, then choose to use the DNA Splicers on Kyurem to fuse it with Zekrom. It will become Black Kyurem. Use the DNA Splicers again to return it to its regular form.

ABILITY

Teravolt

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Icy Wind	Ice	Special	55	95	15	Many Others
1	Dragon Rage	Dragon	Special	—	100	10	Normal
8	Imprison	Psychic	Status	—	—	10	Self
15	Ancient Power	Rock	Special	60	100	5	Normal
22	Ice Beam	Ice	Special	90	100	10	Normal
29	Dragon Breath	Dragon	Special	60	100	20	Normal
36	Slash	Normal	Physical	70	100	20	Normal
43	Fusion Bolt	Electric	Physical	100	100	5	Normal
50	Freeze Shock	Ice	Physical	140	90	5	Normal
57	Dragon Pulse	Dragon	Special	85	100	10	Normal
64	Noble Roar	Normal	Status	—	100	30	Normal
71	Endeavor	Normal	Physical	—	100	5	Normal
78	Blizzard	Ice	Special	110	70	5	Many Others
85	Outrage	Dragon	Physical	120	100	10	1 Random
92	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

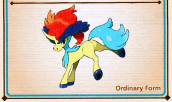
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Keldeo

Colt Pokémon



Ordinary Form

National Pokédex	647	WATER	
Alola Pokédex		FIGHTING	
Height: 4'07"		Weight: 106.9 lbs.	

Gender unknown

X It crosses the world, running over the surfaces of oceans and rivers. It appears at scenic waterfronts.

Y When it is resolute, its body fills with power and it becomes swifter. Its jumps are then too fast to follow.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Justified

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aqua Jet	Water	Physical	40	100	20	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Double Kick	Fighting	Physical	30	100	30	Normal
1	Bubble Beam	Water	Special	65	100	20	Normal
7	Double Kick	Fighting	Physical	30	100	30	Normal
13	Bubble Beam	Water	Special	65	100	20	Normal
19	Take Down	Normal	Physical	90	85	20	Normal
25	Helping Hand	Normal	Status	—	—	20	1 Ally
31	Retaliate	Normal	Physical	70	100	5	Normal
37	Aqua Tail	Water	Physical	90	90	10	Normal
43	Sacred Sword	Fighting	Physical	90	100	15	Normal
49	Swords Dance	Normal	Status	—	—	20	Self
55	Quick Guard	Fighting	Status	—	—	15	Your Side
61	Work Up	Normal	Status	—	—	30	Self
67	Hydro Pump	Water	Special	110	80	5	Normal
73	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Secret Sword	Fighting	Special	85	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

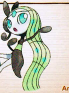
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Meloetta

Melody Pokémon



Aria Forme

National Pokédex	648	NORMAL	
Alola Pokédex	—	PSYCHIC	
Height: 2'00"		Weight: 14.3 lbs.	

Gender unknown

X The melodies sung by Meloetta have the power to make Pokémon that hear them happy or sad.

Y Its melodies are sung with a special vocalization method that can control the feelings of those who hear it.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Serene Grace

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Round	Normal	Special	60	100	15	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
1	Sing	Normal	Status	—	55	15	Normal
6	Quick Attack	Normal	Physical	40	100	30	Normal
11	Confusion	Psychic	Special	50	100	25	Normal
16	Sing	Normal	Status	—	55	15	Normal
21	Teeter Dance	Normal	Status	—	100	20	Adjacent
26	Acrobatics	Flying	Physical	55	100	15	Normal
31	Psybeam	Psychic	Special	65	100	20	Normal
36	Echoed Voice	Normal	Special	40	100	15	Normal
43	U-turn	Bug	Physical	70	100	20	Normal
50	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
57	Psychic	Psychic	Special	90	100	10	Normal
64	Hyper Voice	Normal	Special	90	100	10	Many Others
71	Role Play	Psychic	Status	—	—	10	Normal
78	Close Combat	Fighting	Physical	120	100	5	Normal
85	Perish Song	Normal	Status	—	—	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Relic Song	Normal	Special	75	100	10	Many Others

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

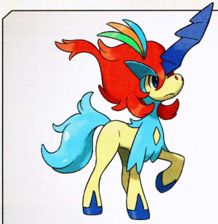
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Keldeo and Meloetta's Form Changes

The Mythical Pokémon Keldeo and Meloetta each have alternate forms that they can take on, and both are related to special moves they can learn from a Move Tutor. You can find this Move Tutor in the Hano Grand Resort on Akala Island. If he teaches Keldeo the move Secret Sword, it will change into its Resolute Form and remain in that form unless it forgets Secret Sword. And if he teaches Meloetta the move Relic Song, it will be able to change into its Pirouette Forme in battle.



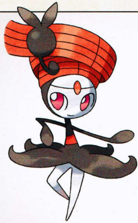
Keldeo (Resolute Form) WATER FIGHTING

SPECIES STRENGTHS	
HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆♦
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆♦

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

Keldeo takes this form when it learns the move Secret Sword. It will return to its Ordinary Form if it forgets Secret Sword.



Meloetta (Pirouette Forme) NORMAL FIGHTING

SPECIES STRENGTHS	
HP	◆◆◆◆
ATTACK	◆◆◆◆◆♦
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆♦♦

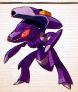
Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

Meloetta takes this form in battle when it damages an opponent using the move Relic Song. It returns to its Aria Forme when the battle ends or if it is swapped out of battle.

✓ Genesect

Paleozoic Pokémon



National Pokédex	649	BUG
Alola Pokédex	—	STEEL

Height: 4'11" | Weight: 181.9 lbs.

Gender unknown

X: This ancient bug Pokémon was altered by Team Plasma. They upgraded the cannon on its back.

Y: This Pokémon existed 300 million years ago. Team Plasma altered it and attached a cannon to its back.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Download

HIDDEN ABILITY

SPECIES STRENGTHS	
HP	◆◆◆
ATTACK	◆◆◆◆◆♦
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆♦
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fell Stinger	Bug	Physical	50	100	25	Normal
1	Techno Blast*	Normal	Special	120	100	5	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Magnet Rise	Electric	Status	—	—	10	Self
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Screech	Normal	Status	—	85	40	Normal
7	Fury Cutter	Bug	Physical	40	95	20	Normal
11	Lock-On	Normal	Status	—	—	5	Normal
18	Flame Charge	Fire	Physical	50	100	20	Normal
22	Magnet Bomb	Steel	Physical	60	—	20	Normal
29	Slash	Normal	Physical	70	100	20	Normal
33	Metal Sound	Steel	Status	—	85	40	Normal
40	Signal Beam	Bug	Special	75	100	15	Normal
44	Tri Attack	Normal	Special	80	100	10	Normal
51	X-Scissor	Bug	Physical	80	100	15	Normal
55	Bug Buzz	Bug	Special	90	100	10	Normal
62	Simple Beam	Normal	Status	—	100	15	Normal
66	Zap Cannon	Electric	Special	120	50	5	Normal
73	Hyper Beam	Normal	Special	150	90	5	Normal
77	Self-Destruct	Normal	Physical	200	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Recycle	Normal	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self

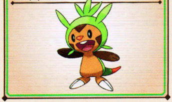
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*Genesect can hold one of four different Drives, which will change the color of part of its body as well as the type of its Techno Blast move. Drives can be received from Colress on Route 8 after becoming Champion.

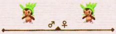
✓ Chespin

Spiny Nut Pokémon



National Pokédex 650 GRASS
Alola Pokédex —

Height: 1'04" | Weight: 19.8 lbs.



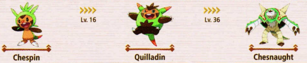
♂ ♀

Same form for male/female

X The quills on its head are usually soft. When it flexes them, the points become so hard and sharp that they can pierce rock.

Y Such a thick shell of wood covers its head and back that even a direct hit from a truck wouldn't faze it.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Quilladin or Chesnaught, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Overgrow

HIDDEN ABILITY

Bulletproof

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Vine Whip	Grass	Physical	45	100	25	Normal
5	Vine Whip	Grass	Physical	45	100	25	Normal
8	Rollout	Rock	Physical	30	90	20	Normal
11	Bite	Dark	Physical	60	100	25	Normal
15	Leech Seed	Grass	Status	—	90	10	Normal
18	Pin Missile	Bug	Physical	25	95	20	Normal
27	Take Down	Normal	Physical	90	85	20	Normal
32	Seed Bomb	Grass	Physical	80	100	15	Normal
35	Mud Shot	Ground	Special	55	95	15	Normal
39	Bulk Up	Fighting	Status	—	—	20	Self
42	Body Slam	Normal	Physical	85	100	15	Normal
45	Pain Split	Normal	Status	—	—	20	Normal
48	Wood Hammer	Grass	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

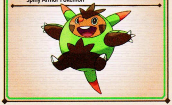
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Synthesis	Grass	Status	—	—	5	Self
Belly Drum	Normal	Status	—	—	10	Self
Curse	Ghost	Status	—	—	10	Varies
Quick Guard	Fighting	Status	—	—	15	Your Side
Spikes	Ground	Status	—	—	20	Other Side
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Power-Up Punch	Fighting	Physical	40	100	20	Normal

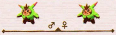
✓ Quilladin

Spiny Armor Pokémon



National Pokédex 651 GRASS
Alola Pokédex —

Height: 2'04" | Weight: 63.9 lbs.



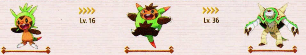
♂ ♀

Same form for male/female

X It relies on its sturdy shell to deflect predators' attacks. It counterattacks with its sharp quills.

Y They strengthen their lower bodies by running into one another. They are very kind and won't start fights.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Chespin, then level it up to Lv. 16 or higher to evolve it into Quilladin.

ABILITY

Overgrow

HIDDEN ABILITY

Bulletproof

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Needle Arm	Grass	Physical	60	100	15	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Vine Whip	Grass	Physical	45	100	25	Normal
5	Vine Whip	Grass	Physical	45	100	25	Normal
8	Rollout	Rock	Physical	30	90	20	Normal
11	Bite	Dark	Physical	60	100	25	Normal
15	Leech Seed	Grass	Status	—	90	10	Normal
19	Pin Missile	Bug	Physical	25	95	20	Normal
29	Take Down	Normal	Physical	90	85	20	Normal
35	Seed Bomb	Grass	Physical	80	100	15	Normal
39	Mud Shot	Ground	Special	55	95	15	Normal
44	Bulk Up	Fighting	Status	—	—	20	Self
48	Body Slam	Normal	Physical	85	100	15	Normal
52	Pain Split	Normal	Status	—	—	20	Normal
56	Wood Hammer	Grass	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Needle Arm	Grass	Physical	60	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

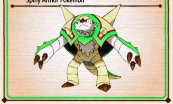
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Chesnaught

Spiny Armor Pokémon



National Pokédex 652 | GRASS | FIGHTING
Alola Pokédex —

Height: 5'03" | Weight: 198.4 lbs.

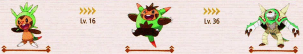
♂ ♀

Same form for male/female

X: Its Tackle is forceful enough to flip a 50-ton tank. It shields its allies from danger with its own body.

Y: When it takes a defensive posture with its fists guarding its face, it could withstand a bomb blast.

EVOLUTION



Chespin → Quilladin → Chesnaught

MAIN WAY TO OBTAIN

Find it on Exeggutor Island by using Island Scan on Poni Island on a Thursday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Overgrow

HIDDEN ABILITY

Bulletproof

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×2	PSYCHIC	×2
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Spiky Shield	Grass	Status	—	—	10	Self
1	Needle Arm	Grass	Physical	60	100	15	Normal
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Feint	Normal	Physical	30	100	10	Normal
1	Belly Drum	Normal	Status	—	—	10	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Rollout	Rock	Physical	30	90	20	Normal
5	Vine Whip	Grass	Physical	45	100	25	Normal
8	Rollout	Rock	Physical	30	90	20	Normal
11	Bite	Dark	Physical	60	100	25	Normal
15	Leech Seed	Grass	Status	—	90	10	Normal
19	Pin Missile	Bug	Physical	25	95	20	Normal
29	Take Down	Normal	Physical	90	85	20	Normal
35	Seed Bomb	Grass	Physical	80	100	15	Normal
41	Mud Shot	Ground	Special	55	95	15	Normal
48	Bulk Up	Fighting	Status	—	—	20	Self
54	Body Slam	Normal	Physical	85	100	15	Normal
60	Pain Split	Normal	Status	—	—	20	Normal
66	Wood Hammer	Grass	Physical	120	100	15	Normal
72	Hammer Arm	Fighting	Physical	100	90	10	Normal
78	Giga Impact	Normal	Physical	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spiky Shield	Grass	Status	—	—	10	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Frenzy Plant	Grass	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

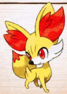
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

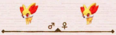
✓ Fennekin

Fox Pokémon



National Pokédex 653 | FIRE
Alola Pokédex —

Height: 1'04" | Weight: 20.7 lbs.



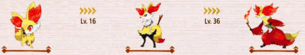
♂ ♀

Same form for male/female

X: Eating a twig fills it with energy, and its roomy ears give vent to air hotter than 390 degrees Fahrenheit.

Y: As it walks, it munches on a twig in place of a snack. It intimidates opponents by puffing hot air out of its ears.

EVOLUTION



Fennekin → Braixen → Delphox

MAIN WAY TO OBTAIN

Obtain a Braixen or Delphox, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Blaze

HIDDEN ABILITY

Magician

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Ember	Fire	Special	40	100	25	Normal
11	Howl	Normal	Status	—	—	40	Self
14	Flame Charge	Fire	Physical	50	100	20	Normal
17	Psybeam	Psychic	Special	65	100	20	Normal
20	Fire Spin	Fire	Special	35	85	15	Normal
25	Lucky Chant	Normal	Status	—	—	30	Your Side
27	Light Screen	Psychic	Status	—	—	30	Your Side
31	Psyshock	Psychic	Special	80	100	10	Normal
35	Flamethrower	Fire	Special	90	100	15	Normal
38	Will-O-Wisp	Fire	Status	—	85	15	Normal
41	Psychic	Psychic	Special	90	100	10	Normal
43	Sunny Day	Fire	Status	—	—	5	Both Sides
46	Magic Room	Psychic	Status	—	—	10	Both Sides
48	Fire Blast	Fire	Special	110	85	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Magic Room	Psychic	Status	—	—	10	Both Sides

EXCLUSIVE Z-MOVE

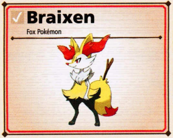
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wish	Normal	Status	—	—	10	Self
Hypnosis	Psychic	Status	—	60	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Magic Coat	Psychic	Status	—	—	15	Self
Psychic Terrain	Psychic	Status	—	—	10	Both Sides

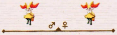
✓ Braixen

Fox Pokémon



National Pokédex	654	FIRE
Alola Pokédex	—	

Height: 3'03" | Weight: 32.0 lbs.

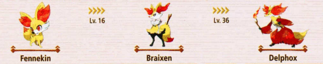


Same form for male/female

X It has a twig stuck in its tail. With friction from its tail fur, it sets the twig on fire and launches into battle.

Y When the twig is plucked from its tail, friction sets the twig alight. The flame is used to send signals to its allies.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Fennekin, then level it up to Lv. 16 or higher to evolve it into Braixen.

ABILITY

Blaze

HIDDEN ABILITY

Magician

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
5	Ember	Fire	Special	40	100	25	Normal
11	Howl	Normal	Status	—	—	40	Self
14	Flame Charge	Fire	Physical	50	100	20	Normal
18	Psybeam	Psychic	Special	65	100	20	Normal
22	Fire Spin	Fire	Special	35	85	15	Normal
28	Lucky Chant	Normal	Status	—	—	30	Your Side
31	Light Screen	Psychic	Status	—	—	30	Your Side
36	Psyshock	Psychic	Special	80	100	10	Normal
41	Flamethrower	Fire	Special	90	100	15	Normal
45	Will-O-Wisp	Fire	Status	—	85	15	Normal
49	Psychic	Psychic	Special	90	100	10	Normal
52	Sunny Day	Fire	Status	—	—	5	Both Sides
56	Magic Room	Psychic	Status	—	—	10	Both Sides
59	Fire Blast	Fire	Special	110	85	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

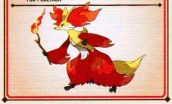
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

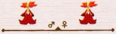
✓ Delphox

Fox Pokémon



National Pokédex	655	FIRE
Alola Pokédex	—	PSYCHIC

Height: 4'11" | Weight: 86.0 lbs.

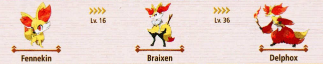


Same form for male/female

X It gazes into the flame at the tip of its branch to achieve a focused state, which allows it to see into the future.

Y Using psychic power, it generates a fiery vortex of 5,400 degrees Fahrenheit, incinerating foes swept into this whirl of flame.

EVOLUTION



MAIN WAY TO OBTAIN

Find it on the Ancient Poni Path by using Island Scan on Poni Island on a Saturday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Blaze

HIDDEN ABILITY

Magician

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×2	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mystical Fire	Fire	Special	75	100	10	Normal
1	Future Sight	Psychic	Special	120	100	10	Normal
1	Role Play	Psychic	Status	—	—	10	Normal
1	Switcheroo	Dark	Status	—	100	10	Normal
1	Shadow Ball	Ghost	Special	80	100	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Howl	Normal	Status	—	—	40	Self
5	Ember	Fire	Special	40	100	25	Normal
11	Howl	Normal	Status	—	—	40	Self
14	Flame Charge	Fire	Physical	50	100	20	Normal
18	Psybeam	Psychic	Special	65	100	20	Normal
22	Fire Spin	Fire	Special	35	85	15	Normal
28	Lucky Chant	Normal	Status	—	—	30	Your Side
31	Light Screen	Psychic	Status	—	—	30	Your Side
38	Psyshock	Psychic	Special	80	100	10	Normal
45	Flamethrower	Fire	Special	90	100	15	Normal
51	Will-O-Wisp	Fire	Status	—	85	15	Normal
57	Psychic	Psychic	Special	90	100	10	Normal
62	Sunny Day	Fire	Status	—	—	5	Both Sides
68	Magic Room	Psychic	Status	—	—	10	Both Sides
74	Fire Blast	Fire	Special	110	85	5	Normal
80	Future Sight	Psychic	Special	120	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Mystical Fire	Fire	Special	75	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal
Blast Burn	Fire	Special	150	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

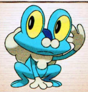
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Froakie

Bubble Frog Pokémon



National Pokédex	656	WATER
Alola Pokédex	—	

Height: 1'00" | Weight: 15.4 lbs.

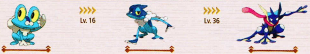
♂ ♀

Same form for male/female

X It secretes flexible bubbles from its chest and back. The bubbles reduce the damage it would otherwise take when attacked.

Y It protects its skin by covering its body in delicate bubbles. Beneath its happy-go-lucky air, it keeps a watchful eye on its surroundings.

EVOLUTION



Froakie Frogadier Greninja

MAIN WAY TO OBTAIN

Obtain a Frogadier or Greninja, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Torrent

HIDDEN ABILITY

Protean

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Bubble	Water	Special	40	100	30	Many Others
8	Quick Attack	Normal	Physical	40	100	30	Normal
10	Lick	Ghost	Physical	30	100	30	Normal
14	Water Pulse	Water	Special	60	100	20	Normal
18	Smokescreen	Normal	Status	—	100	20	Normal
21	Round	Normal	Special	60	100	15	Normal
25	Fling	Dark	Physical	—	100	10	Normal
29	Smack Down	Rock	Physical	50	100	15	Normal
35	Substitute	Normal	Status	—	—	10	Self
39	Bounce	Flying	Physical	85	85	5	Normal
43	Double Team	Normal	Status	—	—	15	Self
48	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

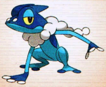
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bestow	Normal	Status	—	—	15	Normal
Mind Reader	Normal	Status	—	—	5	Normal
Toxic Spikes	Poison	Status	—	—	20	Other Side
Mud Sport	Ground	Status	—	—	15	Both Sides
Camouflage	Normal	Status	—	—	20	Self
Water Sport	Water	Status	—	—	15	Both Sides
Power-Up Punch	Fighting	Physical	40	100	20	Normal

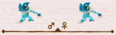
✓ Frogadier

Bubble Frog Pokémon



National Pokédex	657	WATER
Alola Pokédex	—	

Height: 2'00" | Weight: 24.0 lbs.



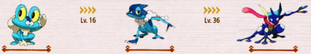
♂ ♀

Same form for male/female

X It can throw bubble-covered pebbles with precise control, hitting empty cans up to a hundred feet away.

Y Its swiftness is unparalleled. It can scale a tower of more than 2,000 feet in a minute's time.

EVOLUTION



Froakie Frogadier Greninja

MAIN WAY TO OBTAIN

Obtain a Froakie, then level it up to Lv. 16 or higher to evolve it into Frogadier.

ABILITY

Torrent

HIDDEN ABILITY

Protean

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bubble	Water	Special	40	100	30	Many Others
5	Bubble	Water	Special	40	100	30	Many Others
8	Quick Attack	Normal	Physical	40	100	30	Normal
10	Lick	Ghost	Physical	30	100	30	Normal
14	Water Pulse	Water	Special	60	100	20	Normal
19	Smokescreen	Normal	Status	—	100	20	Normal
23	Round	Normal	Special	60	100	15	Normal
28	Fling	Dark	Physical	—	100	10	Normal
33	Smack Down	Rock	Physical	50	100	15	Normal
40	Substitute	Normal	Status	—	—	10	Self
45	Bounce	Flying	Physical	85	85	5	Normal
50	Double Team	Normal	Status	—	—	15	Self
56	Hydro Pump	Water	Special	110	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

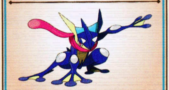
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

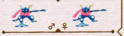
Greninja

Ninja Pokémon



National Pokédex	658	WATER
Alola Pokédex	—	DARK

Height: 4'11" | Weight: 88.2 lbs.

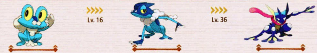


Same form for male/female

X It creates throwing stars out of compressed water. When it spins them and throws them at high speed, these stars can split metal in two.

Y It appears and vanishes with a ninja's grace. It toys with its enemies using swift movements, while slicing them with throwing stars of sharpest water.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the Poni Wilds by using Island Scan on Poni Island on a Friday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Torrent

HIDDEN ABILITY

Protean

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Shuriken	Water	Special	15	100	20	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Haze	Ice	Status	—	—	30	Both Sides
1	Role Play	Psychic	Status	—	—	10	Normal
1	Mat Block	Fighting	Status	—	—	10	Your Side
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bubble	Water	Special	40	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
5	Bubble	Water	Special	40	100	30	Many Others
8	Quick Attack	Normal	Physical	40	100	30	Normal
10	Lick	Ghost	Physical	30	100	30	Normal
14	Water Pulse	Water	Special	60	100	20	Normal
19	Smokescreen	Normal	Status	—	100	20	Normal
23	Shadow Sneak	Ghost	Physical	40	100	30	Normal
28	Spikes	Ground	Status	—	—	20	Other Side
33	Feint Attack	Dark	Physical	60	—	20	Normal
42	Substitute	Normal	Status	—	—	10	Self
49	Extrasensory	Psychic	Special	80	100	20	Normal
56	Double Team	Normal	Status	—	—	15	Self
68	Hydro Pump	Water	Special	110	80	5	Normal
70	Haze	Ice	Status	—	—	30	Both Sides
77	Night Slash	Dark	Physical	70	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Shuriken	Water	Special	15	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

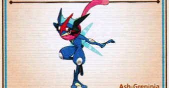
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Greninja

Ninja Pokémon



Ash-Greninja

National Pokédex	658	WATER
Alola Pokédex	—	DARK

Height: 4'11" | Weight: 88.2 lbs.

Male only

X It creates throwing stars out of compressed water. When it spins them and throws them at high speed, these stars can split metal in two.

Y It appears and vanishes with a ninja's grace. It toys with its enemies using swift movements, while slicing them with throwing stars of sharpest water.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Battle Bond

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Shuriken	Water	Special	15	100	20	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Haze	Ice	Status	—	—	30	Both Sides
1	Role Play	Psychic	Status	—	—	10	Normal
1	Mat Block	Fighting	Status	—	—	10	Your Side
1	Pound	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Bubble	Water	Special	40	100	30	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
5	Bubble	Water	Special	40	100	30	Many Others
8	Quick Attack	Normal	Physical	40	100	30	Normal
10	Lick	Ghost	Physical	30	100	30	Normal
14	Water Pulse	Water	Special	60	100	20	Normal
19	Smokescreen	Normal	Status	—	100	20	Normal
23	Shadow Sneak	Ghost	Physical	40	100	30	Normal
28	Spikes	Ground	Status	—	—	20	Other Side
33	Feint Attack	Dark	Physical	60	—	20	Normal
42	Substitute	Normal	Status	—	—	10	Self
49	Extrasensory	Psychic	Special	80	100	20	Normal
56	Double Team	Normal	Status	—	—	15	Self
68	Hydro Pump	Water	Special	110	80	5	Normal
70	Haze	Ice	Status	—	—	30	Both Sides
77	Night Slash	Dark	Physical	70	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Shuriken	Water	Special	15	100	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

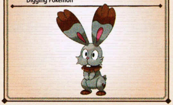
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

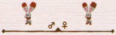
✓ Bunnelby

Digging Pokémon



National Pokédex	659	NORMAL
Alola Pokédex	—	

Height: 1'04" | Weight: 11.0 lbs.

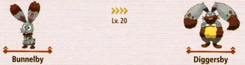


Same form for male/female

X: They use their large ears to dig burrows. They will dig the whole night through.

Y: It has ears like shovels. Digging holes strengthens its ears so much that they can sever thick roots effortlessly.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Pickup
Cheek Pouch

HIDDEN ABILITY

Huge Power

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Agility	Psychic	Status	—	—	30	Self
1	Leer	Normal	Status	—	100	30	Many Others
7	Quick Attack	Normal	Physical	40	100	30	Normal
10	Double Slap	Normal	Physical	15	85	10	Normal
13	Mud-Slap	Ground	Special	20	100	10	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
18	Mud Shot	Ground	Special	55	95	15	Normal
20	Double Kick	Fighting	Physical	30	100	30	Normal
25	Odor Sleuth	Normal	Status	—	—	40	Normal
29	Flail	Normal	Physical	—	100	15	Normal
33	Dig	Ground	Physical	80	100	10	Normal
38	Bounce	Flying	Physical	85	85	5	Normal
42	Super Fang	Normal	Physical	—	90	10	Normal
47	Facade	Normal	Physical	70	100	20	Normal
49	Earthquake	Ground	Physical	100	100	10	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

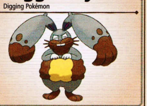
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spikes	Ground	Status	—	—	20	Other Side
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal

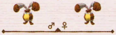
✓ Diggersby

Digging Pokémon



National Pokédex	660	NORMAL
Alola Pokédex	—	GROUND

Height: 3'03" | Weight: 93.5 lbs.

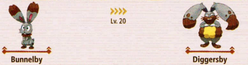


Same form for male/female

X: With their powerful ears, they can heft boulders of a ton or more with ease. They can be a big help at construction sites.

Y: As powerful as an excavator, its ears can reduce dense bedrock to rubble. When it's finished digging, it lounges lazily.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Bunnelby, then level it up to Lv. 20 or higher to evolve it into Diggersby.

ABILITY

Pickup
Cheek Pouch

HIDDEN ABILITY

Huge Power

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
1	Swords Dance	Normal	Status	—	—	20	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Agility	Psychic	Status	—	—	30	Self
1	Leer	Normal	Status	—	100	30	Many Others
7	Quick Attack	Normal	Physical	40	100	30	Normal
13	Double Slap	Normal	Physical	15	85	10	Normal
13	Mud-Slap	Ground	Special	20	100	10	Normal
15	Take Down	Normal	Physical	90	85	20	Normal
18	Mud Shot	Ground	Special	55	95	15	Normal
21	Double Kick	Fighting	Physical	30	100	30	Normal
27	Odor Sleuth	Normal	Status	—	—	40	Normal
32	Flail	Normal	Physical	—	100	15	Normal
37	Dig	Ground	Physical	80	100	10	Normal
43	Bounce	Flying	Physical	85	85	5	Normal
48	Super Fang	Normal	Physical	—	90	10	Normal
54	Facade	Normal	Physical	70	100	20	Normal
57	Earthquake	Ground	Physical	100	100	10	Adjacent
60	Hammer Arm	Fighting	Physical	100	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal

EXCLUSIVE Z-MOVE

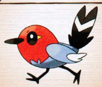
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

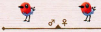
✓ Fletchling

Tiny Robin Pokémon



National Pokédex	661	NORMAL
Alola Pokédex	192	FLYING

Height: 1'00" | Weight: 3.7 lbs.

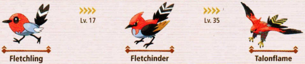


Same form for male/female

While it's an amiable Pokémon, if you touch it unexpectedly, it will heat up its body in an instant, and you'll be burned.

Its body is always warm. Trainers who live in cold areas apparently sleep with it in their bed.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Wela Volcano Park.

ABILITY

Big Pecks

HIDDEN ABILITY

Gale Wings

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
6	Quick Attack	Normal	Physical	40	100	30	Normal
10	Peck	Flying	Physical	35	100	35	Normal
13	Agility	Psychic	Status	—	—	30	Self
16	Flail	Normal	Physical	—	100	15	Normal
21	Roost	Flying	Status	—	—	10	Self
25	Razor Wind	Normal	Special	80	100	10	Many Others
29	Natural Gift	Normal	Physical	—	100	15	Normal
34	Flame Charge	Fire	Physical	50	100	20	Normal
39	Acrobatics	Flying	Physical	55	100	15	Normal
41	Me First	Normal	Status	—	—	20	Varies
45	Tailwind	Flying	Status	—	—	15	Your Side
48	Steel Wing	Steel	Physical	70	90	25	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

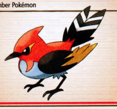
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tailwind	Flying	Status	—	—	15	Your Side
Snatch	Dark	Status	—	—	10	Self
Quick Guard	Fighting	Status	—	—	15	Your Side

✓ Fletchinder

Ember Pokémon



National Pokédex	662	FIRE
Alola Pokédex	193	FLYING

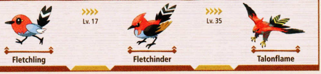
Height: 2'04" | Weight: 35.3 lbs.

Same form for male/female

It scatters embers in the tall grass. Then bug Pokémon, frightened by the flames, come flying out, and Fletchinder gobbles them up.

Its speed right after takeoff already puts it in the top speed class of all bird Pokémon.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Fletchling in Wela Volcano Park. Or obtain a Fletchling, then level it up to Lv. 17 or higher to evolve it into Fletchinder.

ABILITY

Flame Body

HIDDEN ABILITY

Gale Wings

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
6	Quick Attack	Normal	Physical	40	100	30	Normal
10	Peck	Flying	Physical	35	100	35	Normal
13	Agility	Psychic	Status	—	—	30	Self
16	Flail	Normal	Physical	—	100	15	Normal
25	Roost	Flying	Status	—	—	10	Self
27	Razor Wind	Normal	Special	80	100	10	Many Others
31	Natural Gift	Normal	Physical	—	100	15	Normal
38	Flame Charge	Fire	Physical	50	100	20	Normal
42	Acrobatics	Flying	Physical	55	100	15	Normal
46	Me First	Normal	Status	—	—	20	Varies
51	Tailwind	Flying	Status	—	—	15	Your Side
55	Steel Wing	Steel	Physical	70	90	25	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ember	Fire	Special	40	100	25	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

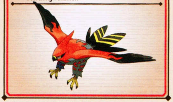
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Talonflame

Scorching Pokémon



National Pokédex	663	FIRE
Alola Pokédex	194	FLYING

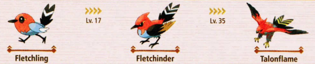
Height: 3'11" | Weight: 54.0 lbs.

Same form for male/female

Its tough wings don't allow fire to pass through them. A long time ago, firefighters' outfits were made from Talonflame wings.

Bird Pokémon make up most of its diet. It approaches at high speeds and smacks them down to the ground with its powerful kick.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Fletchinder, then level it up to Lv. 35 or higher to evolve it into Talonflame.

ABILITY

Flame Body

HIDDEN ABILITY

Gale Wings

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	Brave Bird	Flying	Physical	120	100	15	Normal
1	Flare Blitz	Fire	Physical	120	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Peck	Flying	Physical	35	100	35	Normal
6	Quick Attack	Normal	Physical	40	100	30	Normal
10	Peck	Flying	Physical	35	100	35	Normal
13	Agility	Psychic	Status	—	—	30	Self
16	Flail	Normal	Physical	—	100	15	Normal
25	Roost	Flying	Status	—	—	10	Self
27	Razor Wind	Normal	Special	80	100	10	Many Others
31	Natural Gift	Normal	Physical	—	100	15	Normal
39	Flame Charge	Fire	Physical	50	100	20	Normal
44	Acrobatics	Flying	Physical	55	100	15	Normal
49	Me First	Normal	Status	—	—	20	Varies
55	Tailwind	Flying	Status	—	—	15	Your Side
60	Steel Wing	Steel	Physical	70	90	25	Normal
64	Brave Bird	Flying	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

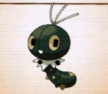
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

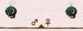
✓ Scatterbug

Scatterdust Pokémon



National Pokédex	664	BUG
Alola Pokédex	—	

Height: 1'00" | Weight: 5.5 lbs.

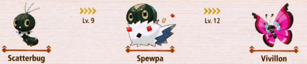


Same form for male/female

When under attack from bird Pokémon, it spews a poisonous black powder that causes paralysis on contact.

The powder that covers its body regulates its temperature, so it can live in any region or climate.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in Hau'oli City by using Island Scan on Melemele Island on a Thursday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Shield Dust
Compound Eyes

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
6	Stun Spore	Grass	Status	—	75	30	Normal
15	Bug Bite	Bug	Physical	60	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal

◆ EXCLUSIVE Z-MOVE

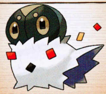
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stun Spore	Grass	Status	—	75	30	Normal
Poison Powder	Poison	Status	—	75	35	Normal
Rage Powder	Bug	Status	—	—	20	Self

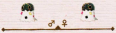
✓ Spewpa

Scatterdust Pokémon



National Pokédex	665	BUG
Alola Pokédex	—	

Height: 1'00" | Weight: 18.5 lbs.

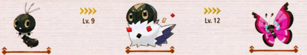


Same form for male/female

X It lives hidden within thicket shadows. When predators attack, it quickly bristles the fur covering its body in an effort to threaten them.

Y The beaks of bird Pokémon can't begin to scratch its stalwart body. To defend itself, it spews powder.

EVOLUTION



Scatterbug → Spewpa → Vivillon

MAIN WAY TO OBTAIN

Obtain a Scatterbug, then level it up to Lv. 9 or higher to evolve it into Spewpa.

ABILITY

Shed Skin

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Protect	Normal	Status	—	—	10	Self
1	Harden	Normal	Status	—	—	30	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM17	Protect	Normal	Status	—	—	10	Self

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Protect	Normal	Status	—	—	10	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others

EXCLUSIVE Z-MOVE

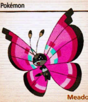
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Vivillon

Scale Pokémon



Meadow Pattern

National Pokédex	666	BUG
Alola Pokédex	—	FLYING

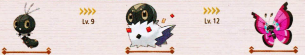
Height: 3'11" | Weight: 37.5 lbs.

Same form for male/female

X Vivillon with many different patterns are found all over the world. These patterns are affected by the climate of their habitat.

Y The patterns on this Pokémon's wings depend on the climate and topography of its habitat. It scatters colorful scales.

EVOLUTION



Scatterbug → Spewpa → Vivillon

MAIN WAY TO OBTAIN

Obtain a Spewpa, then level it up to Lv. 12 or higher to evolve it into Vivillon.

ABILITY

Shield Dust
Compound Eyes

HIDDEN ABILITY

Friend Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Gust	Flying	Special	40	100	35	Normal
1	Powder	Bug	Status	—	100	20	Normal
1	Sleep Powder	Grass	Status	—	75	15	Normal
1	Poison Powder	Poison	Status	—	75	35	Normal
1	Stun Spore	Grass	Status	—	75	30	Normal
1	Struggle Bug	Bug	Special	50	100	20	Many Others
12	Light Screen	Psychic	Status	—	—	30	Your Side
17	Psybeam	Psychic	Special	65	100	20	Normal
21	Supersonic	Normal	Status	—	55	20	Normal
25	Draining Kiss	Fairy	Special	50	100	10	Normal
31	Aromatherapy	Grass	Status	—	—	5	Your Party
35	Bug Buzz	Bug	Special	90	100	10	Normal
41	Safeguard	Normal	Status	—	—	25	Your Side
45	Quiver Dance	Bug	Status	—	—	20	Self
50	Hurricane	Flying	Special	110	70	10	Normal
55	Powder	Bug	Status	—	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gust	Flying	Special	40	100	35	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

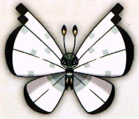
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

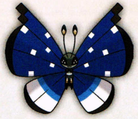
Vivillon Patterns

Vivillon is a rather unique Pokémon that is found to have different forms tied to your location in the real world. Depending on the region that your Nintendo 3DS system was registered to, the Scatterbug and Spewpa you could catch in *Pokémon X* and *Pokémon Y* would evolve into a particular pattern of Vivillon. If you hope to collect them all, you'll need the GTS (p. 22) and a good deal of luck. These patterns are just for looks, and all forms of Vivillon share the same types and moves, but a complete collection is quite the sight to behold!



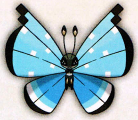
Vivillon (Icy Snow Pattern)

Appears in areas like: Siberia, northern Canada, Greenland



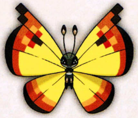
Vivillon (Polar Pattern)

Appears in areas like: Scandinavia, southern Canada, southern tip of South America



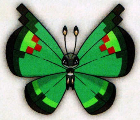
Vivillon (Tundra Pattern)

Appears in areas like: Iceland, north Pacific



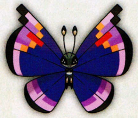
Vivillon (Continental Pattern)

Appears in areas like: northern Europe, China, Argentina



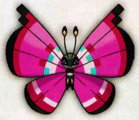
Vivillon (Garden Pattern)

Appears in areas like: United Kingdom, New Zealand



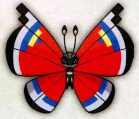
Vivillon (Elegant Pattern)

Appears in areas like: Japan



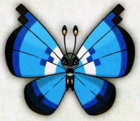
Vivillon (Meadow Pattern)

Appears in areas like: France



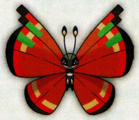
Vivillon (Modern Pattern)

Appears in areas like: eastern half of the USA



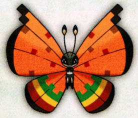
Vivillon (Marine Pattern)

Appears in areas like: southern Europe, northern Africa, Pacific Ocean



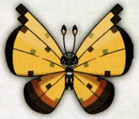
Vivillon (Archipelago Pattern)

Appears in areas like: southern tip of Africa, Caribbean



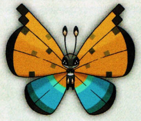
Vivillon (High Plains Pattern)

Appears in areas like: Mongolia, central Asia, western half of the USA



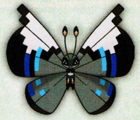
Vivillon (Sandstorm Pattern)

Appears in areas like: northeastern Africa, western Asia



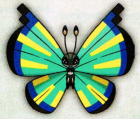
Vivillon (River Pattern)

Appears in areas like: northern Africa, southern Africa, Australia



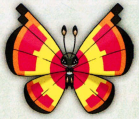
Vivillon (Monsoon Pattern)

Appears in areas like: India, southeastern Asia



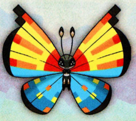
Vivillon (Savanna Pattern)

Appears in areas like: Brazil and nearby countries



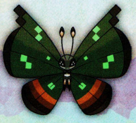
Vivillon (Sun Pattern)

Appears in areas like: eastern Africa, northern half of Australia



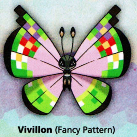
Vivillon (Ocean Pattern)

Appears in areas like: equatorial areas of the Pacific, Atlantic, and Indian Oceans



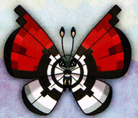
Vivillon (Jungle Pattern)

Appears in areas like: western Africa, Malay Archipelago, northern portions of South America



Vivillon (Fancy Pattern)

This pattern was previously available through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website, www.pokemon.com.

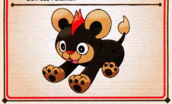


Vivillon (Poké Ball Pattern)

This pattern was previously available through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website, www.pokemon.com.

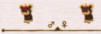
✓ Litleo

Lion Cub Pokémon



National Pokédex	667	FIRE	
Alola Pokédex	370	NORMAL	

Height: 2'00" | Weight: 29.8 lbs.

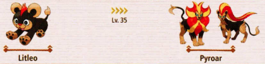


Same form for male/female

When they're young, they live with a pride. Once they're able to hunt prey on their own, they're kicked out and have to make their own way.

This hot-blooded Pokémon is filled with curiosity. When it gets angry or starts fighting, its short mane gets hot.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Pyroar, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Rivalry
Unnerve

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×0
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Ember	Fire	Special	40	100	25	Normal
8	Work Up	Normal	Status	—	—	30	Self
11	Headbutt	Normal	Physical	70	100	15	Normal
15	Noble Roar	Normal	Status	—	100	30	Normal
20	Take Down	Normal	Physical	90	85	20	Normal
23	Fire Fang	Fire	Physical	65	95	15	Normal
28	Endeavor	Normal	Physical	—	100	5	Normal
33	Echoed Voice	Normal	Special	40	100	15	Normal
36	Flamethrower	Fire	Special	90	100	15	Normal
39	Crunch	Dark	Physical	80	100	15	Normal
43	Hyper Voice	Normal	Special	90	100	10	Many Others
46	Incinerate	Fire	Special	60	100	15	Many Others
50	Overheat	Fire	Special	130	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

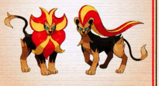
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Entrainment	Normal	Status	—	100	15	Normal
Yawn	Normal	Status	—	—	10	Normal
Snatch	Dark	Status	—	—	10	Self
Fire Spin	Fire	Special	35	85	15	Normal
Flare Blitz	Fire	Physical	120	100	15	Normal

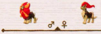
✓ Pyroar

Royal Pokémon



National Pokédex	668	FIRE	
Alola Pokédex	371	NORMAL	

Height: 4'11" | Weight: 179.7 lbs.



The male has a mane around its face. The female has a mane on its head.

The males are usually lazy, but when attacked by a strong foe, a male will protect its friends with no regard for its own safety.

The temperature of its breath is over 10,000 degrees Fahrenheit, but Pyroar doesn't use it on its prey. This Pokémon prefers to eat raw meat.

EVOLUTION

Lv. 35
Litleo
Pyroar

MAIN WAY TO OBTAIN

Catch it when it appears from the rustling grass in Poni Plains.

ABILITY

Rivalry
Unnerve

HIDDEN ABILITY

Moxie

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×0
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hyper Beam	Normal	Special	150	90	5	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Work Up	Normal	Status	—	—	30	Self
5	Ember	Fire	Special	40	100	25	Normal
8	Work Up	Normal	Status	—	—	30	Self
11	Headbutt	Normal	Physical	70	100	15	Normal
15	Noble Roar	Normal	Status	—	100	30	Normal
20	Take Down	Normal	Physical	90	85	20	Normal
23	Fire Fang	Fire	Physical	65	95	15	Normal
28	Endeavor	Normal	Physical	—	100	5	Normal
33	Echoed Voice	Normal	Special	40	100	15	Normal
38	Flamethrower	Fire	Special	90	100	15	Normal
42	Crunch	Dark	Physical	80	100	15	Normal
48	Hyper Voice	Normal	Special	90	100	10	Many Others
51	Incinerate	Fire	Special	60	100	15	Many Others
57	Overheat	Fire	Special	130	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

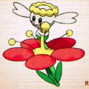
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Flabébé

Single Bloom Pokémon



Red Flower

National Pokédex	669	FAIRY
Alola Pokédex	100	

Height: 0'04" | Weight: 0.2 lbs.

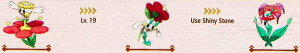
♂ ♀

Female only

It's not safe without the power of a flower, but it will keep traveling around until it finds one with the color and shape it wants.

Flabébé wears a crown made from pollen it's collected from its flower. The crown has hidden healing properties.

EVOLUTION



Flabébé (Red Flower)

Floette (Red Flower)

Florges (Red Flower)

MAIN WAY TO OBTAIN

Obtain a Red Flower Floette, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found. Turn to the next page to learn how to obtain other forms of Flabébé and its Evolutions with different colored flowers.

ABILITY

Flower Veil

HIDDEN ABILITY

Symbiosis

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Vine Whip	Grass	Physical	45	100	25	Normal
6	Fairy Wind	Fairy	Special	40	100	30	Normal
10	Lucky Chant	Normal	Status	—	—	30	Your Side
15	Razor Leaf	Grass	Physical	55	95	25	Many Others
20	Wish	Normal	Status	—	—	10	Self
22	Magical Leaf	Grass	Special	60	—	20	Normal
24	Grassy Terrain	Grass	Status	—	—	10	Both Sides
28	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
33	Aromatherapy	Grass	Status	—	—	5	Your Party
37	Misty Terrain	Fairy	Status	—	—	10	Both Sides
41	Moonblast	Fairy	Special	95	100	15	Normal
45	Petal Dance	Grass	Special	120	100	10	1 Random
48	Solar Beam	Grass	Special	120	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

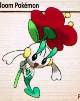
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Copycat	Normal	Status	—	—	20	Self
Captivate	Normal	Status	—	100	20	Many Others
Camouflage	Normal	Status	—	—	20	Self
Tearful Look	Normal	Status	—	—	20	Normal

✓ Floette

Single Bloom Pokémon



Red Flower

National Pokédex	670	FAIRY
Alola Pokédex	101	

Height: 0'08" | Weight: 2.0 lbs.

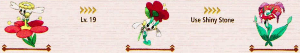
♂ ♀

Female only

It raises flowers and uses them as weapons. The more gorgeous the blossom, the more power it contains.

It gives its own power to flowers, pouring its heart into caring for them. Floette never forgives anyone who messes up a flower bed.

EVOLUTION



Flabébé (Red Flower)

Floette (Red Flower)

Florges (Red Flower)

MAIN WAY TO OBTAIN

Catch a Red Flower Floette when it appears in the tall grass and red flowers in Ula'ula Meadow.

ABILITY

Flower Veil

HIDDEN ABILITY

Symbiosis

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Fairy Wind	Fairy	Special	40	100	30	Normal
6	Fairy Wind	Fairy	Special	40	100	30	Normal
10	Lucky Chant	Normal	Status	—	—	30	Your Side
15	Razor Leaf	Grass	Physical	55	95	25	Many Others
20	Wish	Normal	Status	—	—	10	Self
25	Magical Leaf	Grass	Special	60	—	20	Normal
27	Grassy Terrain	Grass	Status	—	—	10	Both Sides
33	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
38	Aromatherapy	Grass	Status	—	—	5	Your Party
43	Misty Terrain	Fairy	Status	—	—	10	Both Sides
46	Moonblast	Fairy	Special	95	100	15	Normal
51	Petal Dance	Grass	Special	120	100	10	1 Random
58	Solar Beam	Grass	Special	120	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

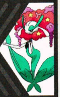
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

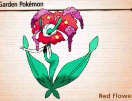
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



✓ Florges

Garden Pokémon



Red Flower

National Pokédex	671
Alola Pokédex	102

FAIRY

Height: 3'07" | Weight: 22.0 lbs.

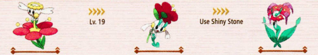
♂ ♀

Female only

It controls the flowers it grows. The petal blizzards that Florges triggers are overwhelming in their beauty and power.

Its life can span several hundred years. It's said to devote its entire life to protecting gardens.

EVOLUTION



Flabébé (Red Flower) **Floette** (Red Flower) **Florges** (Red Flower)

MAIN WAY TO OBTAIN

Obtain a Red Flower Floette, then use a Shiny Stone on it to evolve it into Red Flower Florges.

ABILITY

Flower Veil

HIDDEN ABILITY

Symbiosis

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Disarming Voice	Fairy	Special	40	—	15	Many Others
1	Lucky Chant	Normal	Status	—	—	30	Your Side
1	Wish	Normal	Status	—	—	10	Self
1	Magical Leaf	Grass	Special	60	—	20	Normal
1	Flower Shield	Fairy	Status	—	—	10	Varies
1	Grass Knot	Grass	Special	—	100	20	Normal
1	Grassy Terrain	Grass	Status	—	—	10	Both Sides
1	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
1	Misty Terrain	Fairy	Status	—	—	10	Both Sides
1	Moonblast	Fairy	Special	95	100	15	Normal
1	Petal Dance	Grass	Special	120	100	10	1 Random
1	Aromatherapy	Grass	Status	—	—	5	Your Party

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Heal Bell	Normal	Status	—	—	5	Your Party
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

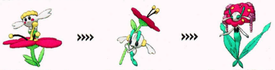
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Flabébé's Different Colors

Flabébé and its Evolutions all appear in five different forms, which vary by the color of the flowers they love so dearly. These different forms do not differ in type, moves, or any other stats. But the color of their flowers are carried over through Evolution, meaning that a Red Flower Flabébé will always evolve into a Red Flower Floette, which will then evolve without fail into a Red Flower Florges.

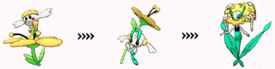
Red Flower Forms



Flabébé (Red Flower) **Floette** (Red Flower) **Florges** (Red Flower)

Red Flower Floette can be caught in the tall grass or red flowers of Ula'ula Meadow and then evolved into Red Flower Florges. Red Flower Flabébé can be obtained by leaving a Red Flower Floette at the Pokémon Nursery with a compatible Pokémon, then hatching the Egg that is found.

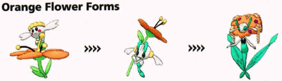
Yellow Flower Forms



Flabébé (Yellow Flower) **Floette** (Yellow Flower) **Florges** (Yellow Flower)

Yellow Flower Flabébé can be caught in the yellow flowers of Melemele Meadow and then evolved into Yellow Flower Floette, which can then be evolved into Yellow Flower Florges.

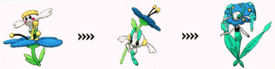
Orange Flower Forms



Flabébé (Orange Flower) **Floette** (Orange Flower) **Florges** (Orange Flower)

Orange Flower Flabébé can be encountered as an SOS ally called by Yellow Flower Flabébé in Melemele Meadow. Orange Flower Floette can be encountered as an SOS ally called by Red Flower Floette in Ula'ula Meadow or by Blue Flower Floette in Poni Meadow. It can then be evolved or used to discover Pokémon Eggs.

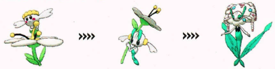
Blue Flower Forms



Flabébé (Blue Flower) **Floette** (Blue Flower) **Florges** (Blue Flower)

Blue Flower Floette can be caught in the tall grass of Poni Meadow and then evolved into Blue Flower Florges. Blue Flower Flabébé can be obtained by leaving a Blue Flower Floette at the Pokémon Nursery with a compatible Pokémon, then hatching the Egg that is found.

White Flower Forms

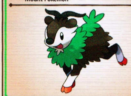


Flabébé (White Flower) **Floette** (White Flower) **Florges** (White Flower)

White Flower Flabébé can be encountered as an SOS ally called by Yellow Flower Flabébé in Melemele Meadow. White Flower Floette can be encountered as an SOS ally called by Red Flower Floette in Ula'ula Meadow or by Blue Flower Floette in Poni Meadow. It can then be evolved or used to discover Pokémon Eggs.

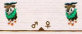
✓ Skiddo

Mount Pokémon



National Pokédex 672 GRASS
Alola Pokédex —

Height: 2'11" | Weight: 68.3 lbs.



♂ ♀

Same form for male/female

X Thought to be one of the first Pokémon to live in harmony with humans, it has a placid disposition.

Y If it has sunshine and water, it doesn't need to eat, because it can generate energy from the leaves on its back.

EVOLUTION

Skiddo

Lv. 32

Gogoat

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sap Sipper

HIDDEN ABILITY

Grass Pelt

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growth	Normal	Status	—	—	20	Self
7	Vine Whip	Grass	Physical	45	100	25	Normal
9	Tail Whip	Normal	Status	—	100	30	Many Others
12	Leech Seed	Grass	Status	—	90	10	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
16	Worry Seed	Grass	Status	—	100	10	Normal
20	Synthesis	Grass	Status	—	—	5	Self
22	Take Down	Normal	Physical	90	85	20	Normal
26	Bulldoze	Ground	Physical	60	100	20	Adjacent
30	Seed Bomb	Grass	Physical	80	100	15	Normal
34	Bulk Up	Fighting	Status	—	—	20	Self
38	Double-Edge	Normal	Physical	120	100	15	Normal
42	Horn Leech	Grass	Physical	75	100	10	Normal
45	Leaf Blade	Grass	Physical	90	100	15	Normal
50	Milk Drink	Normal	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EXCLUSIVE Z-MOVE

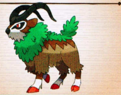
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defense Curl	Normal	Status	—	—	40	Self
Rollout	Rock	Physical	30	90	20	Normal
Milk Drink	Normal	Status	—	—	10	Self
Grassy Terrain	Grass	Status	—	—	10	Both Sides

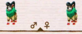
✓ Gogoat

Mount Pokémon



National Pokédex 673 GRASS
Alola Pokédex —

Height: 5'07" | Weight: 200.6 lbs.



♂ ♀

Same form for male/female

X It can tell how its Trainer is feeling by subtle shifts in the grip on its horns. This empathic sense lets them run as if one being.

Y They inhabit mountainous regions. The leader of the herd is decided by a battle of clashing horns.

EVOLUTION

Skiddo

Lv. 32

Gogoat

MAIN WAY TO OBTAIN

Obtain a Skiddo, then level it up to Lv. 32 or higher to evolve it into Gogoat.

ABILITY

Sap Sipper

HIDDEN ABILITY

Grass Pelt

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aerial Ace	Flying	Physical	60	—	20	Normal
1	Earthquake	Ground	Physical	100	100	10	Adjacent
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growth	Normal	Status	—	—	20	Self
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
7	Vine Whip	Grass	Physical	45	100	25	Normal
9	Tail Whip	Normal	Status	—	100	30	Many Others
12	Leech Seed	Grass	Status	—	90	10	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
16	Worry Seed	Grass	Status	—	100	10	Normal
20	Synthesis	Grass	Status	—	—	5	Self
22	Take Down	Normal	Physical	90	85	20	Normal
26	Bulldoze	Ground	Physical	60	100	20	Adjacent
30	Seed Bomb	Grass	Physical	80	100	15	Normal
34	Bulk Up	Fighting	Status	—	—	20	Self
40	Double-Edge	Normal	Physical	120	100	15	Normal
47	Horn Leech	Grass	Physical	75	100	10	Normal
55	Leaf Blade	Grass	Physical	90	100	15	Normal
58	Milk Drink	Normal	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Worry Seed	Grass	Status	—	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aerial Ace	Flying	Physical	60	—	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

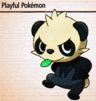
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pancham

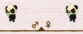
Playful Pokémon



National Pokédex	674	FIGHTING
Alola Pokédex	284	

Height: 2'00" | Weight: 17.6 lbs.

Mental Herb

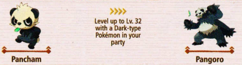


Same form for male/female

It follows Pangoro around like a henchman. When Pancham makes a big mistake, its leaf gets taken away.

It's desperate to intimidate its opponents. Be nice and pretend to be scared if you catch it glaring at you intensely.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 11.

ABILITY

Iron Fist
Mold Breaker

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
7	Arm Thrust	Fighting	Physical	15	100	20	Normal
10	Work Up	Normal	Status	—	—	30	Self
12	Karate Chop	Fighting	Physical	50	100	25	Normal
15	Comet Punch	Normal	Physical	18	85	15	Normal
20	Slash	Normal	Physical	70	100	20	Normal
25	Circle Throw	Fighting	Physical	60	90	10	Normal
27	Vital Throw	Fighting	Physical	70	—	10	Normal
33	Body Slam	Normal	Physical	85	100	15	Normal
39	Crunch	Dark	Physical	80	100	15	Normal
42	Entrainment	Normal	Status	—	100	15	Normal
45	Parting Shot	Dark	Status	—	100	20	Normal
48	Sky Uppercut	Fighting	Physical	85	90	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

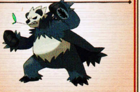
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Quash	Dark	Status	—	100	15	Normal
Me First	Normal	Status	—	—	20	Varies
Quick Guard	Fighting	Status	—	—	15	Your Side
Foul Play	Dark	Physical	95	100	15	Normal
Storm Throw	Fighting	Physical	60	100	10	Normal
Power Trip	Dark	Physical	20	100	10	Normal

✓ Pangoro

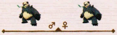
Daunting Pokémon



National Pokédex	675	FIGHTING
Alola Pokédex	285	DARK

Height: 6'11" | Weight: 299.8 lbs.

Mental Herb

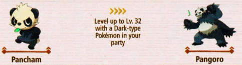


Same form for male/female

This rowdy Pokémon boasts great physical strength. Many Trainers are also smitten by its lively character.

Pangoro is the type to talk with its fists. It doesn't say much as it pummels opponents with enough force to send a dump truck flying.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Pancham on Route 11. Or obtain a Pancham, then level it up to Lv. 32 or higher with a Dark-type Pokémon in your party.

ABILITY

Iron Fist
Mold Breaker

HIDDEN ABILITY

Scrappy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field
Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.25
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bullet Punch	Steel	Physical	40	100	30	Normal
1	Hammer Arm	Fighting	Physical	100	90	10	Normal
1	Low Sweep	Fighting	Physical	65	100	20	Normal
1	Entrainment	Normal	Status	—	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Arm Thrust	Fighting	Physical	15	100	20	Normal
1	Work Up	Normal	Status	—	—	30	Self
7	Arm Thrust	Fighting	Physical	15	100	20	Normal
10	Work Up	Normal	Status	—	—	30	Self
12	Karate Chop	Fighting	Physical	50	100	25	Normal
15	Comet Punch	Normal	Physical	18	85	15	Normal
20	Slash	Normal	Physical	70	100	20	Normal
25	Circle Throw	Fighting	Physical	60	90	10	Normal
27	Vital Throw	Fighting	Physical	70	—	10	Normal
35	Body Slam	Normal	Physical	85	100	15	Normal
42	Crunch	Dark	Physical	80	100	15	Normal
45	Entrainment	Normal	Status	—	100	15	Normal
48	Parting Shot	Dark	Status	—	100	20	Normal
52	Sky Uppercut	Fighting	Physical	85	90	15	Normal
57	Low Sweep	Fighting	Physical	65	100	20	Normal
65	Taunt	Dark	Status	—	100	20	Normal
70	Hammer Arm	Fighting	Physical	100	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bullet Punch	Steel	Physical	40	100	30	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

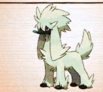
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

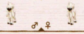
✓ Furfrou

Poodle Pokémon



National Pokédex	676	NORMAL
Alola Pokédex	030	

Height: 3'11" | Weight: 61.7 lbs.



♂ ♀

Same form for male/female

There was an era when aristocrats would compete to see who could trim their Furfrou's fur into the most exquisite style.

Left alone, its fur will grow longer and longer, but it will only allow someone it trusts to cut it.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Hau'oli City, especially the patches on the west side of the city.

ABILITY

Fur Coat

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
12	Headbutt	Normal	Physical	70	100	15	Normal
15	Tail Whip	Normal	Status	—	100	30	Many Others
22	Bite	Dark	Physical	60	100	25	Normal
27	Odor Sleuth	Normal	Status	—	—	40	Normal
33	Retaliate	Normal	Physical	70	100	5	Normal
35	Take Down	Normal	Physical	90	85	20	Normal
38	Charm	Fairy	Status	—	100	20	Normal
42	Sucker Punch	Dark	Physical	70	100	5	Normal
48	Cotton Guard	Grass	Status	—	—	10	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

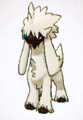
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Role Play	Psychic	Status	—	—	10	Normal
Work Up	Normal	Status	—	—	30	Self
Mimic	Normal	Status	—	—	10	Normal
Captivate	Normal	Status	—	100	20	Many Others
Refresh	Normal	Status	—	—	20	Self

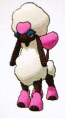
Furfrou Trims

When encountered in the wild, Furfrou will appear in its Natural Form. But if you bring one to the salon in Malie City, there is a Beauty there who will be delighted to groom it into different trims. These different appearances do not affect its stats in any way, and each trim lasts only five days, but give them a try if you happen to get a Furfrou in your party.



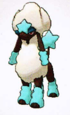
Natural Form

NORMAL



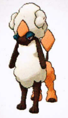
Heart Trim

NORMAL



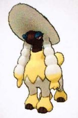
Star Trim

NORMAL



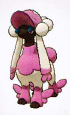
Diamond Trim

NORMAL



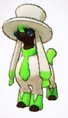
Debutante Trim

NORMAL



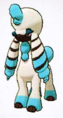
Matron Trim

NORMAL



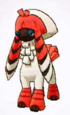
Dandy Trim

NORMAL



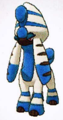
La Reine Trim

NORMAL



Kabuki Trim

NORMAL

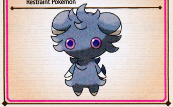


Pharaoh Trim

NORMAL

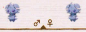
✓ Espurr

Restraint Pokémon



National Pokédex	677	PSYCHIC
Alola Pokédex	—	

Height: 1'00" | Weight: 7.7 lbs.

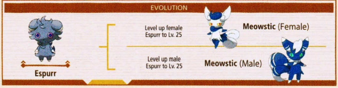


Same form for male/female

X The organ that emits its intense psychic power is sheltered by its ears to keep power from leaking out.

Y It has enough psychic energy to blast everything within 300 feet of itself, but it has no control over its power.

EVOLUTION


Espurr
Level up female Espurr to Lv. 25
Meowstic (Female)
Level up male Espurr to Lv. 25
Meowstic (Male)

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Keen Eye
Infiltrator

HIDDEN ABILITY

Own Tempo

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Covet	Normal	Physical	60	100	25	Normal
9	Confusion	Psychic	Special	50	100	25	Normal
13	Light Screen	Psychic	Status	—	—	30	Your Side
17	Psybeam	Psychic	Special	65	100	20	Normal
19	Fake Out	Normal	Physical	40	100	10	Normal
22	Disarming Voice	Fairy	Special	40	—	15	Many Others
25	Psyshock	Psychic	Special	80	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

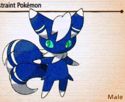
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Trick	Psychic	Status	—	100	10	Normal
Yawn	Normal	Status	—	—	10	Normal
Assist	Normal	Status	—	—	20	Self
Barrier	Psychic	Status	—	—	20	Self

✓ Meowstic

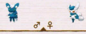
Constraint Pokémon



Male

National Pokédex	678	PSYCHIC
Alola Pokédex	—	

Height: 2'00" | Weight: 18.7 lbs.

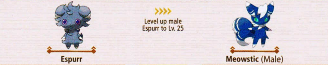


The male's fur is predominately blue.

X When in danger, it raises its ears and releases enough psychic power to grind a 10-ton truck into dust.

Y The eyeball patterns on the interior of its ears emit psychic energy. It keeps the patterns tightly covered because that power is too immense.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a male Espurr, then level it up to Lv. 25 or higher to evolve it into this form.

ABILITY

Keen Eye
Infiltrator

HIDDEN ABILITY

Prankster

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quick Guard	Fighting	Status	—	—	15	Your Side
1	Mean Look	Normal	Status	—	—	5	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Covet	Normal	Physical	60	100	25	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
5	Covet	Normal	Physical	60	100	25	Normal
9	Confusion	Psychic	Special	50	100	25	Normal
13	Light Screen	Psychic	Status	—	—	30	Your Side
17	Psybeam	Psychic	Special	65	100	20	Normal
19	Fake Out	Normal	Physical	40	100	10	Normal
22	Disarming Voice	Fairy	Special	40	—	15	Many Others
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Charm	Fairy	Status	—	100	20	Normal
31	Miracle Eye	Psychic	Status	—	—	40	Normal
35	Reflect	Psychic	Status	—	—	20	Your Side
40	Psychic	Psychic	Special	90	100	10	Normal
43	Role Play	Psychic	Status	—	—	10	Normal
45	Imprison	Psychic	Status	—	—	10	Self
48	Sucker Punch	Dark	Physical	70	100	5	Normal
50	Misty Terrain	Fairy	Status	—	—	10	Both Sides
53	Quick Guard	Fighting	Status	—	—	15	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

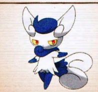
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Meowstic

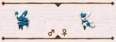
Constraint Pokémon



Female

National Pokédex	678	PSYCHIC
Alola Pokédex	—	

Height: 2'00" | Weight: 18.7 lbs.



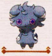
♂ ♀

The female's fur is predominately white.

X When in danger, it raises its ears and releases enough psychic power to grind a 10-ton truck into dust.

Y The eyeball patterns on the interior of its ears emit psychic energy. It keeps the patterns tightly covered because that power is too immense.

EVOLUTION



Espurr

»»» Level up female Espurr to Lv. 25

Meowstic (Female)

MAIN WAY TO OBTAIN

Obtain a female Espurr, then level it up to Lv. 25 or higher to evolve it into this form.

ABILITY

Keen Eye
Infiltrator

HIDDEN ABILITY

Competitive

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Stored Power	Psychic	Special	20	100	10	Normal
1	Me First	Normal	Status	—	—	20	Varies
1	Magical Leaf	Grass	Special	60	—	20	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Covet	Normal	Physical	60	100	25	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
5	Covet	Normal	Physical	60	100	25	Normal
9	Confusion	Psychic	Special	50	100	25	Normal
13	Light Screen	Psychic	Status	—	—	30	Your Side
17	Psybeam	Psychic	Special	65	100	20	Normal
19	Fake Out	Normal	Physical	40	100	10	Normal
22	Disarming Voice	Fairy	Special	40	—	15	Many Others
25	Psyshock	Psychic	Special	80	100	10	Normal
28	Charge Beam	Electric	Special	50	90	10	Normal
31	Shadow Ball	Ghost	Special	80	100	15	Normal
35	Extrasensory	Psychic	Special	80	100	20	Normal
40	Psychic	Psychic	Special	90	100	10	Normal
43	Role Play	Psychic	Status	—	—	10	Normal
45	Signal Beam	Bug	Special	75	100	15	Normal
48	Sucker Punch	Dark	Physical	70	100	5	Normal
50	Future Sight	Psychic	Special	120	100	10	Normal
53	Stored Power	Psychic	Special	20	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Heal Bell	Normal	Status	—	—	5	Your Party
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

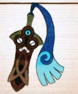
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

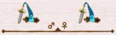
✓ Honedge

Sword Pokémon



National Pokédex	679	STEEL
Alola Pokédex	—	GHOST

Height: 2'07" | Weight: 4.4 lbs.



♂ ♀

Same form for male/female

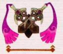
X Apparently this Pokémon is born when a departed spirit inhabits a sword. It attaches itself to people and drinks their life force.

Y If anyone dares to grab its hilt, it wraps a blue cloth around that person's arm and drains that person's life energy completely.

EVOLUTION

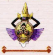
Honedge

»»» Lv. 35



Doublade

»»» Use Dusk Stone



Aegislash

MAIN WAY TO OBTAIN

Find it in Akala Outskirts by using Island Scan on Akala Island on a Wednesday in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

No Guard

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×0	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Swords Dance	Normal	Status	—	—	20	Self
5	Fury Cutter	Bug	Physical	40	95	20	Normal
8	Metal Sound	Steel	Status	—	85	40	Normal
13	Pursuit	Dark	Physical	40	100	20	Normal
18	Autotomize	Steel	Status	—	—	15	Self
20	Shadow Sneak	Ghost	Physical	40	100	30	Normal
22	Aerial Ace	Flying	Physical	60	—	20	Normal
26	Retaliate	Normal	Physical	70	100	5	Normal
29	Slash	Normal	Physical	70	100	20	Normal
32	Iron Defense	Steel	Status	—	—	15	Self
35	Night Slash	Dark	Physical	70	100	15	Normal
39	Power Trick	Psychic	Status	—	—	10	Self
42	Iron Head	Steel	Physical	80	100	15	Normal
47	Sacred Sword	Fighting	Physical	90	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

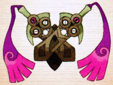
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Metal Sound	Steel	Status	—	85	40	Normal
Shadow Sneak	Ghost	Physical	40	100	30	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Wide Guard	Rock	Status	—	—	10	Your Side

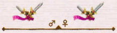
✓ Doublade

Sword Pokémon



National Pokédex	680	STEEL
Alola Pokédex	—	GHOST

Height: 2'07" | Weight: 9.9 lbs.



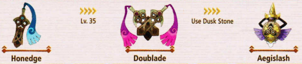
♂ ♀

Same form for male/female

X When Honedge evolves, it divides into two swords, which cooperate via telepathy to coordinate attacks and slash their enemies to ribbons.

Y The complex attack patterns of its two swords are unstoppable, even for an opponent greatly accomplished at swordplay.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Honedge, then level it up to Lv. 35 or higher to evolve it into Doublade.

ABILITY

No Guard

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×0	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Swords Dance	Normal	Status	—	—	20	Self
1	Fury Cutter	Bug	Physical	40	95	20	Normal
5	Fury Cutter	Bug	Physical	40	95	20	Normal
8	Metal Sound	Steel	Status	—	85	40	Normal
13	Pursuit	Dark	Physical	40	100	20	Normal
18	Autotomize	Steel	Status	—	—	15	Self
20	Shadow Sneak	Ghost	Physical	40	100	30	Normal
22	Aerial Ace	Flying	Physical	60	—	20	Normal
26	Retaliate	Normal	Physical	70	100	5	Normal
29	Slash	Normal	Physical	70	100	20	Normal
32	Iron Defense	Steel	Status	—	—	15	Self
36	Night Slash	Dark	Physical	70	100	15	Normal
41	Power Trick	Psychic	Status	—	—	10	Self
45	Iron Head	Steel	Physical	80	100	15	Normal
51	Sacred Sword	Fighting	Physical	90	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

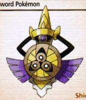
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

✓ Aegislash

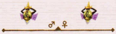
Royal Sword Pokémon



Shield Forme

National Pokédex	681	STEEL
Alola Pokédex	—	GHOST

Height: 5'07" | Weight: 116.8 lbs.



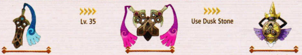
♂ ♀

Same form for male/female

X Generations of kings were attended by these Pokémon, which used their spectral power to manipulate and control people and Pokémon.

Y Apparently, it can detect the innate qualities of leadership. According to legend, whoever it recognizes is destined to become king.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Doublade, then use a Dusk Stone on it to evolve it into Aegislash.

ABILITY

Stance Change

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×0	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Autotomize	Steel	Status	—	—	15	Self
1	Shadow Sneak	Ghost	Physical	40	100	30	Normal
1	Slash	Normal	Physical	70	100	20	Normal
1	Iron Defense	Steel	Status	—	—	15	Self
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Power Trick	Psychic	Status	—	—	10	Self
1	Iron Head	Steel	Physical	80	100	15	Normal
1	Head Smash	Rock	Physical	150	80	5	Normal
1	Swords Dance	Normal	Status	—	—	20	Self
1	Aerial Ace	Flying	Physical	60	—	20	Normal
1	King's Shield	Steel	Status	—	—	10	Self
1	Sacred Sword	Fighting	Physical	90	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

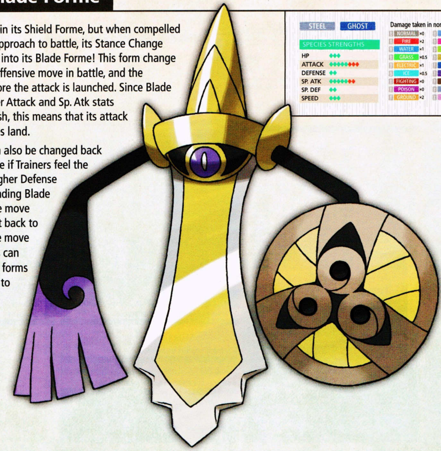
MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

Aegislash's Blade Forme

Aegislash usually appears in its Shield Forme, but when compelled to take a more offensive approach to battle, its Stance Change Ability allows it to change into its Blade Forme! This form change is triggered by using any offensive move in battle, and the transformation occurs before the attack is launched. Since Blade Forme Aegislash has higher Attack and Sp. Atk stats than Shield Forme Aegislash, this means that its attack will hit harder when it does land.

Blade Forme Aegislash can also be changed back to its Shield Forme in battle if Trainers feel the need for Shield Forme's higher Defense and Sp. Def stats. Commanding Blade Forme Aegislash to use the move King's Shield will change it back to its Shield Forme before the move can be completed. Trainers can switch between these two forms as they wish during battle to keep an advantage over their opponents!



STEEL GHOST

SPECIES STRENGTHS

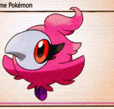
HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Damage taken in normal battles

NORMAL	×0	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×0	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

✓ Spritzee

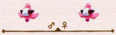
Perfume Pokémon



National Pokédex 682 FAIRY

Alola Pokédex —

Height: 0'08" | Weight: 1.1 lbs.



♂ ♀

Same form for male/female

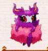
X It emits a scent that enraptures those who smell it. This fragrance changes depending on what it has eaten.

Y In the past, rather than using perfume, royal ladies carried a Spritzee that would waft a fragrance they liked.

EVOLUTION

Spritzee

Trade while holding Sachet



Aromatisse

MAIN WAY TO OBTAIN

Appears in *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Healer

HIDDEN ABILITY

Aroma Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Fairy Wind	Fairy	Special	40	100	30	Normal
6	Sweet Kiss	Fairy	Status	—	75	10	Normal
8	Odor Sleuth	Normal	Status	—	—	40	Normal
13	Echoed Voice	Normal	Special	40	100	15	Normal
17	Calm Mind	Psychic	Status	—	—	20	Self
21	Draining Kiss	Fairy	Special	50	100	10	Normal
25	Aromatherapy	Grass	Status	—	—	5	Your Party
29	Attract	Normal	Status	—	100	15	Normal
31	Moonblast	Fairy	Special	95	100	15	Normal
35	Charm	Fairy	Status	—	100	20	Normal
38	Flail	Normal	Physical	—	100	15	Normal
42	Misty Terrain	Fairy	Status	—	—	10	Both Sides
44	Skill Swap	Psychic	Status	—	—	10	Normal
48	Psychic	Psychic	Special	90	100	10	Normal
50	Disarming Voice	Fairy	Special	40	—	15	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

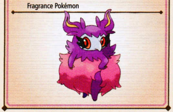
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

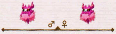
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Disable	Normal	Status	—	100	20	Normal
Wish	Normal	Status	—	—	10	Self
Captivate	Normal	Status	—	100	20	Many Others
Refresh	Normal	Status	—	—	20	Self
Nasty Plot	Dark	Status	—	—	20	Self

✓ Aromatisse

Fragrance Pokémon



National Pokédex 683 FAIRY
Alola Pokédex —
Height: 2'07" | Weight: 34.2 lbs.

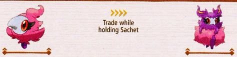


♂ ♀
Same form for male/female

X It devises various scents, pleasant and unpleasant, and emits scents that its enemies dislike in order to gain an edge in battle.

Y Its scent is so overpowering that, unless a Trainer happens to really enjoy the smell, he or she will have a hard time walking alongside it.

EVOLUTION



Spritzee
Trade while holding Sachet
Aromatisse

MAIN WAY TO OBTAIN

Receive a Spritzee holding a Sachet in a trade and it will immediately evolve into Aromatisse.

ABILITY

Healer

HIDDEN ABILITY

Aroma Veil

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aromatic Mist	Fairy	Status	—	—	20	1 Ally
1	Heal Pulse	Psychic	Status	—	—	10	Normal
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Fairy Wind	Fairy	Special	40	100	30	Normal
1	Sweet Kiss	Fairy	Status	—	75	10	Normal
1	Odor Sleuth	Normal	Status	—	—	40	Normal
6	Sweet Kiss	Fairy	Status	—	75	10	Normal
8	Odor Sleuth	Normal	Status	—	—	40	Normal
13	Echoed Voice	Normal	Special	40	100	15	Normal
17	Calm Mind	Psychic	Status	—	—	20	Self
21	Draining Kiss	Fairy	Special	50	100	10	Normal
25	Aromatherapy	Grass	Status	—	—	5	Your Party
29	Attract	Normal	Status	—	100	15	Normal
31	Moonblast	Fairy	Special	95	100	15	Normal
35	Charm	Fairy	Status	—	100	20	Normal
38	Flail	Normal	Physical	—	100	15	Normal
42	Misty Terrain	Fairy	Status	—	—	10	Both Sides
44	Skill Swap	Psychic	Status	—	—	10	Normal
48	Psychic	Psychic	Special	90	100	10	Normal
53	Disarming Voice	Fairy	Special	40	—	15	Many Others
57	Reflect	Psychic	Status	—	—	20	Your Side
64	Psych Up	Normal	Status	—	—	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

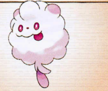
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Swirlix

Cotton Candy Pokémon



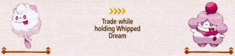
National Pokédex 684 FAIRY
Alola Pokédex —
Height: 1'04" | Weight: 7.7 lbs.

♂ ♀
Same form for male/female

X To entangle its opponents in battle, it extrudes white threads as sweet and sticky as cotton candy.

Y Because it eats nothing but sweets, its fur is as sticky sweet as cotton candy.

EVOLUTION



Swirlix
Trade while holding Whipped Dream
Slurpuff

MAIN WAY TO OBTAIN

Appears in *Pokémon X*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Sweet Veil

HIDDEN ABILITY

Unburden

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
5	Fairy Wind	Fairy	Special	40	100	30	Normal
8	Play Nice	Normal	Status	—	—	20	Normal
10	Fake Tears	Dark	Status	—	100	20	Normal
13	Round	Normal	Special	60	100	15	Normal
17	Cotton Spore	Grass	Status	—	100	40	Many Others
21	Endeavor	Normal	Physical	—	100	5	Normal
26	Aromatherapy	Grass	Status	—	—	5	Your Party
31	Draining Kiss	Fairy	Special	50	100	10	Normal
36	Energy Ball	Grass	Special	90	100	10	Normal
41	Cotton Guard	Grass	Status	—	—	10	Self
45	Wish	Normal	Status	—	—	10	Self
49	Play Rough	Fairy	Physical	90	90	10	Normal
58	Light Screen	Psychic	Status	—	—	30	Your Side
67	Safeguard	Normal	Status	—	—	25	Your Side

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

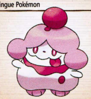
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Gastro Acid	Poison	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
After You	Normal	Status	—	—	15	Normal
Yawn	Normal	Status	—	—	10	Normal
Belly Drum	Normal	Status	—	—	10	Self
Copycat	Normal	Status	—	—	20	Self
Sticky Web	Bug	Status	—	—	20	Other Side

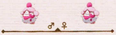
✓ Slurpuff

Meringue Pokémon



National Pokédex	685	FAIRY
Alola Pokédex	—	

Height: 2'07" | Weight: 11.0 lbs.



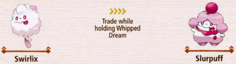
♂ ♀

Same form for male/female

X: It can distinguish the faintest of scents. It puts its sensitive sense of smell to use by helping pastry chefs in their work.

Y: Its sense of smell is 100 million times better than a human's, so even the faintest scent tells it about everything in the area. It's like it can see with its nose!

EVOLUTION


Swirlix
Trade while holding Whipped Dream
Slurpuff

MAIN WAY TO OBTAIN

Receive a Swirlix holding a Whipped Dream in a trade and it will immediately evolve into Slurpuff.

ABILITY

Sweet Veil

HIDDEN ABILITY

Unburden

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Egg group: Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sweet Scent	Normal	Status	—	100	20	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Fairy Wind	Fairy	Special	40	100	30	Normal
1	Play Nice	Normal	Status	—	—	20	Normal
5	Fairy Wind	Fairy	Special	40	100	30	Normal
8	Play Nice	Normal	Status	—	—	20	Normal
10	Fake Tears	Dark	Status	—	100	20	Normal
13	Round	Normal	Special	60	100	15	Normal
17	Cotton Spore	Grass	Status	—	100	40	Many Others
21	Endeavor	Normal	Physical	—	100	5	Normal
26	Aromatherapy	Grass	Status	—	—	5	Your Party
31	Draining Kiss	Fairy	Special	50	100	10	Normal
36	Energy Ball	Grass	Special	90	100	10	Normal
41	Cotton Guard	Grass	Status	—	—	10	Self
45	Wish	Normal	Status	—	—	10	Self
49	Play Rough	Fairy	Physical	90	90	10	Normal
58	Light Screen	Psychic	Status	—	—	30	Your Side
67	Safeguard	Normal	Status	—	—	25	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

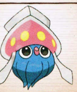
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Drain Punch	Fighting	Physical	75	100	10	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

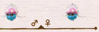
✓ Inkay

Revolving Pokémon



National Pokédex	686	DARK
Alola Pokédex	026	PSYCHIC

Height: 1'04" | Weight: 7.7 lbs.



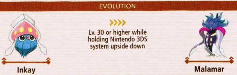
♂ ♀

Same form for male/female

It draws prey near with its blinking lights and then wraps them up in its long tentacles and holds them in place.

When exchanging information with others of its kind, it flashes the light-emitting spots on its body in a complex rhythm.

EVOLUTION


Inkay
Lv. 30 or higher while holding Nintendo 3DS system upside down
Malamar

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Hau'oli Outskirts.

ABILITY

Contrary
Suction Cups

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Egg groups: Water 1, Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×4
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
4	Reflect	Psychic	Status	—	—	20	Your Side
8	Foul Play	Dark	Physical	95	100	15	Normal
12	Swagger	Normal	Status	—	85	15	Normal
13	Psywave	Psychic	Special	—	100	15	Normal
15	Topsy-Turvy	Dark	Status	—	—	20	Normal
18	Hypnosis	Psychic	Status	—	60	20	Normal
21	Psybeam	Psychic	Special	65	100	20	Normal
23	Switcheroo	Dark	Status	—	100	10	Normal
27	Payback	Dark	Physical	50	100	10	Normal
31	Light Screen	Psychic	Status	—	—	30	Your Side
35	Pluck	Flying	Physical	60	100	20	Normal
39	Psycho Cut	Psychic	Physical	70	100	20	Normal
43	Slash	Normal	Physical	70	100	20	Normal
46	Night Slash	Dark	Physical	70	100	15	Normal
48	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

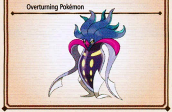
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Simple Beam	Normal	Status	—	100	15	Normal
Power Split	Psychic	Status	—	—	10	Normal
Camouflage	Normal	Status	—	—	20	Self
Flatter	Dark	Status	—	100	15	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Guard Swap	Psychic	Status	—	—	10	Normal

✓ Malamar

Overturning Pokémon



National Pokédex	687	DARK
Alola Pokédex	027	PSYCHIC

Height: 4'11" | Weight: 103.6 lbs.

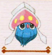
♂ ♀

Same form for male/female

When it comes to strong hypnosis, there's an endless number of people who utilize Malamar for their nefarious deeds.

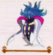
It flashes the pattern on its torso to control its prey and draw them in. The edges of its fins are supremely sharp.

EVOLUTION



Inkay

Lv. 30 or higher while holding Nintendo 3DS system upside down



Malamar

MAIN WAY TO OBTAIN

Obtain an Inkay, then turn your Nintendo 3DS system upside down as it levels up to Lv. 30 or greater to evolve it into Malamar.

ABILITY

Contrary
Suction Cups

HIDDEN ABILITY

Infiltrator

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Water 1
Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×4
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Reversal	Fighting	Physical	—	100	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Constrict	Normal	Physical	10	100	35	Normal
1	Reflect	Psychic	Status	—	—	20	Your Side
4	Reflect	Psychic	Status	—	—	20	Your Side
8	Foul Play	Dark	Physical	95	100	15	Normal
12	Swagger	Normal	Status	—	85	15	Normal
13	Psywave	Psychic	Special	—	100	15	Normal
15	Topsy-Turvy	Dark	Status	—	—	20	Normal
18	Hypnosis	Psychic	Status	—	60	20	Normal
21	Psybeam	Psychic	Special	65	100	20	Normal
23	Switcheroo	Dark	Status	—	100	10	Normal
27	Payback	Dark	Physical	50	100	10	Normal
31	Light Screen	Psychic	Status	—	—	30	Your Side
35	Pluck	Flying	Physical	60	100	20	Normal
39	Psycho Cut	Psychic	Physical	70	100	20	Normal
43	Slash	Normal	Physical	70	100	20	Normal
46	Night Slash	Dark	Physical	70	100	15	Normal
48	Superpower	Fighting	Physical	120	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

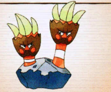
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

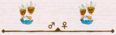
✓ Binacle

Two-Handed Pokémon



National Pokédex	688	ROCK
Alola Pokédex	—	WATER

Height: 1'08" | Weight: 68.3 lbs.



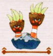
♂ ♀

Same form for male/female

Two Binacle live together on one rock. When they fight, one of them will move to a different rock.

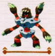
They stretch and then contract, yanking their rocks along with them in bold hops. They eat seaweed that washes up on the shoreline.

EVOLUTION



Binacle

Lv. 39



Barbaracle

MAIN WAY TO OBTAIN

Obtain a Barbaracle, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Tough Claws
Sniper

HIDDEN ABILITY

Pickpocket

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shell Smash	Normal	Status	—	—	15	Self
1	Scratch	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
4	Water Gun	Water	Special	40	100	25	Normal
7	Withdraw	Water	Status	—	—	40	Self
10	Fury Swipes	Normal	Physical	18	80	15	Normal
13	Slash	Normal	Physical	70	100	20	Normal
18	Mud-Slap	Ground	Special	20	100	10	Normal
20	Clamp	Water	Physical	35	85	15	Normal
24	Rock Polish	Rock	Status	—	—	20	Self
28	Ancient Power	Rock	Special	60	100	5	Normal
32	Hone Claws	Dark	Status	—	—	15	Self
37	Fury Cutter	Bug	Physical	40	95	20	Normal
41	Night Slash	Dark	Physical	70	100	15	Normal
45	Razor Shell	Water	Physical	75	95	10	Normal
49	Cross Chop	Fighting	Physical	100	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

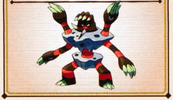
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tickle	Normal	Status	—	100	20	Normal
Switcheroo	Dark	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Water Sport	Water	Status	—	—	15	Both Sides

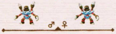
✓ Barbaracle

Collective Pokémon



National Pokédex	689	ROCK
Alola Pokédex		WATER

Height: 4'03" | Weight: 211.6 lbs.

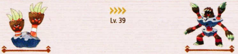


Same form for male/female

X When they evolve, two Binacle multiply into seven. They fight with the power of seven Binacle.

Y Barbaracle's legs and hands have minds of their own, and they will move independently. But they usually follow the head's orders.

EVOLUTION



MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a blue warp hole while using Ultra Warp Ride.

ABILITY

Tough Claws
Sniper

HIDDEN ABILITY

Pickpocket

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×4	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Skull Bash	Normal	Physical	130	100	10	Normal
1	Stone Edge	Rock	Physical	100	80	5	Normal
1	Shell Smash	Normal	Status	—	—	15	Self
1	Scratch	Normal	Physical	40	100	35	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Water Gun	Water	Special	40	100	25	Normal
4	Water Gun	Water	Special	40	100	25	Normal
7	Withdraw	Water	Status	—	—	40	Self
10	Fury Swipes	Normal	Physical	18	80	15	Normal
13	Slash	Normal	Physical	70	100	20	Normal
18	Mud-Slap	Ground	Special	20	100	10	Normal
20	Clamp	Water	Physical	35	85	15	Normal
24	Rock Polish	Rock	Status	—	—	20	Self
28	Ancient Power	Rock	Special	60	100	5	Normal
32	Hone Claws	Dark	Status	—	—	15	Self
37	Fury Cutter	Bug	Physical	40	95	20	Normal
44	Night Slash	Dark	Physical	70	100	15	Normal
48	Razor Shell	Water	Physical	75	95	10	Normal
55	Cross Chop	Fighting	Physical	100	80	5	Normal
60	Stone Edge	Rock	Physical	100	80	5	Normal
65	Skull Bash	Normal	Physical	130	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

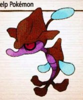
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Liquidation	Water	Physical	85	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

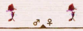
✓ Skrelp

Mock Kelp Pokémon



National Pokédex	690	POISON
Alola Pokédex	347	WATER

Height: 1'08" | Weight: 16.1 lbs.

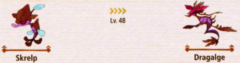


Same form for male/female

It vanishes into seaweed and remains perfectly still to avoid attacks from large Pokémon. Rotten seaweed is its main food source.

It's not good at swimming, so it clings to the seaweed. In the Alola region, it's often found near Dhelmise.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Dragalge, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Poison Point
Poison Touch

HIDDEN ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Water 1
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Smokescreen	Normal	Status	—	100	20	Normal
1	Water Gun	Water	Special	40	100	25	Normal
5	Feint Attack	Dark	Physical	60	—	20	Normal
9	Tail Whip	Normal	Status	—	100	30	Many Others
12	Bubble	Water	Special	40	100	30	Many Others
15	Acid	Poison	Special	40	100	30	Many Others
19	Camouflage	Normal	Status	—	—	20	Self
23	Poison Tail	Poison	Physical	50	100	25	Normal
25	Water Pulse	Water	Special	60	100	20	Normal
28	Double Team	Normal	Status	—	—	15	Self
32	Toxic	Poison	Status	—	90	10	Normal
35	Aqua Tail	Water	Physical	90	90	10	Normal
38	Sludge Bomb	Poison	Special	90	100	10	Normal
42	Hydro Pump	Water	Special	110	80	5	Normal
49	Dragon Pulse	Dragon	Special	85	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

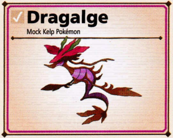
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Toxic Spikes	Poison	Status	—	—	20	Other Side
Play Rough	Fairy	Physical	90	90	10	Normal
Haze	Ice	Status	—	—	30	Both Sides
Acid Armor	Poison	Status	—	—	20	Self
Venom Drench	Poison	Status	—	100	20	Many Others

✓ Dragalge

Mock Kelp Pokémon



National Pokédex	691	POISON
Alola Pokédex	348	DRAGON

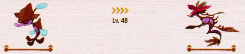
Height: 5'11" | Weight: 179.7 lbs.

Same form for male/female

This vicious Pokémon sprays a poisonous liquid on opponents that come near. For whatever reason, it gets along really well with Dhelmise.

It blends in with seaweed to ambush its prey and then takes them down with a poisonous liquid strong enough to melt metal.

EVOLUTION



Skrelp

Dragalge

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears in a water splash at Poni Breaker Coast in *Pokémon Ultra Moon*.

ABILITY

Poison Point
Poison Touch

HIDDEN ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Water 1
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Twister	Dragon	Special	40	100	20	Many Others
1	Dragon Tail	Dragon	Physical	60	90	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Smokescreen	Normal	Status	—	100	20	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Feint Attack	Dark	Physical	60	—	20	Normal
5	Feint Attack	Dark	Physical	60	—	20	Normal
9	Tail Whip	Normal	Status	—	100	30	Many Others
12	Bubble	Water	Special	40	100	30	Many Others
15	Acid	Poison	Special	40	100	30	Many Others
19	Camouflage	Normal	Status	—	—	20	Self
23	Poison Tail	Poison	Physical	50	100	25	Normal
25	Water Pulse	Water	Special	60	100	20	Normal
28	Double Team	Normal	Status	—	—	15	Self
32	Toxic	Poison	Status	—	90	10	Normal
35	Aqua Tail	Water	Physical	90	90	10	Normal
38	Sludge Bomb	Poison	Special	90	100	10	Normal
42	Hydro Pump	Water	Special	110	80	5	Normal
53	Dragon Pulse	Dragon	Special	85	100	10	Normal
59	Dragon Tail	Dragon	Physical	60	90	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Twister	Dragon	Special	40	100	20	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

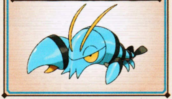
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

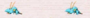
✓ Clauncher

Water Gun Pokémon



National Pokédex	692	WATER
Alola Pokédex	349	

Height: 1'08" | Weight: 18.3 lbs.



Same form for male/female

Its claws occasionally fall off, and it keeps a low profile until they grow back. The meat of its claws is so delicious!

It moves around by jetting water from its right pincer. It has a poor sense of balance, so it's terrible at swimming straight.

EVOLUTION

Clauncher

Clawitzer

MAIN WAY TO OBTAIN

Obtain a Clawitzer, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Mega Launcher

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
1	Water Gun	Water	Special	40	100	25	Normal
7	Water Sport	Water	Status	—	—	15	Both Sides
9	Vice Grip	Normal	Physical	55	100	30	Normal
12	Bubble	Water	Special	40	100	30	Many Others
16	Flail	Normal	Physical	—	100	15	Normal
20	Bubble Beam	Water	Special	65	100	20	Normal
25	Swords Dance	Normal	Status	—	—	20	Self
30	Crabhammer	Water	Physical	100	90	10	Normal
34	Water Pulse	Water	Special	60	100	20	Normal
39	Smack Down	Rock	Physical	50	100	15	Normal
43	Aqua Jet	Water	Physical	40	100	20	Normal
48	Muddy Water	Water	Special	90	85	10	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

◆ EXCLUSIVE Z-MOVE

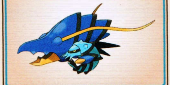
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aqua Jet	Water	Physical	40	100	20	Normal
Entrainment	Normal	Status	—	100	15	Normal
Endure	Normal	Status	—	—	10	Self
Crabhammer	Water	Physical	100	90	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

✓ Clawitzer

Howitzer Pokémon



National Pokédex	693	WATER
Alola Pokédex	350	

Height: 4'03" | Weight: 77.8 lbs.

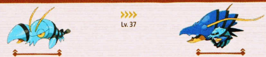
♂ ♀

Same form for male/female

It compresses the water it has sucked up and then projects it with enough power to punch a hole right through a thick sheet of iron.

Its right arm is packed with meat. When its pincer falls off, it's exported to be used as a cooking ingredient.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in a water splash at Poni Breaker Coast in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Mega Launcher

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Water 1
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aura Sphere	Fighting	Special	80	—	20	Normal
1	Dark Pulse	Dark	Special	80	100	15	Normal
1	Dragon Pulse	Dragon	Special	85	100	10	Normal
1	Heal Pulse	Psychic	Status	—	—	10	Normal
1	Splash	Normal	Status	—	—	40	Self
1	Water Gun	Water	Special	40	100	25	Normal
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Vice Grip	Normal	Physical	55	100	30	Normal
7	Water Sport	Water	Status	—	—	15	Both Sides
9	Vice Grip	Normal	Physical	55	100	30	Normal
12	Bubble	Water	Special	40	100	30	Many Others
16	Flail	Normal	Physical	—	100	15	Normal
20	Bubble Beam	Water	Special	65	100	20	Normal
25	Swords Dance	Normal	Status	—	—	20	Self
30	Crabhammer	Water	Physical	100	90	10	Normal
34	Water Pulse	Water	Special	60	100	20	Normal
42	Smack Down	Rock	Physical	50	100	15	Normal
49	Aqua Jet	Water	Physical	40	100	20	Normal
57	Muddy Water	Water	Special	90	85	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aura Sphere	Fighting	Special	80	—	20	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bounce	Flying	Physical	85	85	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Liquidation	Water	Physical	85	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

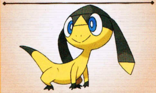
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

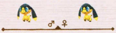
✓ Helioptile

Generator Pokémon



National Pokédex	694	ELECTRIC
Alola Pokédex	—	NORMAL

Height: 1'08" | Weight: 13.2 lbs.



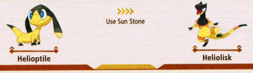
♂ ♀

Same form for male/female

They make their home in deserts. They can generate their energy from basking in the sun, so eating food is not a requirement.

The frills on either side of its head have cells that generate electricity when exposed to sunlight.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Heliolisk, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Dry Skin
Sand Veil

HIDDEN ABILITY

Solar Power

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
! FIRE	×1	PSYCHIC	×1
! WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
6	Thunder Shock	Electric	Special	40	100	30	Normal
11	Charge	Electric	Status	—	—	20	Self
13	Mud-Slap	Ground	Special	20	100	10	Normal
17	Quick Attack	Normal	Physical	40	100	30	Normal
22	Razor Wind	Normal	Special	80	100	10	Many Others
25	Parabolic Charge	Electric	Special	65	100	20	Adjacent
31	Thunder Wave	Electric	Status	—	90	20	Normal
35	Bulldoze	Ground	Physical	60	100	20	Adjacent
40	Volt Switch	Electric	Special	70	100	20	Normal
45	Electrify	Electric	Status	—	—	20	Normal
49	Thunderbolt	Electric	Special	90	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Ally Switch	Psychic	Status	—	—	15	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

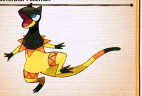
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Agility	Psychic	Status	—	—	30	Self
Glare	Normal	Status	—	100	30	Normal
Camouflage	Normal	Status	—	—	20	Self
Electric Terrain	Electric	Status	—	—	10	Both Sides

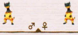
✓ Heliolisk

Generator Pokémon



National Pokédex	695	ELECTRIC
Alola Pokédex	—	NORMAL

Height: 3'03" | Weight: 46.3 lbs.



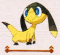
♂ ♀

Same form for male/female

They flare their frills and generate energy. A single Heliolisk can generate sufficient electricity to power a skyscraper.

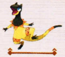
It stimulates its muscles with electricity, boosting the strength in its legs and enabling it to run 100 yards in five seconds.

EVOLUTION



Helioptile

Use Sun Stone



Heliolisk

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a green warp hole while using Ultra Warp Ride.

ABILITY

Dry Skin
Sand Veil

HIDDEN ABILITY

Solar Power

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Eerie Impulse	Electric	Status	—	100	15	Normal
1	Electrify	Electric	Status	—	—	20	Normal
1	Razor Wind	Normal	Special	80	100	10	Many Others
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Thunder	Electric	Special	110	70	10	Normal
1	Charge	Electric	Status	—	—	20	Self
1	Parabolic Charge	Electric	Special	65	100	20	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

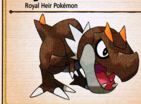
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

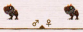
✓ Tyrunt

Royal Heir Pokémon



National Pokédex	696	ROCK
Alola Pokédex	243	DRAGON

Height: 2'07" | Weight: 57.3 lbs.



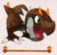
♂ ♀

Same form for male/female

Its large jaw has incredible destructive power. Some theories suggest that its restored form is different from its form of long ago.

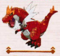
Tyrunt is spoiled and selfish. It may just be trying to frolic, but sometimes the ones it's trying to frolic with are gravely injured.

EVOLUTION



Tyrunt

Level up to Lv. 39 during the day



Tyrantrum

MAIN WAY TO OBTAIN

Obtain a Jaw Fossil, then have it restored to Tyrunt at the Fossil Restoration Center on Route 8.

ABILITY

Strong Jaw

HIDDEN ABILITY

Sturdy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
6	Roar	Normal	Status	—	—	20	Normal
10	Stomp	Normal	Physical	65	100	20	Normal
12	Bide	Normal	Physical	—	—	10	Self
15	Stealth Rock	Rock	Status	—	—	20	Other Side
17	Bite	Dark	Physical	60	100	25	Normal
20	Charm	Fairy	Status	—	100	20	Normal
26	Ancient Power	Rock	Special	60	100	5	Normal
30	Dragon Tail	Dragon	Physical	60	90	10	Normal
34	Crunch	Dark	Physical	80	100	15	Normal
37	Dragon Claw	Dragon	Physical	80	100	15	Normal
40	Thrash	Normal	Physical	120	100	10	1 Random
44	Earthquake	Ground	Physical	100	100	10	Adjacent
49	Horn Drill	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

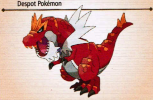
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Dance	Dragon	Status	—	—	20	Self
Thunder Fang	Electric	Physical	65	95	15	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Poison Fang	Poison	Physical	50	100	15	Normal
Rock Polish	Rock	Status	—	—	20	Self
Fire Fang	Fire	Physical	65	95	15	Normal
Curse	Ghost	Status	—	—	10	Varies

✓ Tyrantrum

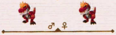
Despot Pokémon



National Pokédex 697 ROCK
Alola Pokédex 244 DRAGON
Height: 8'02" | Weight: 595.2 lbs.

Complete restoration is impossible, allowing room for theories that its entire body was once covered in a feather-like coat.

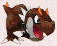
The king of the ancient world, it can easily crunch a car with the devastating strength of its enormous jaws.



♂ ♀

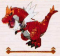
Same form for male/female

EVOLUTION



Tyrunt

Level up to Lv. 39 during the day



Tyrantrum

MAIN WAY TO OBTAIN

Obtain a Tyrunt, then level it up to Lv. 39 or higher during the day to evolve it into Tyrantrum.

ABILITY

Strong Jaw

HIDDEN ABILITY

Rock Head

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rock Slide	Rock	Physical	75	90	10	Many Others
1	Head Smash	Rock	Physical	150	80	5	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
1	Tackle	Normal	Physical	40	100	35	Normal
1	Roar	Normal	Status	—	—	20	Normal
1	Stomp	Normal	Physical	65	100	20	Normal
6	Roar	Normal	Status	—	—	20	Normal
10	Stomp	Normal	Physical	65	100	20	Normal
12	Bide	Normal	Physical	—	—	10	Self
15	Stealth Rock	Rock	Status	—	—	20	Other Side
17	Bite	Dark	Physical	60	100	25	Normal
20	Charm	Fairy	Status	—	100	20	Normal
26	Ancient Power	Rock	Special	60	100	5	Normal
30	Dragon Tail	Dragon	Physical	60	90	10	Normal
34	Crunch	Dark	Physical	80	100	15	Normal
37	Dragon Claw	Dragon	Physical	80	100	15	Normal
42	Thrash	Normal	Physical	120	100	10	1 Random
47	Earthquake	Ground	Physical	100	100	10	Adjacent
53	Horn Drill	Normal	Physical	—	30	5	Normal
58	Head Smash	Rock	Physical	150	80	5	Normal
68	Giga Impact	Normal	Physical	150	90	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Rock Slide	Rock	Physical	75	90	10	Many Others

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

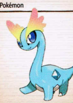
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Amaura

Tundra Pokémon



National Pokédex 698 ROCK
Alola Pokédex 245 ICE
Height: 4'03" | Weight: 55.6 lbs.

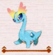
It lived in cold areas in ancient times. It's said that when Amaura whinnies, auroras appear in the night sky.

Amaura was restored successfully, but it's not expected to live long because of the heat of the current environment.

♂ ♀

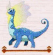
Same form for male/female

EVOLUTION



Amaura

Level up to Lv. 39 at night



Aurorus

MAIN WAY TO OBTAIN

Obtain a Sail Fossil, then have it restored to Amaura at the Fossil Restoration Center on Route 8.

ABILITY

Refrigerate

HIDDEN ABILITY

Snow Warning

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×4	DARK	×1
POISON	×0.5	STEEL	×4
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Growl	Normal	Status	—	100	40	Many Others
1	Powder Snow	Ice	Special	40	100	25	Many Others
5	Thunder Wave	Electric	Status	—	90	20	Normal
10	Rock Throw	Rock	Physical	50	90	15	Normal
13	Icy Wind	Ice	Special	55	95	15	Many Others
15	Take Down	Normal	Physical	90	85	20	Normal
18	Mist	Ice	Status	—	—	30	Your Side
20	Aurora Beam	Ice	Special	65	100	20	Normal
26	Ancient Power	Rock	Special	60	100	5	Normal
30	Round	Normal	Special	60	100	15	Normal
34	Avalanche	Ice	Physical	60	100	10	Normal
38	Hail	Ice	Status	—	—	10	Both Sides
41	Nature Power	Normal	Status	—	—	20	Normal
44	Encore	Normal	Status	—	100	5	Normal
47	Light Screen	Psychic	Status	—	—	30	Your Side
50	Ice Beam	Ice	Special	90	100	10	Normal
57	Hyper Beam	Normal	Special	150	90	5	Normal
65	Blizzard	Ice	Special	110	70	5	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side

EXCLUSIVE Z-MOVE

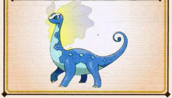
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Haze	Ice	Status	—	—	30	Both Sides
Barrier	Psychic	Status	—	—	20	Self
Mirror Coat	Psychic	Special	—	100	20	Varies
Magnet Rise	Electric	Status	—	—	10	Self
Discharge	Electric	Special	80	100	15	Adjacent

✓ Aurorus

Tundra Pokémon



National Pokédex	699	ROCK
Alola Pokédex	246	ICE

Height: 8'10" | Weight: 496.0 lbs.

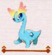
♂ ♀

Same form for male/female

An Aurorus was found frozen solid within a glacier, just as it appeared long ago, which became quite a big event in the news.

This usually quiet and kindly Pokémon has a surface temperature of around –240 degrees Fahrenheit.

EVOLUTION



Amaura

>>>>

Level up to Lv. 39 at night

Aurorus

MAIN WAY TO OBTAIN

Obtain an Amaura, then level it up to Lv. 39 or higher at night to evolve it into Aurorus.

ABILITY

Refrigerate

HIDDEN ABILITY

Snow Warning

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Monster

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×4	DARK	×1
POISON	×0.5	STEEL	×4
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Freeze-Dry	Ice	Special	70	100	20	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Powder Snow	Ice	Special	40	100	25	Many Others
1	Thunder Wave	Electric	Status	—	90	20	Normal
1	Rock Throw	Rock	Physical	50	90	15	Normal
5	Thunder Wave	Electric	Status	—	90	20	Normal
10	Rock Throw	Rock	Physical	50	90	15	Normal
13	Icy Wind	Ice	Special	55	95	15	Many Others
15	Take Down	Normal	Physical	90	85	20	Normal
18	Mist	Ice	Status	—	—	30	Your Side
20	Aurora Beam	Ice	Special	65	100	20	Normal
26	Ancient Power	Rock	Special	60	100	5	Normal
30	Round	Normal	Special	60	100	15	Normal
34	Avalanche	Ice	Physical	60	100	10	Normal
38	Hail	Ice	Status	—	—	10	Both Sides
43	Nature Power	Normal	Status	—	—	20	Normal
46	Encore	Normal	Status	—	100	5	Normal
50	Light Screen	Psychic	Status	—	—	30	Your Side
56	Ice Beam	Ice	Special	90	100	10	Normal
63	Hyper Beam	Normal	Special	150	90	5	Normal
74	Blizzard	Ice	Special	110	70	5	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Freeze-Dry	Ice	Special	70	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side

◆ EXCLUSIVE Z-MOVE

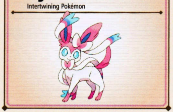
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

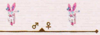
✓ Sylveon

Intertwining Pokémon



National Pokédex	700	FAIRY
Alola Pokédex	161	

Height: 3'03" | Weight: 51.8 lbs.



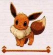
♂ ♀

Same form for male/female

Once a fight breaks out, it will unflinchingly charge at dragon Pokémon that are many times larger than itself.

Sylveon wraps its ribbonlike feelers around its Trainer's arm because this touch enables it to read its Trainer's feelings.

EVOLUTION



Eevee (p. 108)

>>>>

Level up with high affection when it knows a Fairy-type move*

Sylveon

MAIN WAY TO OBTAIN

Obtain an Eevee, then level it up with high affection when it knows at least one Fairy-type move.

ABILITY

Cute Charm

HIDDEN ABILITY

Pixilate

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fairy Wind	Fairy	Special	40	100	30	Normal
1	Disarming Voice	Fairy	Special	40	—	15	Many Others
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
5	Sand Attack	Ground	Status	—	100	15	Normal
9	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
13	Quick Attack	Normal	Physical	40	100	30	Normal
17	Swift	Normal	Special	60	—	20	Many Others
20	Draining Kiss	Fairy	Special	50	100	10	Normal
25	Skill Swap	Psychic	Status	—	—	10	Normal
29	Misty Terrain	Fairy	Status	—	—	10	Both Sides
33	Light Screen	Psychic	Status	—	—	30	Your Side
37	Moonblast	Fairy	Special	95	100	15	Normal
41	Last Resort	Normal	Physical	140	100	5	Normal
45	Psych Up	Normal	Status	—	—	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fairy Wind	Fairy	Special	40	100	30	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Helping Hand	Normal	Status	—	—	20	1 Ally
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

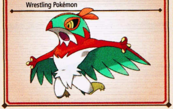
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

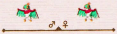
*If you wish to teach Eevee a Fairy-type move, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center and choose a Fairy-type move for Eevee to remember.

✓ Hawlucha

Wrestling Pokémon



National Pokédex 701
Alola Pokédex 096
FIGHTING
FLYING
Height: 2'07" | Weight: 47.4 lbs.
King's Rock



Same form for male/female

It overwhelms opponents with quick moves, but sometimes it showboats for too long when it's using a special move and gets itself into a pinch.

In combat, Hawlucha leaps nimbly about, taking advantage of its opponents' blind spots. It's also skilled at using superb submission holds.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 3.

ABILITY

Limber
Unburden

HIDDEN ABILITY

Mold Breaker

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Humanlike

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Detect	Fighting	Status	—	—	5	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Hone Claws	Dark	Status	—	—	15	Self
4	Karate Chop	Fighting	Physical	50	100	25	Normal
8	Wing Attack	Flying	Physical	60	100	35	Normal
12	Roost	Flying	Status	—	—	10	Self
16	Aerial Ace	Flying	Physical	60	—	20	Normal
20	Encore	Normal	Status	—	100	5	Normal
24	Fling	Dark	Physical	—	100	10	Normal
28	Flying Press*	Fighting	Physical	100	95	10	Normal
32	Bounce	Flying	Physical	85	85	5	Normal
36	Endeavor	Normal	Physical	—	100	5	Normal
40	Feather Dance	Flying	Status	—	100	15	Normal
44	High Jump Kick	Fighting	Physical	130	90	10	Normal
48	Sky Attack	Flying	Physical	140	90	5	Normal
55	Sky Drop	Flying	Physical	60	100	10	Normal
60	Swords Dance	Normal	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

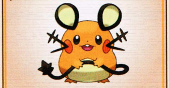
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Agility	Psychic	Status	—	—	30	Self
Me First	Normal	Status	—	—	20	Varies
Ally Switch	Psychic	Status	—	—	15	Self
Entrainment	Normal	Status	—	100	15	Normal
Mud Sport	Ground	Status	—	—	15	Both Sides
Baton Pass	Normal	Status	—	—	40	Self
Quick Guard	Fighting	Status	—	—	15	Your Side
Feint	Normal	Physical	30	100	10	Normal

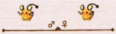
*Flying Press deals Flying-type damage as well as Fighting-type damage.

✓ Dedenne

Antenna Pokémon



National Pokédex 702
Alola Pokédex 291
ELECTRIC
FAIRY
Height: 0'08" | Weight: 4.9 lbs.



Same form for male/female

It sneaks into people's homes and steals electricity from their outlets. When your electric bill seems off, it's the handiwork of this rascal.

Its upper whiskers are sensors that survey its surroundings. Its lower whiskers are organs that shoot electricity.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Blush Mountain.

ABILITY

Cheek Pouch
Pickup

HIDDEN ABILITY

Plus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Tail Whip	Normal	Status	—	100	30	Many Others
7	Thunder Shock	Electric	Special	40	100	30	Normal
11	Charge	Electric	Status	—	—	20	Self
14	Charm	Fairy	Status	—	100	20	Normal
17	Parabolic Charge	Electric	Special	65	100	20	Adjacent
20	Nuzzle	Electric	Physical	20	100	20	Normal
23	Thunder Wave	Electric	Status	—	90	20	Normal
26	Volt Switch	Electric	Special	70	100	20	Normal
30	Rest	Psychic	Status	—	—	10	Self
31	Snore	Normal	Special	50	100	15	Normal
34	Charge Beam	Electric	Special	50	90	10	Normal
39	Entrainment	Normal	Status	—	100	15	Normal
42	Play Rough	Fairy	Physical	90	90	10	Normal
45	Thunder	Electric	Special	110	70	10	Normal
50	Discharge	Electric	Special	80	100	15	Adjacent

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Recycle	Normal	Status	—	—	10	Self
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

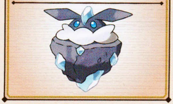
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Eerie Impulse	Electric	Status	—	100	15	Normal
Covet	Normal	Physical	60	100	25	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Natural Gift	Normal	Physical	—	100	15	Normal
Tearful Look	Normal	Status	—	—	20	Normal

✓ Carbink

Jewel Pokémon



National Pokédex	703	ROCK
Alola Pokédex	123	FAIRY

Height: 1'00" | Weight: 12.6 lbs.

Gender unknown

Some say that deep beneath the surface of the world, a pack of Carbink live with their queen in a kingdom of jewels.

To keep the jewels on their bodies free of tarnish, packs of Carbink use their soft manes to polish one another's jewels.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the caves of Ten Carat Hill.

ABILITY

Clear Body

HIDDEN ABILITY

Sturdy

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆

Fairy
Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×4
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
5	Rock Throw	Rock	Physical	50	90	15	Normal
8	Sharpen	Normal	Status	—	—	30	Self
12	Smack Down	Rock	Physical	50	100	15	Normal
18	Reflect	Psychic	Status	—	—	20	Your Side
21	Stealth Rock	Rock	Status	—	—	20	Other Side
27	Guard Split	Psychic	Status	—	—	10	Normal
31	Ancient Power	Rock	Special	60	100	5	Normal
35	Flail	Normal	Physical	—	100	15	Normal
40	Skill Swap	Psychic	Status	—	—	10	Normal
46	Power Gem	Rock	Special	80	100	20	Normal
49	Stone Edge	Rock	Physical	100	80	5	Normal
50	Moonblast	Fairy	Special	95	100	15	Normal
60	Light Screen	Psychic	Status	—	—	30	Your Side
70	Safeguard	Normal	Status	—	—	25	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wonder Room	Psychic	Status	—	—	10	Both Sides
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

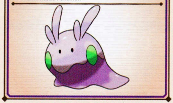
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
After You	Normal	Status	—	—	15	Normal

✓ Goomy

Soft Tissue Pokémon



National Pokédex	704	DRAGON
Alola Pokédex	217	

Height: 1'00" | Weight: 6.2 lbs.

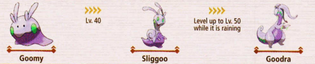
Shed Shell

Same form for male/female

It uses its horns to check out its surroundings. They're very sensitive, so if you grab them, it will feel a strong shock and be unable to move.

Its body is mostly water. If it dries out, it will die, so it's always sitting with perfect stillness in the shade.

EVOLUTION


Lv. 40
Level up to Lv. 50 while it is raining
Goomy
Sliggoo
Goodra

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally when it is raining in Lush Jungle. Or obtain a Sliggoo or Goodra, then leave it at the Pokémon Nursery with a compatible partner and hatch the Egg that is found.

ABILITY

Sap Sipper
Hydration

HIDDEN ABILITY

Gooey

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
! GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Bubble	Water	Special	40	100	30	Many Others
5	Absorb	Grass	Special	20	100	25	Normal
9	Protect	Normal	Status	—	—	10	Self
13	Bide	Normal	Physical	—	—	10	Self
18	Dragon Breath	Dragon	Special	60	100	20	Normal
25	Rain Dance	Water	Status	—	—	5	Both Sides
28	Flail	Normal	Physical	—	100	15	Normal
32	Body Slam	Normal	Physical	85	100	15	Normal
38	Muddy Water	Water	Special	90	85	10	Many Others
42	Dragon Pulse	Dragon	Special	85	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Acid Armor	Poison	Status	—	—	20	Self
Curse	Ghost	Status	—	—	10	Varies
Iron Tail	Steel	Physical	100	75	15	Normal
Poison Tail	Poison	Physical	50	100	25	Normal
Counter	Fighting	Physical	—	100	20	Varies
Endure	Normal	Status	—	—	10	Self

◆ MOVES TAUGHT BY PEOPLE

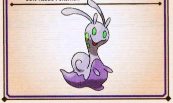
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

✓ Sliggoo

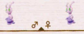
Soft Tissue Pokémon



National Pokédex	705	DRAGON
Alola Pokédex	218	

Height: 2'07" | Weight: 38.6 lbs.

Shed Shell



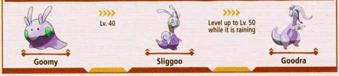
♂ ♀

Same form for male/female

It crawls along sluggishly. The swirly protrusion on its back is filled with its brain and other organs.

Its entire body is covered with gooey mucus that can dissolve anything. Be sure to put gloves on if you're going to touch it.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally when it is raining on Exeggutor Island. Or obtain a Goomy, then level it up to Lv. 40 to evolve it into Sliggoo.

ABILITY

Sap Sipper
Hydration

HIDDEN ABILITY

Gooey

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
! GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
5	Absorb	Grass	Special	20	100	25	Normal
9	Protect	Normal	Status	—	—	10	Self
13	Bide	Normal	Physical	—	—	10	Self
18	Dragon Breath	Dragon	Special	60	100	20	Normal
25	Rain Dance	Water	Status	—	—	5	Both Sides
28	Flail	Normal	Physical	—	100	15	Normal
32	Body Slam	Normal	Physical	85	100	15	Normal
38	Muddy Water	Water	Special	90	85	10	Many Others
47	Dragon Pulse	Dragon	Special	85	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

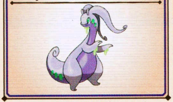
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

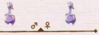
✓ Goodra

Dragon Pokémon



National Pokédex	706	DRAGON
Alola Pokédex	219	

Height: 6'07" | Weight: 331.8 lbs.



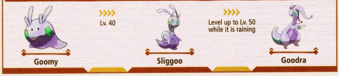
♂ ♀

Same form for male/female

It's very friendly toward people. If you grow close to it, Goodra will hug you with its sticky, slime-covered body. Don't get mad.

Underneath its slimy skin is a thick layer of fat, and the combination of the two makes enemies' attacks slide right off.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Sliggoo, then level it up to Lv. 50 or higher while it is raining to evolve it into Goodra.

ABILITY

Sap Sipper
Hydration

HIDDEN ABILITY

Gooey

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
! GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Aqua Tail	Water	Physical	90	90	10	Normal
1	Outrage	Dragon	Physical	120	100	10	1 Random
1	Feint	Normal	Physical	30	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Absorb	Grass	Special	20	100	25	Normal
1	Protect	Normal	Status	—	—	10	Self
5	Absorb	Grass	Special	20	100	25	Normal
9	Protect	Normal	Status	—	—	10	Self
13	Bide	Normal	Physical	—	—	10	Self
18	Dragon Breath	Dragon	Special	60	100	20	Normal
25	Rain Dance	Water	Status	—	—	5	Both Sides
28	Flail	Normal	Physical	—	100	15	Normal
32	Body Slam	Normal	Physical	85	100	15	Normal
38	Muddy Water	Water	Special	90	85	10	Many Others
47	Dragon Pulse	Dragon	Special	85	100	10	Normal
50	Power Whip	Grass	Physical	120	85	10	Normal
55	Outrage	Dragon	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Aqua Tail	Water	Physical	90	90	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

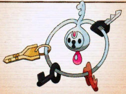
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Klefki

Key Ring Pokémon



National Pokédex	707	STEEL
Alola Pokédex	314	FAIRY

Height: 0'08" | Weight: 6.6 lbs.

Same form for male/female

Although it's unclear why it collects keys, giving it a key makes Klefki very happy. However, it apparently only likes master keys.

Long ago it lived in mines, but once the minerals that make up its diet became scarcer, Klefki began appearing in human settlements.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears inside the abandoned Thrifty Megamart off Route 14.

ABILITY

Prankster

HIDDEN ABILITY

Magician

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×0	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fairy Lock	Fairy	Status	—	—	10	Both Sides
1	Tackle	Normal	Physical	40	100	35	Normal
5	Fairy Wind	Fairy	Special	40	100	30	Normal
8	Astonish	Ghost	Physical	30	100	15	Normal
12	Metal Sound	Steel	Status	—	85	40	Normal
15	Spikes	Ground	Status	—	—	20	Other Side
18	Draining Kiss	Fairy	Special	50	100	10	Normal
23	Crafty Shield	Fairy	Status	—	—	10	Your Side
27	Foul Play	Dark	Physical	95	100	15	Normal
32	Torment	Dark	Status	—	100	15	Normal
34	Mirror Shot	Steel	Special	65	85	10	Normal
36	Imprison	Psychic	Status	—	—	10	Self
40	Recycle	Normal	Status	—	—	10	Self
43	Play Rough	Fairy	Physical	90	90	10	Normal
44	Magic Room	Psychic	Status	—	—	10	Both Sides
50	Heal Block	Psychic	Status	—	100	15	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Recycle	Normal	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

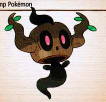
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Switcheroo	Dark	Status	—	100	10	Normal
Thief	Dark	Physical	60	100	25	Normal
Lock-On	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self

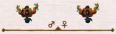
✓ Phantump

Stump Pokémon



National Pokédex	708	GHOST
Alola Pokédex	250	GRASS

Height: 1'04" | Weight: 15.4 lbs.

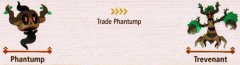


Same form for male/female

By imitating the voice of a child, it causes people to get hopelessly lost deep in the forest. It's trying to make friends with them.

An unknown spirit came to lodge in a tree stump, creating this Pokémon. A cure-all can be made from an infusion of its green leaves.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Memorial Hill.

ABILITY

Natural Cure
Frisk

HIDDEN ABILITY

Harvest

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Grass
Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
5	Astonish	Ghost	Physical	30	100	15	Normal
8	Growth	Normal	Status	—	—	20	Self
13	Ingrain	Grass	Status	—	—	20	Self
19	Feint Attack	Dark	Physical	60	—	20	Normal
23	Leech Seed	Grass	Status	—	90	10	Normal
28	Curse	Ghost	Status	—	—	10	Varies
31	Will-O-Wisp	Fire	Status	—	85	15	Normal
35	Forest's Curse	Grass	Status	—	100	20	Normal
39	Destiny Bond	Ghost	Status	—	—	5	Self
45	Phantom Force	Ghost	Physical	90	100	10	Normal
49	Wood Hammer	Grass	Physical	120	100	15	Normal
54	Horn Leech	Grass	Physical	75	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

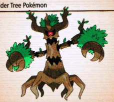
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grudge	Ghost	Status	—	—	5	Self
Bestow	Normal	Status	—	—	15	Normal
Imprison	Psychic	Status	—	—	10	Self
Venom Drench	Poison	Status	—	100	20	Many Others
Power-Up Punch	Fighting	Physical	40	100	20	Normal

✓ Trevenant

Elder Tree Pokémon



National Pokédex	709	GHOST	
Alola Pokédex	251	GRASS	

Height: 4'11" | Weight: 156.5 lbs.

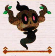
It's feared as a ghost of the forest. Lumberjacks bring along Fire types, which Trevenant hates, when they enter the forest.

This Pokémon controls trees via roots stretching from its feet, and it will attack anyone that dares to ravage the forest.

♂ ♀

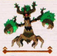
Same form for male/female

EVOLUTION



Phantump

Trade Phantump



Trevenant

MAIN WAY TO OBTAIN

Receive a Phantump in a trade and it will immediately evolve into Trevenant. You can trade a Phantump with a person in Tapu Village.

ABILITY

Natural Cure
Frisk

HIDDEN ABILITY

Harvest

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Grass
Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Shadow Claw	Ghost	Physical	70	100	15	Normal
1	Horn Leech	Grass	Physical	75	100	10	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Growth	Normal	Status	—	—	20	Self
5	Astonish	Ghost	Physical	30	100	15	Normal
8	Growth	Normal	Status	—	—	20	Self
13	Ingrain	Grass	Status	—	—	20	Self
19	Feint Attack	Dark	Physical	60	—	20	Normal
23	Leech Seed	Grass	Status	—	90	10	Normal
28	Curse	Ghost	Status	—	—	10	Varies
31	Will-O-Wisp	Fire	Status	—	85	15	Normal
35	Forest's Curse	Grass	Status	—	100	20	Normal
39	Destiny Bond	Ghost	Status	—	—	5	Self
45	Phantom Force	Ghost	Physical	90	100	10	Normal
49	Wood Hammer	Grass	Physical	120	100	15	Normal
54	Horn Leech	Grass	Physical	75	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Shadow Claw	Ghost	Physical	70	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

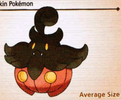
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pumpkaboo

Pumpkin Pokémon



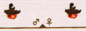
Average Size

National Pokédex	710	GHOST	
Alola Pokédex	—	GRASS	

Height: 1'04" | Weight: 11.0 lbs.

The pumpkin body is inhabited by a spirit trapped in this world. As the sun sets, it becomes restless and active.

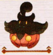
It is said to carry wandering spirits to the place where they belong so they can move on.



♂ ♀

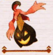
Same form for male/female

EVOLUTION



Pumpkaboo

Trade Pumpkaboo



Gourgeist

MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Pickup
Frisk

HIDDEN ABILITY

Insomnia

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Trick	Psychic	Status	—	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
4	Scary Face	Normal	Status	—	100	10	Normal
6	Trick-or-Treat	Ghost	Status	—	100	20	Normal
11	Worry Seed	Grass	Status	—	100	10	Normal
16	Razor Leaf	Grass	Physical	55	95	25	Many Others
20	Leech Seed	Grass	Status	—	90	10	Normal
23	Trick-or-Treat	Ghost	Status	—	100	20	Normal
26	Bullet Seed	Grass	Physical	25	100	30	Normal
30	Shadow Sneak	Ghost	Physical	40	100	30	Normal
36	Shadow Ball	Ghost	Special	80	100	15	Normal
40	Trick-or-Treat	Ghost	Status	—	100	20	Normal
42	Pain Split	Normal	Status	—	—	20	Normal
48	Seed Bomb	Grass	Physical	80	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

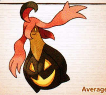
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Disable	Normal	Status	—	100	20	Normal
Bestow	Normal	Status	—	—	15	Normal
Destiny Bond	Ghost	Status	—	—	5	Self
Curse	Ghost	Status	—	—	10	Varies

✓ Gourgeist

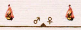
Pumpkin Pokémon



Average Size

National Pokédex	711	GHOST
Alola Pokédex	—	GRASS

Height: 2'11" | Weight: 27.6 lbs.



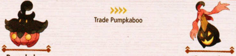
♂ ♀

Same form for male/female

X Singing in eerie voices, they wander town streets on the night of the new moon. Anyone who hears their song is cursed.

Y It enwraps its prey in its hairlike arms. It sings joyfully as it observes the suffering of its prey.

EVOLUTION



MAIN WAY TO OBTAIN

Receive a Pumpkaboo in a trade and it will immediately evolve into Gourgeist.

ABILITY

Pickup
Frisk

HIDDEN ABILITY

Insomnia

SPECIES STRENGTHS	
HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Explosion	Normal	Physical	250	100	5	Adjacent
1	Phantom Force	Ghost	Physical	90	100	10	Normal
1	Trick	Psychic	Status	—	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Confuse Ray	Ghost	Status	—	100	10	Normal
1	Scary Face	Normal	Status	—	100	10	Normal
4	Scary Face	Normal	Status	—	100	10	Normal
6	Trick-or-Treat	Ghost	Status	—	100	20	Normal
11	Worry Seed	Grass	Status	—	100	10	Normal
16	Razor Leaf	Grass	Physical	55	95	25	Many Others
20	Leech Seed	Grass	Status	—	90	10	Normal
23	Trick-or-Treat	Ghost	Status	—	100	20	Normal
26	Bullet Seed	Grass	Physical	25	100	30	Normal
30	Shadow Sneak	Ghost	Physical	40	100	30	Normal
36	Shadow Ball	Ghost	Special	80	100	15	Normal
40	Trick-or-Treat	Ghost	Status	—	100	20	Normal
42	Pain Split	Normal	Status	—	—	20	Normal
48	Seed Bomb	Grass	Physical	80	100	15	Normal
57	Phantom Force	Ghost	Physical	90	100	10	Normal
63	Trick-or-Treat	Ghost	Status	—	100	20	Normal
70	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

Pumpkaboo and Gourgeist Sizes

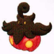
At first glance, all Pumpkaboo and Gourgeist may look the same. But they actually come in different sizes when encountered in the wild! Both of these two Pokémon species have a Small Size, Average Size, Large Size, and Super Size form, and their stats are affected by their size. They generally get slower but sturdier the larger they are. When a Pumpkaboo evolves into Gourgeist, the Gourgeist will inherit the same form as the Pumpkaboo.

Pumpkaboo (Small Size)

GHOST
GRASS

Height: 1'00"
Weight: 7.7 lbs.

SPECIES STRENGTHS	
HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

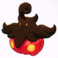


Pumpkaboo (Average Size)

GHOST
GRASS

Height: 1'04"
Weight: 11.0 lbs.

SPECIES STRENGTHS	
HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

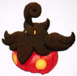


Pumpkaboo (Large Size)

GHOST
GRASS

Height: 1'08"
Weight: 16.5 lbs.

SPECIES STRENGTHS	
HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆



Pumpkaboo (Super Size)

GHOST
GRASS

Height: 2'07"
Weight: 33.1 lbs.

SPECIES STRENGTHS	
HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

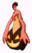
◆

Gourgeist (Small Size)

GHOST
GRASS

Height: 2'04"
Weight: 20.9 lbs.

SPECIES STRENGTHS	
HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

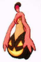


Gourgeist (Average Size)

GHOST
GRASS

Height: 2'11"
Weight: 27.6 lbs.

SPECIES STRENGTHS	
HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

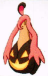


Gourgeist (Large Size)

GHOST
GRASS

Height: 3'07"
Weight: 30.9 lbs.

SPECIES STRENGTHS	
HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆



Gourgeist (Super Size)

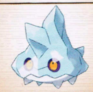
GHOST
GRASS

Height: 5'07"
Weight: 86.0 lbs.

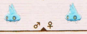
SPECIES STRENGTHS	
HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

✓ Bergmite

Ice Chunk Pokémon



National Pokédex 712 ICE
Alola Pokédex —
Height: 3'03" | Weight: 219.4 lbs.

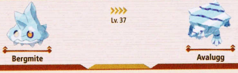


♂ ♀
Same form for male/female

It blocks opponents' attacks with the ice that shields its body. It uses cold air to repair any cracks with new ice.

Using air of -150 degrees Fahrenheit, they freeze opponents solid. They live in herds above the snow line on mountains.

EVOLUTION



MAIN WAY TO OBTAIN

Appears in *Pokémon X* and *Pokémon Y*. You can bring it to your game using *Pokémon Bank*.

ABILITY

Own Tempo
Ice Body

HIDDEN ABILITY

Sturdy

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Harden	Normal	Status	—	—	30	Self
5	Powder Snow	Ice	Special	40	100	25	Many Others
10	Icy Wind	Ice	Special	55	95	15	Many Others
15	Take Down	Normal	Physical	90	85	20	Normal
20	Sharpen	Normal	Status	—	—	30	Self
22	Curse	Ghost	Status	—	—	10	Varies
26	Ice Fang	Ice	Physical	65	95	15	Normal
30	Ice Ball	Ice	Physical	30	90	20	Normal
35	Rapid Spin	Normal	Physical	20	100	40	Normal
39	Avalanche	Ice	Physical	60	100	10	Normal
43	Blizzard	Ice	Special	110	70	5	Many Others
47	Recover	Normal	Status	—	—	10	Self
49	Double-Edge	Normal	Physical	120	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

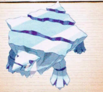
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

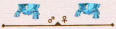
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Recover	Normal	Status	—	—	10	Self
Mist	Ice	Status	—	—	30	Your Side
Barrier	Psychic	Status	—	—	20	Self
Mirror Coat	Psychic	Special	—	100	20	Varies

✓ Avalugg

Iceberg Pokémon



National Pokédex 713 ICE
Alola Pokédex —
Height: 6'07" | Weight: 1113.3 lbs.

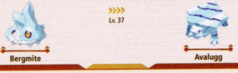


♂ ♀
Same form for male/female

Its ice-covered body is as hard as steel. Its cumbersome frame crushes anything that stands in its way.

The way several Bergmite huddle on its back makes it look like an aircraft carrier made of ice.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Bergmite, then level it up to Lv. 37 or higher to evolve it into Avalugg.

ABILITY

Own Tempo
Ice Body

HIDDEN ABILITY

Sturdy

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Monster

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Body Slam	Normal	Physical	85	100	15	Normal
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Crunch	Dark	Physical	80	100	15	Normal
1	Skull Bash	Normal	Physical	130	100	10	Normal
1	Iron Defense	Steel	Status	—	—	15	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Powder Snow	Ice	Special	40	100	25	Many Others
5	Powder Snow	Ice	Special	40	100	25	Many Others
10	Icy Wind	Ice	Special	55	95	15	Many Others
15	Take Down	Normal	Physical	90	85	20	Normal
20	Sharpen	Normal	Status	—	—	30	Self
22	Curse	Ghost	Status	—	—	10	Varies
26	Ice Fang	Ice	Physical	65	95	15	Normal
30	Ice Ball	Ice	Physical	30	90	20	Normal
35	Rapid Spin	Normal	Physical	20	100	40	Normal
42	Avalanche	Ice	Physical	60	100	10	Normal
46	Blizzard	Ice	Special	110	70	5	Many Others
51	Recover	Normal	Status	—	—	10	Self
56	Double-Edge	Normal	Physical	120	100	15	Normal
60	Skull Bash	Normal	Physical	130	100	10	Normal
65	Crunch	Dark	Physical	80	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Body Slam	Normal	Physical	85	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

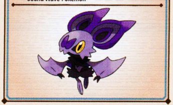
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

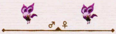
✓ Noibat

Sound Wave Pokémon



National Pokédex	714	FLYING
Alola Pokédex	083	DRAGON

Height: 1'08" | Weight: 17.6 lbs.



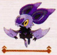
♂ ♀

Same form for male/female

Fruits are its favorite foods. This gourmet carefully picks out just the ripe ones using its sonar.

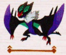
It flies around in search of fruit to eat. It uses ultrasonic waves to detect which fruits are ripe.

EVOLUTION



Noibat

»»» Lv. 48



Noivern

MAIN WAY TO OBTAIN

Catch it when it appears in Verdant Cavern. Or receive one in a trade on Route 5.

ABILITY

Frisk
Infiltrator

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

◆ **LEVEL-UP MOVES**

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Screech	Normal	Status	—	85	40	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Absorb	Grass	Special	20	100	25	Normal
11	Gust	Flying	Special	40	100	35	Normal
13	Bite	Dark	Physical	60	100	25	Normal
16	Wing Attack	Flying	Physical	60	100	35	Normal
18	Agility	Psychic	Status	—	—	30	Self
23	Air Cutter	Flying	Special	60	95	25	Many Others
27	Roost	Flying	Status	—	—	10	Self
31	Razor Wind	Normal	Special	80	100	10	Many Others
35	Tailwind	Flying	Status	—	—	15	Your Side
40	Whirlwind	Normal	Status	—	—	20	Normal
43	Super Fang	Normal	Physical	—	90	10	Normal
48	Air Slash	Flying	Special	75	95	15	Normal
58	Hurricane	Flying	Special	110	70	10	Normal

◆ **TM MOVES**

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ **MOVES LEARNED WHEN EVOLVING**

◆ **MOVES TAUGHT BY PEOPLE**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ **MOVES LEARNED IN EXCHANGE FOR BP**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Attack	Flying	Physical	140	90	5	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal

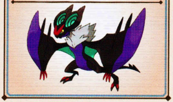
◆ **EXCLUSIVE Z-MOVE**

◆ **EGG MOVES**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Switcheroo	Dark	Status	—	100	10	Normal
Snatch	Dark	Status	—	—	10	Self
Outrage	Dragon	Physical	120	100	10	1 Random
Tailwind	Flying	Status	—	—	15	Your Side

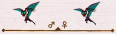
✓ Noivern

Sound Wave Pokémon



National Pokédex	715	FLYING
Alola Pokédex	084	DRAGON

Height: 4'11" | Weight: 187.4 lbs.



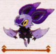
♂ ♀

Same form for male/female

Although it has a violent disposition, if you give it a nice ripe fruit that it loves, Noivern will suddenly become tame.

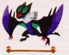
This hot-blooded Pokémon attacks anything it sees with ultrasonic waves that can crush boulders.

EVOLUTION



Noibat

»»» Lv. 48



Noivern

MAIN WAY TO OBTAIN

Catch it when it appears in the interior of Resolution Cave. Or obtain a Noibat, then level it up to Lv. 48 or higher to evolve it into Noivern.

ABILITY

Frisk
Infiltrator

HIDDEN ABILITY

Telepathy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

◆ **LEVEL-UP MOVES**

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Boomburst	Normal	Special	140	100	10	Adjacent
1	Dragon Pulse	Dragon	Special	85	100	10	Normal
1	Hurricane	Flying	Special	110	70	10	Normal
1	Moonlight	Fairy	Status	—	—	5	Self
1	Screech	Normal	Status	—	85	40	Normal
1	Supersonic	Normal	Status	—	55	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Absorb	Grass	Special	20	100	25	Normal
5	Absorb	Grass	Special	20	100	25	Normal
11	Gust	Flying	Special	40	100	35	Normal
13	Bite	Dark	Physical	60	100	25	Normal
16	Wing Attack	Flying	Physical	60	100	35	Normal
18	Agility	Psychic	Status	—	—	30	Self
23	Air Cutter	Flying	Special	60	95	25	Many Others
27	Roost	Flying	Status	—	—	10	Self
31	Razor Wind	Normal	Special	80	100	10	Many Others
35	Tailwind	Flying	Status	—	—	15	Your Side
40	Whirlwind	Normal	Status	—	—	20	Normal
43	Super Fang	Normal	Physical	—	90	10	Normal
53	Air Slash	Flying	Special	75	95	15	Normal
62	Hurricane	Flying	Special	110	70	10	Normal
70	Dragon Pulse	Dragon	Special	85	100	10	Normal
75	Boomburst	Normal	Special	140	100	10	Adjacent

◆ **TM MOVES**

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ **MOVES LEARNED WHEN EVOLVING**

◆ **MOVES TAUGHT BY PEOPLE**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ **MOVES LEARNED IN EXCHANGE FOR BP**

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side

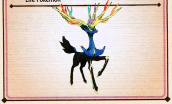
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Attack	Flying	Physical	140	90	5	Normal
Water Pulse	Water	Special	60	100	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ **EXCLUSIVE Z-MOVE**

◆ **EGG MOVES**

✓ Xerneas

Life Pokémon



National Pokédex	716	FAIRY
Alola Pokédex	—	

Height: 9'10" | Weight: 474.0 lbs.

Gender unknown

Ⓧ Legends say it can share eternal life. It slept for a thousand years in the form of a tree before its revival.

Ⓨ When the horns on its head shine in seven colors, it is said to be sharing everlasting life.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the world you reach when you pass through a rare green warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Fairy Aura

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Heal Pulse	Psychic	Status	—	—	10	Normal
1	Aromatherapy	Grass	Status	—	—	5	Your Party
1	Ingrain	Grass	Status	—	—	20	Self
1	Take Down	Normal	Physical	90	85	20	Normal
5	Light Screen	Psychic	Status	—	—	30	Your Side
10	Aurora Beam	Ice	Special	65	100	20	Normal
18	Gravity	Psychic	Status	—	—	5	Both Sides
26	Geomancy	Fairy	Status	—	—	10	Self
35	Moonblast	Fairy	Special	95	100	15	Normal
44	Megahorn	Bug	Physical	120	85	10	Normal
51	Night Slash	Dark	Physical	70	100	15	Normal
55	Horn Leech	Grass	Physical	75	100	10	Normal
59	Psych Up	Normal	Status	—	—	10	Normal
63	Misty Terrain	Fairy	Status	—	—	10	Both Sides
72	Nature Power	Normal	Status	—	—	20	Normal
80	Close Combat	Fighting	Physical	120	100	5	Normal
88	Giga Impact	Normal	Physical	150	90	5	Normal
93	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

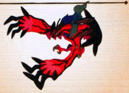
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Yveltal

Destruction Pokémon



National Pokédex	717	DARK FLYING
Alola Pokédex	—	

Height: 19'00" | Weight: 447.5 lbs.

Gender unknown

Ⓧ When this legendary Pokémon's wings and tail feathers spread wide and glow red, it absorbs the life force of living creatures.

Ⓨ When its life comes to an end, it absorbs the life energy of every living thing and turns into a cocoon once more.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the world you reach when you pass through a rare red warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Dark Aura

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0.5
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hurricane	Flying	Special	110	70	10	Normal
1	Razor Wind	Normal	Special	80	100	10	Many Others
1	Taunt	Dark	Status	—	100	20	Normal
1	Roost	Flying	Status	—	—	10	Self
5	Double Team	Normal	Status	—	—	15	Self
10	Air Slash	Flying	Special	75	95	15	Normal
18	Snarl	Dark	Special	55	95	15	Many Others
26	Oblivion Wing	Flying	Special	80	100	10	Normal
35	Disable	Normal	Status	—	100	20	Normal
44	Dark Pulse	Dark	Special	80	100	15	Normal
51	Foul Play	Dark	Physical	95	100	15	Normal
55	Phantom Force	Ghost	Physical	90	100	10	Normal
59	Psychic	Psychic	Special	90	100	10	Normal
63	Dragon Rush	Dragon	Physical	100	75	10	Normal
72	Focus Blast	Fighting	Special	120	70	5	Normal
80	Sucker Punch	Dark	Physical	70	100	5	Normal
88	Hyper Beam	Normal	Special	150	90	5	Normal
93	Sky Attack	Flying	Physical	140	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

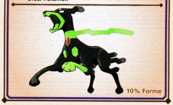
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Zygarde

Order Pokémon



10% Forme

National Pokédex	718	DRAGON
Alola Pokédex	263	GROUND

Height: 3'11" | Weight: 73.9 lbs.

Gender unknown

This is Zygarde when about 10% of its pieces have been assembled. It leaps at its opponent's chest and sinks its sharp fangs into them.

Born when around 10% of Zygarde's cells have been gathered from all over, this form is skilled in close-range combat.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain a 10% Forme Zygarde with the Aura Break Ability from Dexio in the Aether Base on Route 16 after catching 50% Forme Zygarde. Use the Reassembly Unit in the Aether Base to assemble a Zygarde with the Power Construct Ability.

ABILITY

Aura Break
Power Construct

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Glare	Normal	Status	—	100	30	Normal
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Bite	Dark	Physical	60	100	25	Normal
5	Safeguard	Normal	Status	—	—	25	Your Side
10	Dig	Ground	Physical	80	100	10	Normal
18	Bind	Normal	Physical	15	85	20	Normal
26	Land's Wrath	Ground	Physical	90	100	10	Many Others
35	Sandstorm	Rock	Status	—	—	10	Both Sides
44	Haze	Ice	Status	—	—	30	Both Sides
51	Crunch	Dark	Physical	80	100	15	Normal
55	Earthquake	Ground	Physical	100	100	10	Adjacent
59	Camouflage	Normal	Status	—	—	20	Self
63	Dragon Pulse	Dragon	Special	85	100	10	Normal
72	Coil	Poison	Status	—	—	20	Self
80	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

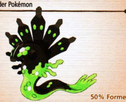
◆ ZYGARDE CORE MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Core Enforcer	Dragon	Special	100	100	10	Many Others
Dragon Dance	Dragon	Status	—	—	20	Self
Extreme Speed	Normal	Physical	80	100	5	Normal
Thousand Arrows	Ground	Physical	90	100	10	Many Others
Thousand Waves	Ground	Physical	90	100	10	Many Others

These moves can be taught to Zygarde using the Zygarde Cube you receive from Dexio at the same time that you receive 10% Forme Zygarde from him.

✓ Zygarde

Order Pokémon



50% Forme

National Pokédex	718	DRAGON
Alola Pokédex	263	GROUND

Height: 16'05" | Weight: 672.4 lbs.

Gender unknown

This is Zygarde's form when about half of its pieces have been assembled. It plays the role of monitoring the ecosystem.

Some say it can change to an even more powerful form when battling those who threaten the ecosystem.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch a 50% Forme Zygarde with the Aura Break Ability in Resolution Cave after becoming Champion. Use the Reassembly Unit in the Aether Base to assemble a Zygarde with the Power Construct Ability.

ABILITY

Aura Break
Power Construct

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×4	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Glare	Normal	Status	—	100	30	Normal
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
1	Dragon Breath	Dragon	Special	60	100	20	Normal
1	Bite	Dark	Physical	60	100	25	Normal
5	Safeguard	Normal	Status	—	—	25	Your Side
10	Dig	Ground	Physical	80	100	10	Normal
18	Bind	Normal	Physical	15	85	20	Normal
26	Land's Wrath	Ground	Physical	90	100	10	Many Others
35	Sandstorm	Rock	Status	—	—	10	Both Sides
44	Haze	Ice	Status	—	—	30	Both Sides
51	Crunch	Dark	Physical	80	100	15	Normal
55	Earthquake	Ground	Physical	100	100	10	Adjacent
59	Camouflage	Normal	Status	—	—	20	Self
63	Dragon Pulse	Dragon	Special	85	100	10	Normal
72	Coil	Poison	Status	—	—	20	Self
80	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Bind	Normal	Physical	15	85	20	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ ZYGARDE CORE MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Core Enforcer	Dragon	Special	100	100	10	Many Others
Dragon Dance	Dragon	Status	—	—	20	Self
Extreme Speed	Normal	Physical	80	100	5	Normal
Thousand Arrows	Ground	Physical	90	100	10	Many Others
Thousand Waves	Ground	Physical	90	100	10	Many Others

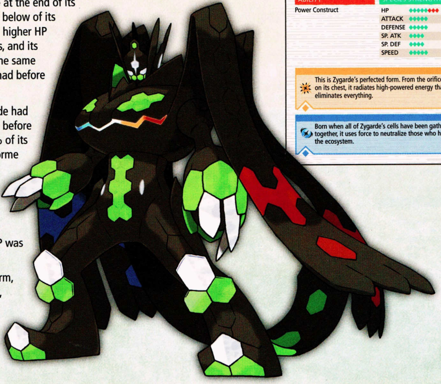
These moves can be taught to Zygarde using the Zygarde Cube you receive from Dexio at the same time that you receive 10% Forme Zygarde from him.

Zygarde's Complete Forme

A 10% Forme or 50% Forme Zygarde with the Power Construct Ability can take on the Complete Forme in battle. Either of these two forms will automatically change to Complete Forme Zygarde at the end of its turn if its HP has dropped to half or below of its maximum value. This form has a far higher HP than either of Zygarde's other forms, and its new HP will be recalculated to be the same percentage of the max as Zygarde had before changing forms.

For example, if a 10% Forme Zygarde had only 51 of its maximum 114 HP left before changing forms, that would be 45% of its max HP. If changing to Complete Forme increased its max HP to 276, then its new HP would be calculated to also be 45% of that max number or 124. In effect, this form change can leave Zygarde with more HP than its maximum HP was before changing forms!

Zygarde will return to its regular form, whether 10% Forme or 50% Forme, after the battle ends, and Zygarde with the Aura Break Ability cannot change to Complete Forme.



DRAGON GROUND

Height: 14'09"
Weight: 1344.8 lbs.

ABILITY

Power Construct

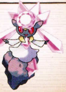
SPECIES STRENGTHS	
HP	◆◆◆◆◆◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

This is Zygarde's perfected form. From the orifice on its chest, it radiates high-powered energy that eliminates everything.

Born when all of Zygarde's cells have been gathered together, it uses force to neutralize those who harm the ecosystem.

✓ Diancie

Jewel Pokémon



National Pokédex	719	ROCK
Alola Pokédex	—	FAIRY

Height: 2'04" | **Weight: 19.4 lbs.**

Gender unknown

A sudden transformation of Carbink, its pink, glimmering body is said to be the loveliest sight in the whole world.

It can instantly create many diamonds by compressing the carbon in the air between its hands.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Clear Body

HIDDEN ABILITY

SPECIES STRENGTHS	
HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×4
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Rock Throw	Rock	Physical	50	90	15	Normal
5	Sharpen	Normal	Status	—	—	30	Self
8	Smack Down	Rock	Physical	50	100	15	Normal
12	Reflect	Psychic	Status	—	—	20	Your Side
18	Stealth Rock	Rock	Status	—	—	20	Other Side
21	Guard Split	Psychic	Status	—	—	10	Normal
27	Ancient Power	Rock	Special	60	100	5	Normal
31	Flail	Normal	Physical	—	100	15	Normal
35	Skill Swap	Psychic	Status	—	—	10	Normal
40	Power Gem	Rock	Special	80	100	20	Normal
46	Trick Room	Psychic	Status	—	—	5	Both Sides
49	Stone Edge	Rock	Physical	100	80	5	Normal
50	Moonblast	Fairy	Special	95	100	15	Normal
50	Diamond Storm	Rock	Physical	100	95	5	Many Others
60	Light Screen	Psychic	Status	—	—	30	Your Side
70	Safeguard	Normal	Status	—	—	25	Your Side

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Wonder Room	Psychic	Status	—	—	10	Both Sides
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

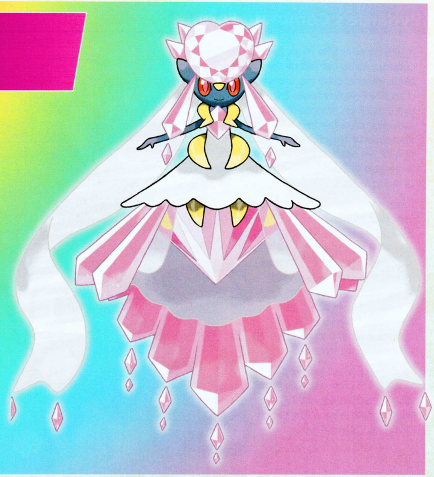
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Mega Diancie

Jewel Pokémon

ROCK FAIRY

Height: 3'07"
Weight: 61.3 lbs.



MEGA EVOLUTION

Have Diancie hold Diancite, and Mega Evolve it during battle.

Diancie

Mega Diancie

Gender unknown

ABILITY

Magic Bounce

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

Damage taken in normal battles

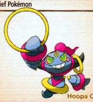
NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×4
GROUND	×2	FAIRY	×1

Required Mega Stone

Diancite
Get it in exchange for 64 BP at the Battle Tree on Poni Island

✓ Hoopa

Mischief Pokémon



Hoopa Confined

National Pokédex	720	PSYCHIC
Alola Pokédex	—	GHOST

Height: 1'08" | Weight: 19.8 lbs.

Gender unknown

X This troublemaker sends anything and everything to faraway places using its loop, which can warp space.

Y It gathers things it likes and passes them through its loop to teleport them to a secret place.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Magician

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×4
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×4
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hyperspace Hole	Psychic	Special	80	—	5	Normal
1	Trick	Psychic	Status	—	100	10	Normal
1	Destiny Bond	Ghost	Status	—	—	5	Self
1	Ally Switch	Psychic	Status	—	—	15	Self
1	Confusion	Psychic	Special	50	100	25	Normal
6	Astonish	Ghost	Physical	30	100	15	Normal
10	Magic Coat	Psychic	Status	—	—	15	Self
15	Light Screen	Psychic	Status	—	—	30	Your Side
19	Psybeam	Psychic	Special	65	100	20	Normal
25	Skill Swap	Psychic	Status	—	—	10	Normal
29	Power Split	Psychic	Status	—	—	10	Normal
29	Guard Split	Psychic	Status	—	—	10	Normal
35	Phantom Force	Ghost	Physical	90	100	10	Normal
46	Zen Headbutt	Psychic	Physical	80	90	15	Normal
50	Wonder Room	Psychic	Status	—	—	10	Both Sides
50	Trick Room	Psychic	Status	—	—	5	Both Sides
55	Shadow Ball	Ghost	Special	80	100	15	Normal
68	Nasty Plot	Dark	Status	—	—	20	Self
75	Psychic	Psychic	Special	90	100	10	Normal
85	Hyperspace Hole	Psychic	Special	80	—	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

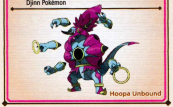
NAME	BASE MOVE	TYPE	KIND	POW	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Hoopa

Djinn Pokémon


Hoopa Unbound

National Pokédex 720
Alola Pokédex —
PSYCHIC
DARK
Height: 21'04" | Weight: 1080.3 lbs.

Gender unknown

X: This troublemaker sends anything and everything to faraway places using its loop, which can warp space.

Y: It gathers things it likes and passes them through its loop to teleport them to a secret place.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain a Hoopa, then use the Prison Bottle on it to change it into this form. It will remain in this form for three days while in your party.

ABILITY

Magician

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×4
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Hyperspace Fury	Dark	Physical	100	—	5	Normal
1	Trick	Psychic	Status	—	100	10	Normal
1	Destiny Bond	Ghost	Status	—	—	5	Self
1	Ally Switch	Psychic	Status	—	—	15	Self
1	Confusion	Psychic	Special	50	100	25	Normal
6	Astonish	Ghost	Physical	30	100	15	Normal
10	Magic Coat	Psychic	Status	—	—	15	Self
15	Light Screen	Psychic	Status	—	—	30	Your Side
19	Psybeam	Psychic	Special	65	100	20	Normal
25	Skill Swap	Psychic	Status	—	—	10	Normal
29	Power Split	Psychic	Status	—	—	10	Normal
29	Guard Split	Psychic	Status	—	—	10	Normal
46	Knock Off	Dark	Physical	65	100	20	Normal
50	Wonder Room	Psychic	Status	—	—	10	Both Sides
50	Trick Room	Psychic	Status	—	—	5	Both Sides
55	Dark Pulse	Dark	Special	80	100	15	Normal
75	Psychic	Psychic	Special	90	100	10	Normal
85	Hyperspace Fury	Dark	Physical	100	—	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Snatch	Dark	Status	—	—	10	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

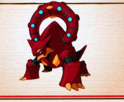
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Volcanion

Steam Pokémon



National Pokédex 721
Alola Pokédex —
FIRE
WATER
Height: 5'07" | Weight: 429.9 lbs.

Gender unknown

X: It lets out billows of steam and disappears into the dense fog. It's said to live in mountains where humans do not tread.

Y: It expels its internal steam from the arms on its back. It has enough power to blow away a mountain.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Water Absorb

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.25	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.25
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Steam Eruption	Water	Special	110	95	5	Normal
1	Flare Blitz	Fire	Physical	120	100	15	Normal
1	Take Down	Normal	Physical	90	85	20	Normal
8	Mist	Ice	Status	—	—	30	Your Side
11	Haze	Ice	Status	—	—	30	Both Sides
15	Flame Charge	Fire	Physical	50	100	20	Normal
21	Water Pulse	Water	Special	60	100	20	Normal
28	Stomp	Normal	Physical	65	100	20	Normal
32	Scald	Water	Special	80	100	15	Normal
40	Weather Ball*	Normal	Special	50	100	10	Normal
46	Body Slam	Normal	Physical	85	100	15	Normal
50	Hydro Pump	Water	Special	110	80	5	Normal
58	Flare Blitz	Fire	Physical	120	100	15	Normal
65	Overheat	Fire	Special	130	90	5	Normal
76	Explosion	Normal	Physical	250	100	5	Adjacent
85	Steam Eruption	Water	Special	110	95	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Earth Power	Ground	Special	90	100	10	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Water Pulse	Water	Special	60	100	20	Normal
Defog	Flying	Status	—	—	15	Normal
Liquidation	Water	Physical	85	100	10	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

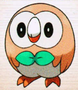
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

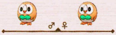
✓ Rowlet

Grass Quill Pokémon



National Pokédex	722	GRASS
Alola Pokédex	001	FLYING

Height: 1'00" | Weight: 3.3 lbs.

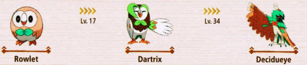


Same form for male/female

It sends its feathers, which are as sharp as blades, flying in attack. Its legs are strong, so its kicks are also formidable.

It feels relaxed in tight, dark places and has been known to use its Trainer's pocket or bag as a nest.

EVOLUTION



MAIN WAY TO OBTAIN

Receive it from Professor Kukui on Route 1 or obtain it in a trade.

ABILITY

Overgrow

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leafage	Grass	Physical	40	100	40	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Peck	Flying	Physical	35	100	35	Normal
11	Astonish	Ghost	Physical	30	100	15	Normal
14	Razor Leaf	Grass	Physical	55	95	25	Many Others
16	Ominous Wind	Ghost	Special	60	100	5	Normal
18	Foresight	Normal	Status	—	—	40	Normal
22	Pluck	Flying	Physical	60	100	20	Normal
25	Synthesis	Grass	Status	—	—	5	Self
29	Fury Attack	Normal	Physical	15	85	20	Normal
32	Sucker Punch	Dark	Physical	70	100	5	Normal
36	Leaf Blade	Grass	Physical	90	100	15	Normal
39	Feather Dance	Flying	Status	—	100	15	Normal
43	Brave Bird	Flying	Physical	120	100	15	Normal
46	Nasty Plot	Dark	Status	—	—	20	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

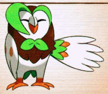
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Sky Attack	Flying	Physical	140	90	5	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Curse	Ghost	Status	—	—	10	Varies
Confuse Ray	Ghost	Status	—	100	10	Normal
Ominous Wind	Ghost	Special	60	100	5	Normal
Haze	Ice	Status	—	—	30	Both Sides
Baton Pass	Normal	Status	—	—	40	Self
Defog	Flying	Status	—	—	15	Normal

✓ Dartrix

Blade Quill Pokémon



National Pokédex	723	GRASS
Alola Pokédex	002	FLYING

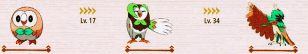
Height: 2'04" | Weight: 35.3 lbs.

Same form for male/female

This narcissistic Pokémon is a clean freak. If you don't groom it diligently, it will stop listening to you.

Supremely sensitive to the presence of others, it can detect opponents standing behind it, flinging its sharp feathers to take them out.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Rowlet, then level it up to Lv. 17 or higher to evolve it into Dartrix.

ABILITY

Overgrow

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×4	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leafage	Grass	Physical	40	100	40	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Peck	Flying	Physical	35	100	35	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Peck	Flying	Physical	35	100	35	Normal
11	Astonish	Ghost	Physical	30	100	15	Normal
14	Razor Leaf	Grass	Physical	55	95	25	Many Others
16	Ominous Wind	Ghost	Special	60	100	5	Normal
19	Foresight	Normal	Status	—	—	40	Normal
24	Pluck	Flying	Physical	60	100	20	Normal
28	Synthesis	Grass	Status	—	—	5	Self
33	Fury Attack	Normal	Physical	15	85	20	Normal
37	Sucker Punch	Dark	Physical	70	100	5	Normal
42	Leaf Blade	Grass	Physical	90	100	15	Normal
46	Feather Dance	Flying	Status	—	100	15	Normal
51	Brave Bird	Flying	Physical	120	100	15	Normal
55	Nasty Plot	Dark	Status	—	—	20	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

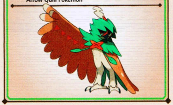
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Sky Attack	Flying	Physical	140	90	5	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

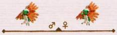
✓ Decidueye

Arrow Quill Pokémon



National Pokédex	724	GRASS
Alola Pokédex	003	GHOST

Height: 5'03" | Weight: 80.7 lbs.

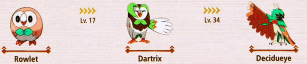


Same form for male/female

It nocks its arrow quills and shoots them at opponents. When it simply can't afford to miss, it tugs the vine on its head to improve its focus.

Decidueye can nock and fire an arrow at an enemy in a tenth of a second, so its battles are decided in the blink of an eye.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Dartrix, then level it up to Lv. 34 or higher to evolve it into Decidueye.

ABILITY

Overgrow

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Spirit Shackle	Ghost	Physical	80	100	10	Normal
1	Phantom Force	Ghost	Physical	90	100	10	Normal
1	Leaf Storm	Grass	Special	130	90	5	Normal
1	U-turn	Bug	Physical	70	100	20	Normal
1	Shadow Sneak	Ghost	Physical	40	100	30	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leafage	Grass	Physical	40	100	40	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Peck	Flying	Physical	35	100	35	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Peck	Flying	Physical	35	100	35	Normal
11	Astonish	Ghost	Physical	30	100	15	Normal
14	Razor Leaf	Grass	Physical	55	95	25	Many Others
16	Ominous Wind	Ghost	Special	60	100	5	Normal
19	Foresight	Normal	Status	—	—	40	Normal
24	Pluck	Flying	Physical	60	100	20	Normal
28	Synthesis	Grass	Status	—	—	5	Self
33	Fury Attack	Normal	Physical	15	85	20	Normal
38	Sucker Punch	Dark	Physical	70	100	5	Normal
44	Leaf Blade	Grass	Physical	90	100	15	Normal
49	Feather Dance	Flying	Status	—	100	15	Normal
55	Brave Bird	Flying	Physical	120	100	15	Normal
60	Nasty Plot	Dark	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spirit Shackle	Ghost	Physical	80	100	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Frenzy Plant	Grass	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

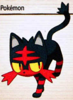
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Sinister Arrow Raid	Spirit Shackle	Ghost	Physical	180	—	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

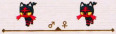
✓ Litten

Fire Cat Pokémon



National Pokédex	725	FIRE
Alola Pokédex	004	

Height: 1'04" | Weight: 9.5 lbs.

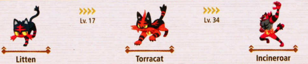


Same form for male/female

If you try too hard to get close to it, it won't open up to you. Even if you do grow close, giving it too much affection is still a no-no.

Its coat regrows twice a year. When the time comes, Litten sets its own body on fire and burns away the old fur.

EVOLUTION



MAIN WAY TO OBTAIN

Receive it from Professor Kukui on Route 1 or obtain it in a trade.

ABILITY

Blaze

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Ember	Fire	Special	40	100	25	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Lick	Ghost	Physical	30	100	30	Normal
11	Leer	Normal	Status	—	100	30	Many Others
14	Fire Fang	Fire	Physical	65	95	15	Normal
16	Double Kick	Fighting	Physical	30	100	30	Normal
18	Roar	Normal	Status	—	—	20	Normal
22	Bite	Dark	Physical	60	100	25	Normal
25	Swagger	Normal	Status	—	85	15	Normal
29	Fury Swipes	Normal	Physical	18	80	15	Normal
32	Thrash	Normal	Physical	120	100	10	1 Random
36	Flamethrower	Fire	Special	90	100	15	Normal
39	Scary Face	Normal	Status	—	100	10	Normal
43	Flare Blitz	Fire	Physical	120	100	15	Normal
46	Outrage	Dragon	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

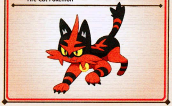
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Nasty Plot	Dark	Status	—	—	20	Self
Body Slam	Normal	Physical	85	100	15	Normal
Crunch	Dark	Physical	80	100	15	Normal
Fake Out	Normal	Physical	40	100	10	Normal
Revenge	Fighting	Physical	60	100	10	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Power Trip	Dark	Physical	20	100	10	Normal

✓ Torracat

Fire Cat Pokémon



National Pokédex	726	FIRE
Alola Pokédex	005	

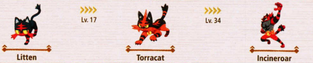
Height: 2'04" | Weight: 55.1 lbs.

♂ ♀
Same form for male/female

It can act spoiled if it grows close to its Trainer. A powerful Pokémon, its sharp claws can leave its Trainer's whole body covered in scratches.

When its mane is standing on end, you can tell it's feeling good. When it isn't feeling well, its fur will lie down flat.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Litten, then level it up to Lv. 17 or higher to evolve it into Torracat.

ABILITY

Blaze

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Ember	Fire	Special	40	100	25	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Lick	Ghost	Physical	30	100	30	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Lick	Ghost	Physical	30	100	30	Normal
11	Leer	Normal	Status	—	100	30	Many Others
14	Fire Fang	Fire	Physical	65	95	15	Normal
16	Double Kick	Fighting	Physical	30	100	30	Normal
19	Roar	Normal	Status	—	—	20	Normal
24	Bite	Dark	Physical	60	100	25	Normal
28	Swagger	Normal	Status	—	85	15	Normal
33	Fury Swipes	Normal	Physical	18	80	15	Normal
37	Thrash	Normal	Physical	120	100	10	1 Random
42	Flamethrower	Fire	Special	90	100	15	Normal
46	Scary Face	Normal	Status	—	100	10	Normal
51	Flare Blitz	Fire	Physical	120	100	15	Normal
55	Outrage	Dragon	Physical	120	100	10	1 Random

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

EXCLUSIVE Z-MOVE

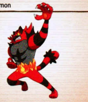
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Incineroar

Heel Pokémon



National Pokédex	727	FIRE
Alola Pokédex	006	DARK

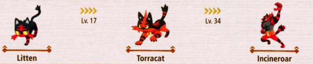
Height: 5'11" | Weight: 183.0 lbs.

♂ ♀
Same form for male/female

Although it's rough mannered and egotistical, it finds beating down unworthy opponents boring. It gets motivated for stronger opponents.

When its fighting spirit is set alight, the flames around its waist become especially intense.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Torracat, then level it up to Lv. 34 or higher to evolve it into Incineroar.

ABILITY

Blaze

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×2	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×0.5
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Darkest Lariat	Dark	Physical	85	100	10	Normal
1	Bulk Up	Fighting	Status	—	—	20	Self
1	Throat Chop	Dark	Physical	80	100	15	Normal
1	Scratch	Normal	Physical	40	100	35	Normal
1	Ember	Fire	Special	40	100	25	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Lick	Ghost	Physical	30	100	30	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Lick	Ghost	Physical	30	100	30	Normal
11	Leer	Normal	Status	—	100	30	Many Others
14	Fire Fang	Fire	Physical	65	95	15	Normal
16	Double Kick	Fighting	Physical	30	100	30	Normal
19	Roar	Normal	Status	—	—	20	Normal
24	Bite	Dark	Physical	60	100	25	Normal
28	Swagger	Normal	Status	—	85	15	Normal
33	Fury Swipes	Normal	Physical	18	80	15	Normal
38	Thrash	Normal	Physical	120	100	10	1 Random
44	Flamethrower	Fire	Special	90	100	15	Normal
49	Scary Face	Normal	Status	—	100	10	Normal
55	Flare Blitz	Fire	Physical	120	100	15	Normal
60	Outrage	Dragon	Physical	120	100	10	1 Random
66	Cross Chop	Fighting	Physical	100	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM60	Quash	Dark	Status	—	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Darkest Lariat	Dark	Physical	85	100	10	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Fire Pledge	Fire	Special	80	100	10	Normal
Blast Burn	Fire	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal

EXCLUSIVE Z-MOVE

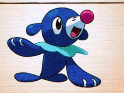
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Malicious Moonsault	Darkest Lariat	Dark	Physical	180	—	Normal

EGG MOVES

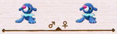
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Popplio

Sea Lion Pokémon



National Pokédex	728	WATER	
Alola Pokédex	007		
Height: 1'04"		Weight: 16.5 lbs.	



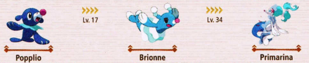
♂ ♀

Same form for male/female

The balloons it inflates with its nose grow larger and larger as it practices day by day.

Popplio gets on top of its bouncy water balloons to jump higher. It's quite the acrobatic fighter!

EVOLUTION



MAIN WAY TO OBTAIN

Receive it from Professor Kukui on Route 1 or obtain it in a trade.

ABILITY

Torrent

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
4	Growl	Normal	Status	—	100	40	Many Others
8	Disarming Voice	Fairy	Special	40	—	15	Many Others
11	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
14	Aqua Jet	Water	Physical	40	100	20	Normal
16	Icy Wind	Ice	Special	55	95	15	Many Others
18	Encore	Normal	Status	—	100	5	Normal
22	Bubble Beam	Water	Special	65	100	20	Normal
25	Sing	Normal	Status	—	55	15	Normal
29	Double Slap	Normal	Physical	15	85	10	Normal
32	Hyper Voice	Normal	Special	90	100	10	Many Others
36	Moonblast	Fairy	Special	95	100	15	Normal
39	Captivate	Normal	Status	—	100	20	Many Others
43	Hydro Pump	Water	Special	110	80	5	Normal
46	Misty Terrain	Fairy	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Wonder Room	Psychic	Status	—	—	10	Both Sides

EXCLUSIVE Z-MOVE

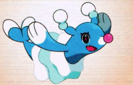
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

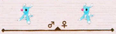
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Charm	Fairy	Status	—	100	20	Normal
Amnesia	Psychic	Status	—	—	20	Self
Aqua Ring	Water	Status	—	—	20	Self
Aromatic Mist	Fairy	Status	—	—	20	1 Ally
Perish Song	Normal	Status	—	—	5	Adjacent
Wonder Room	Psychic	Status	—	—	10	Both Sides

✓ Brionne

Pop Star Pokémon



National Pokédex	729	WATER	
Alola Pokédex	008		
Height: 2'00"		Weight: 38.6 lbs.	



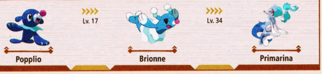
♂ ♀

Same form for male/female

It gets excited when it sees a dance it doesn't know. This hard worker practices diligently until it can learn that dance.

It attacks by smacking its enemies with the exploding water balloons that it creates.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Popplio, then level it up to Lv. 17 or higher to evolve it into Brionne.

ABILITY

Torrent

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Disarming Voice	Fairy	Special	40	—	15	Many Others
4	Growl	Normal	Status	—	100	40	Many Others
8	Disarming Voice	Fairy	Special	40	—	15	Many Others
11	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
14	Aqua Jet	Water	Physical	40	100	20	Normal
16	Icy Wind	Ice	Special	55	95	15	Many Others
19	Encore	Normal	Status	—	100	5	Normal
24	Bubble Beam	Water	Special	65	100	20	Normal
28	Sing	Normal	Status	—	55	15	Normal
33	Double Slap	Normal	Physical	15	85	10	Normal
37	Hyper Voice	Normal	Special	90	100	10	Many Others
42	Moonblast	Fairy	Special	95	100	15	Normal
46	Captivate	Normal	Status	—	100	20	Many Others
51	Hydro Pump	Water	Special	110	80	5	Normal
55	Misty Terrain	Fairy	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Wonder Room	Psychic	Status	—	—	10	Both Sides

EXCLUSIVE Z-MOVE

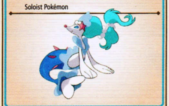
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

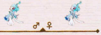
✓ Primarina

Soloist Pokémon



National Pokédex	730	WATER
Alola Pokedex	009	FAIRY

Height: 5'11" | Weight: 97.0 lbs.

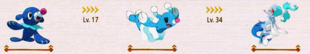


Same form for male/female

To Primarina, every battle is a stage. It takes down its prey with beautiful singing and dancing.

Also known as a songstress, it has a fantastical look on moonlit nights when it leads its colony in song.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Brionne, then level it up to Lv. 34 or higher to evolve it into Primarina.

ABILITY

Torrent

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Water 1
Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sparkling Aria	Water	Special	90	100	10	Adjacent
1	Pound	Normal	Physical	40	100	35	Normal
1	Water Gun	Water	Special	40	100	25	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Disarming Voice	Fairy	Special	40	—	15	Many Others
4	Growl	Normal	Status	—	100	40	Many Others
9	Disarming Voice	Fairy	Special	40	—	15	Many Others
11	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
14	Aqua Jet	Water	Physical	40	100	20	Normal
16	Icy Wind	Ice	Special	55	95	15	Many Others
19	Encore	Normal	Status	—	100	5	Normal
24	Bubble Beam	Water	Special	65	100	20	Normal
28	Sing	Normal	Status	—	55	15	Normal
33	Double Slap	Normal	Physical	15	85	10	Normal
38	Hyper Voice	Normal	Special	90	100	10	Many Others
44	Moonblast	Fairy	Special	95	100	15	Normal
49	Captivate	Normal	Status	—	100	20	Many Others
55	Hydro Pump	Water	Special	110	80	5	Normal
60	Misty Terrain	Fairy	Status	—	—	10	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sparkling Aria	Water	Special	90	100	10	Adjacent

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pledge	Water	Special	80	100	10	Normal
Hydro Cannon	Water	Special	150	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Aqua Tail	Water	Physical	90	90	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Wonder Room	Psychic	Status	—	—	10	Both Sides
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

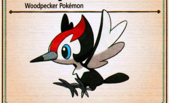
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Oceanic Operetta	Sparkling Aria	Water	Special	195	—	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pikipek

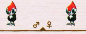
Woodpecker Pokémon



National Pokédex	731	NORMAL
Alola Pokédex	010	FLYING

Height: 1'00" | Weight: 2.6 lbs.

Oran Berry

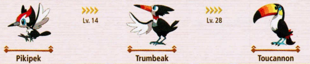


Same form for male/female

It pecks at trees with its hard beak. You can get some idea of its mood or condition from the rhythm of its pecking.

It may look spindly, but its neck muscles are heavy-duty. It can peck at a tree 16 times per second!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the north and east sides of Route 1, or on the south side that is accessible with Tauros Charge.

ABILITY

Keen Eye
Skill Link

HIDDEN ABILITY

Pickup

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Peck	Flying	Physical	35	100	35	Normal
3	Growl	Normal	Status	—	100	40	Many Others
7	Echoed Voice	Normal	Special	40	100	15	Normal
9	Rock Smash	Fighting	Physical	40	100	15	Normal
13	Supersonic	Normal	Status	—	55	20	Normal
15	Pluck	Flying	Physical	60	100	20	Normal
19	Roost	Flying	Status	—	—	10	Self
21	Fury Attack	Normal	Physical	15	85	20	Normal
25	Screech	Normal	Status	—	85	40	Normal
27	Drill Peck	Flying	Physical	80	100	20	Normal
31	Bullet Seed	Grass	Physical	25	100	30	Normal
33	Feather Dance	Flying	Status	—	100	15	Normal
37	Hyper Voice	Normal	Special	90	100	10	Many Others

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

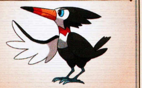
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Brave Bird	Flying	Physical	120	100	15	Normal
Boomburst	Normal	Special	140	100	10	Adjacent
Mirror Move	Flying	Status	—	—	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Uproar	Normal	Special	90	100	10	1 Random

✓ Trumbeak

Bugle Beak Pokémon



National Pokédex	732	NORMAL	
Alola Pokédex	011	FLYING	

Height: 2'00" | Weight: 32.6 lbs.

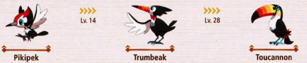
Sitrus Berry

Same form for male/female

It can bend the tip of its beak to produce over a hundred different cries at will.

From its mouth, it fires the seeds of berries it has eaten. The scattered seeds give rise to new plants.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 5. Or obtain a Pikipek, then level it up to Lv. 14 or higher to evolve it into Trumbeak.

ABILITY

Keen Eye
Skill Link

HIDDEN ABILITY

Pickup

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Rock Blast	Rock	Physical	25	90	10	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Echoed Voice	Normal	Special	40	100	15	Normal
1	Rock Smash	Fighting	Physical	40	100	15	Normal
3	Growl	Normal	Status	—	100	40	Many Others
7	Echoed Voice	Normal	Special	40	100	15	Normal
9	Rock Smash	Fighting	Physical	40	100	15	Normal
13	Supersonic	Normal	Status	—	55	20	Normal
16	Pluck	Flying	Physical	60	100	20	Normal
21	Roost	Flying	Status	—	—	10	Self
24	Fury Attack	Normal	Physical	15	85	20	Normal
29	Screech	Normal	Status	—	85	40	Normal
32	Drill Peck	Flying	Physical	80	100	20	Normal
37	Bullet Seed	Grass	Physical	25	100	30	Normal
40	Feather Dance	Flying	Status	—	100	15	Normal
45	Hyper Voice	Normal	Special	90	100	10	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

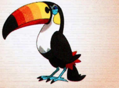
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Toucannon

Cannon Pokémon



National Pokédex	733	NORMAL	
Alola Pokédex	012	FLYING	

Height: 3'07" | Weight: 57.3 lbs.

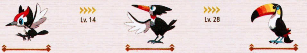
Rawst Berry

Same form for male/female

They smack beaks with others of their kind to communicate. The strength and number of hits tell each other how they feel.

Known for forming harmonious couples, this Pokémon is brought to wedding ceremonies as a good luck charm.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Trumbeak on Route 11. Or obtain a Trumbeak, then level it up to Lv. 28 or higher to evolve it into Toucannon.

ABILITY

Keen Eye
Skill Link

HIDDEN ABILITY

Sheer Force

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×0
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Beak Blast	Flying	Physical	100	100	15	Normal
1	Rock Blast	Rock	Physical	25	90	10	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Echoed Voice	Normal	Special	40	100	15	Normal
1	Rock Smash	Fighting	Physical	40	100	15	Normal
3	Growl	Normal	Status	—	100	40	Many Others
7	Echoed Voice	Normal	Special	40	100	15	Normal
9	Rock Smash	Fighting	Physical	40	100	15	Normal
13	Supersonic	Normal	Status	—	55	20	Normal
16	Pluck	Flying	Physical	60	100	20	Normal
21	Roost	Flying	Status	—	—	10	Self
24	Fury Attack	Normal	Physical	15	85	20	Normal
30	Screech	Normal	Status	—	85	40	Normal
34	Drill Peck	Flying	Physical	80	100	20	Normal
40	Bullet Seed	Grass	Physical	25	100	30	Normal
44	Feather Dance	Flying	Status	—	100	15	Normal
50	Hyper Voice	Normal	Special	90	100	10	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Beak Blast	Flying	Physical	100	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

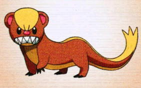
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Yungoos

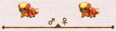
Loitering Pokémon



National Pokédex	734	NORMAL
Alola Pokédex	013	

Height: 1'04" | Weight: 13.2 lbs.

Pecha Berry



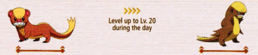
♂ ♀

Same form for male/female

Its stomach takes up most of its long torso. It's a big eater, so the amount Trainers have to spend on its food is no laughing matter.

Although it will eat anything, it prefers fresh living things, so it marches down streets in search of prey.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass on Route 1.

ABILITY

Stakeout
Strong Jaw

HIDDEN ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Leer	Normal	Status	—	100	30	Many Others
7	Pursuit	Dark	Physical	40	100	20	Normal
10	Sand Attack	Ground	Status	—	100	15	Normal
13	Odor Sleuth	Normal	Status	—	—	40	Normal
16	Bide	Normal	Physical	—	—	10	Self
19	Bite	Dark	Physical	60	100	25	Normal
22	Mud-Slap	Ground	Special	20	100	10	Normal
25	Super Fang	Normal	Physical	—	90	10	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
31	Scary Face	Normal	Status	—	100	10	Normal
34	Crunch	Dark	Physical	80	100	15	Normal
37	Hyper Fang	Normal	Physical	80	90	15	Normal
40	Yawn	Normal	Status	—	—	10	Normal
43	Thrash	Normal	Physical	120	100	10	1 Random
46	Rest	Psychic	Status	—	—	10	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Uproar	Normal	Special	90	100	10	1 Random
Last Resort	Normal	Physical	140	100	5	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

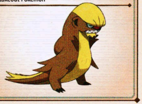
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Revenge	Fighting	Physical	60	100	10	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal

✓ Gumshoos

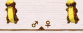
Stakeout Pokémon



National Pokédex	735	NORMAL
Alola Pokédex	014	

Height: 2'04" | Weight: 31.3 lbs.

Pecha Berry



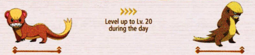
♂ ♀

Same form for male/female

Although it wasn't originally found in Alola, this Pokémon was brought over a long time ago when there was a huge Rattata outbreak.

Patient by nature, this Pokémon loses control of itself and pounces when it spots its favorite meal—Rattata!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Akala Outskirts during the day. A special totem-sized form of Gumshoos can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Sun*.

ABILITY

Stakeout
Strong Jaw

HIDDEN ABILITY

Adaptability

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
3	Leer	Normal	Status	—	100	30	Many Others
7	Pursuit	Dark	Physical	40	100	20	Normal
10	Sand Attack	Ground	Status	—	100	15	Normal
13	Odor Sleuth	Normal	Status	—	—	40	Normal
16	Bide	Normal	Physical	—	—	10	Self
19	Bite	Dark	Physical	60	100	25	Normal
23	Mud-Slap	Ground	Special	20	100	10	Normal
27	Super Fang	Normal	Physical	—	90	10	Normal
31	Take Down	Normal	Physical	90	85	20	Normal
35	Scary Face	Normal	Status	—	100	10	Normal
39	Crunch	Dark	Physical	80	100	15	Normal
43	Hyper Fang	Normal	Physical	80	90	15	Normal
47	Yawn	Normal	Status	—	—	10	Normal
51	Thrash	Normal	Physical	120	100	10	1 Random
55	Rest	Psychic	Status	—	—	10	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Super Fang	Normal	Physical	—	90	10	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

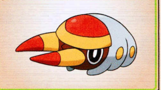
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

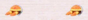
✓ Grubbin

Larva Pokémon



National Pokédex	736	BUG
Alola Pokédex	034	

Height: 1'04" | Weight: 9.7 lbs.

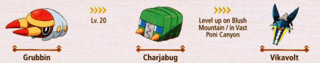


Same form for male/female

If you find its nest, you shouldn't stick your hand inside. You'll get bitten by an irritated Grubbin.

It spits a sticky thread to stop opponents in their tracks, and then it grabs them in its sharp, sturdy mandibles to take them down.

EVOLUTION


Lv. 20
Level up on Blush Mountain / in Vast Poni Canyon
Grubbin
Charjabug
Vikavolt

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the north and east sides of Route 1.

ABILITY

Swarm

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Vice Grip	Normal	Physical	55	100	30	Normal
4	String Shot	Bug	Status	—	95	40	Many Others
7	Mud-Slap	Ground	Special	20	100	10	Normal
10	Bite	Dark	Physical	60	100	25	Normal
13	Bug Bite	Bug	Physical	60	100	20	Normal
16	Spark	Electric	Physical	65	100	20	Normal
19	Acrobatics	Flying	Physical	55	100	15	Normal
22	Crunch	Dark	Physical	80	100	15	Normal
25	X-Scissor	Bug	Physical	80	100	15	Normal
28	Dig	Ground	Physical	80	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

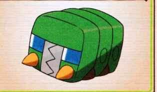
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Harden	Normal	Status	—	—	30	Self
Electroweb	Electric	Special	55	95	15	Many Others
Mud Shot	Ground	Special	55	95	15	Normal
Endure	Normal	Status	—	—	10	Self

✓ Charjabug

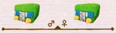
Battery Pokémon



National Pokédex	737	BUG
Alola Pokédex	035	ELECTRIC

Height: 1'08" | Weight: 23.1 lbs.

Cell Battery

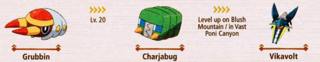


Same form for male/female

It buries itself in fallen leaves and barely moves, munching away on humus. If you accidentally step on one, you'll get a shock!

Its stout shell provides excellent defense from attacks. It uses electricity on persistent opponents.

EVOLUTION


Lv. 20
Level up on Blush Mountain / in Vast Poni Canyon
Grubbin
Charjabug
Vikavolt

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Blush Mountain. Or obtain a Grubbin, then level it up to Lv. 20 or higher to evolve it into Charjabug.

ABILITY

Battery

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Charge	Electric	Status	—	—	20	Self
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Bite	Dark	Physical	60	100	25	Normal
4	String Shot	Bug	Status	—	95	40	Many Others
7	Mud-Slap	Ground	Special	20	100	10	Normal
10	Bite	Dark	Physical	60	100	25	Normal
13	Bug Bite	Bug	Physical	60	100	20	Normal
16	Spark	Electric	Physical	65	100	20	Normal
19	Acrobatics	Flying	Physical	55	100	15	Normal
25	Crunch	Dark	Physical	80	100	15	Normal
31	X-Scissor	Bug	Physical	80	100	15	Normal
37	Dig	Ground	Physical	80	100	10	Normal
43	Discharge	Electric	Special	80	100	15	Adjacent
49	Iron Defense	Steel	Status	—	—	15	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Charge	Electric	Status	—	—	20	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

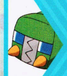
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

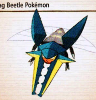
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE



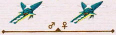
✓ Vikavolt

Stag Beetle Pokémon



National Pokédex	738	BUG
Alola Pokédex	036	ELECTRIC

Height: 4'11" | Weight: 99.2 lbs.



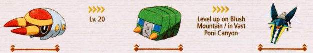
♂ ♀

Same form for male/female

It has an organ that generates electricity in its abdomen. It concentrates energy in its strong jaws and fires off powerful jolts of electricity.

Vikavolt flusters opponents with acrobatic flying maneuvers. This creates an opening for it to deliver an electric beam attack.

EVOLUTION


Grubbin
Lv. 20
Charjabug
Level up on Blush Mountain / in Vast Poni Canyon
Vikavolt

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Charjabug on Blush Mountain during the day. A special totem-sized form of Vikavolt can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Sun*.

ABILITY

Levitate

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
! GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thunderbolt	Electric	Special	90	100	15	Normal
1	Air Slash	Flying	Special	75	95	15	Normal
1	Charge	Electric	Status	—	—	20	Self
1	Vice Grip	Normal	Physical	55	100	30	Normal
1	String Shot	Bug	Status	—	95	40	Many Others
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Bite	Dark	Physical	60	100	25	Normal
4	String Shot	Bug	Status	—	95	40	Many Others
7	Mud-Slap	Ground	Special	20	100	10	Normal
10	Bite	Dark	Physical	60	100	25	Normal
13	Bug Bite	Bug	Physical	60	100	20	Normal
16	Spark	Electric	Physical	65	100	20	Normal
19	Acrobatics	Flying	Physical	55	100	15	Normal
25	Guillotine	Normal	Physical	—	30	5	Normal
31	Bug Buzz	Bug	Special	90	100	10	Normal
37	Dig	Ground	Physical	80	100	10	Normal
41	Zap Cannon	Electric	Special	120	50	5	Normal
49	Agility	Psychic	Status	—	—	30	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thunderbolt	Electric	Special	90	100	15	Normal

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Laser Focus	Normal	Status	—	—	30	Self

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

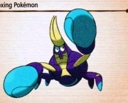
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Crabrawler

Boxing Pokémon



National Pokédex	739	FIGHTING
Alola Pokédex	071	

Height: 2'00" | Weight: 15.4 lbs.

Aspear Berry

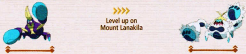
♂ ♀

Same form for male/female

Its hard pincers are well suited to both offense and defense. Fights between two Crabrawler are like boxing matches.

Crabrawler has been known to mistake Exeggutor for a coconut tree and climb it. The enraged Exeggutor shakes it off and stomps it.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it attacks after you examine one of the piles of Berries on Route 2 and elsewhere.

ABILITY

Hyper Cutter
Iron Fist

HIDDEN ABILITY

Anger Point

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bubble	Water	Special	40	100	30	Many Others
5	Rock Smash	Fighting	Physical	40	100	15	Normal
9	Leer	Normal	Status	—	100	30	Many Others
13	Pursuit	Dark	Physical	40	100	20	Normal
17	Bubble Beam	Water	Special	65	100	20	Normal
22	Power-Up Punch	Fighting	Physical	40	100	20	Normal
25	Dizzy Punch	Normal	Physical	70	100	10	Normal
29	Payback	Dark	Physical	50	100	10	Normal
33	Reversal	Fighting	Physical	—	100	15	Normal
37	Crabhammer	Water	Physical	100	90	10	Normal
42	Iron Defense	Steel	Status	—	—	15	Self
45	Dynamic Punch	Fighting	Physical	100	50	5	Normal
49	Close Combat	Fighting	Physical	120	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

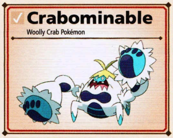
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wide Guard	Rock	Status	—	—	10	Your Side
Superpower	Fighting	Physical	120	100	5	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Amnesia	Psychic	Status	—	—	20	Self

✓ Crabominable

Woolly Crab Pokémon



National Pokédex 740 FIGHTING
Alola Pokédex 072 ICE

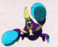
Height: 5'07" | Weight: 396.8 lbs.

♂ ♀
Same form for male/female

It stores coldness in its pincers and pummels its foes. It can even smash thick walls of ice to bits!

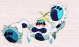
Before it stops to think, it just starts pummeling. There are records of its turning back avalanches with a flurry of punches.

EVOLUTION



Crabrawler

Level up on Mount Lanakila



Crabominable

MAIN WAY TO OBTAIN

Obtain a Crabrawler, then level it up on Mount Lanakila to evolve it into Crabominable.

ABILITY

Hyper Cutter
Iron Fist

HIDDEN ABILITY

Anger Point

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Rock Smash	Fighting	Physical	40	100	15	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Pursuit	Dark	Physical	40	100	20	Normal
5	Rock Smash	Fighting	Physical	40	100	15	Normal
9	Leer	Normal	Status	—	100	30	Many Others
13	Pursuit	Dark	Physical	40	100	20	Normal
17	Bubble Beam	Water	Special	65	100	20	Normal
22	Power-Up Punch	Fighting	Physical	40	100	20	Normal
25	Dizzy Punch	Normal	Physical	70	100	10	Normal
29	Avalanche	Ice	Physical	60	100	10	Normal
33	Reversal	Fighting	Physical	—	100	15	Normal
37	Ice Hammer	Ice	Physical	100	90	10	Normal
42	Iron Defense	Steel	Status	—	—	15	Self
45	Dynamic Punch	Fighting	Physical	100	50	5	Normal
49	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

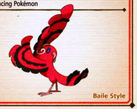
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others

✓ Oricorio

Dancing Pokémon



Baile Style

National Pokédex 741 FIRE
Alola Pokédex 097 FLYING

Height: 2'00" | Weight: 7.5 lbs.

Honey

♂ ♀
Same form for male/female

It wins the hearts of its enemies with its passionate dancing and then uses the opening it creates to burn them up with blazing flames.

This Oricorio has drunk red nectar. If its Trainer gives the wrong order, this passionate Pokémon becomes fiercely angry.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass and red flowers in Ula'ula Meadow. Or obtain any Oricorio, then use a Red Nectar on it to change it to this form.

ABILITY

Dancer

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Flying

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pound	Normal	Physical	40	100	35	Normal
4	Growl	Normal	Status	—	100	40	Many Others
6	Peck	Flying	Physical	35	100	35	Normal
10	Helping Hand	Normal	Status	—	—	20	1 Ally
13	Air Cutter	Flying	Special	60	95	25	Many Others
16	Baton Pass	Normal	Status	—	—	40	Self
20	Feather Dance	Flying	Status	—	100	15	Normal
23	Double Slap	Normal	Physical	15	85	10	Normal
26	Teeter Dance	Normal	Status	—	100	20	Adjacent
30	Roost	Flying	Status	—	—	10	Self
33	Captivate	Normal	Status	—	100	20	Many Others
36	Air Slash	Flying	Special	75	95	15	Normal
40	Revelation Dance*	Normal	Special	90	100	15	Normal
43	Mirror Move	Flying	Status	—	—	20	Normal
46	Agility	Psychic	Status	—	—	30	Self
50	Hurricane	Flying	Special	110	70	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM76	Fly	Flying	Physical	90	95	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pluck	Flying	Physical	60	100	20	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Safeguard	Normal	Status	—	—	25	Your Side
Captivate	Normal	Status	—	100	20	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

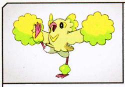
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Defog	Flying	Status	—	—	15	Normal

---

*Revelation Dance's type changes depending on Oricorio's current form. Pom-Pom Style Oricorio will have an Electric-type Revelation Dance, Pa'u Style Oricorio will have a Psychic-type Revelation Dance, Baile Style Oricorio will have a Fire-type Revelation Dance, and Sensu Style Oricorio will have a Ghost-type Revelation Dance.

Oricorio's Different Styles

Oricorio are a fairly common Pokémon in the Alola region, but they appear in different forms depending on the island that they appear on. If you catch an Oricorio, though, you can freely change its form using the nectar that you collect from flowers growing around Alola. When an Oricorio's form changes, its types will change and so will the type of its move Revelation Dance.



Oricorio (Pom-Pom Style)

ELECTRIC FLYING

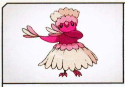
Oricorio caught in Melemele Meadow take this form by default. Any Oricorio can also be changed to this form by using Yellow Nectar on it. Yellow Nectar can be collected in Melemele Meadow.

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×1

It lifts its opponents' spirits with its cheerful dance moves. When they let their guard down, it electrocutes them with a jolt.

This Oricorio has drunk bright yellow nectar. When it sees someone looking glum, it will try to cheer them up with a dance.



Oricorio (Pa'u Style)

PSYCHIC FLYING

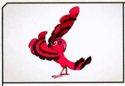
Oricorio caught on Akala Island's Route 6 take this form by default. Any Oricorio can also be changed to this form by using Pink Nectar on it. Pink Nectar can be collected near the flowering bushes on Royal Avenue.

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0.25	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1

It relaxes its opponents with its elegant dancing. When they let their guard down, it showers them with psychic energy.

This Oricorio has sipped pink nectar. It gets so caught up in its dancing that it sometimes doesn't hear its Trainer's orders.



Oricorio (Baile Style)

FIRE FLYING

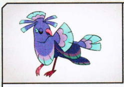
Oricorio caught in Ula'ula Meadow take this form by default. Any Oricorio can also be changed to this form by using Red Nectar on it. Red Nectar can be collected in Ula'ula Meadow.

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×4
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

It wins the hearts of its enemies with its passionate dancing, then uses the opening it creates to burn them up with blazing flames.

This Oricorio has drunk red nectar. If its Trainer gives the wrong order, this passionate Pokémon becomes fiercely angry.



Oricorio (Sensu Style)

GHOST FLYING

Oricorio caught in Poni Meadow take this form by default. Any Oricorio can also be changed to this form by using Purple Nectar on it. Purple Nectar can be collected in Poni Meadow.

Damage taken in normal battles

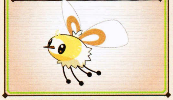
NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×0	FAIRY	×1

It charms its opponents with its refined dancing. When they let their guard down, it places a curse on them that will bring on their demise.

This Oricorio has sipped purple nectar. Some dancers use its graceful, elegant dancing as inspiration.

✓ Cutiefly

Bee Fly Pokémon



National Pokédex	742	BUG
Alola Pokédex	098	FAIRY

Height: 0'04" | Weight: 0.4 lbs.

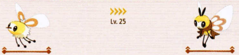
Honey

Same form for male/female

Nectar and pollen are its favorite fare. In fields of flowers, it gets into skirmishes with Butterfree over food.

Cutiefly can pick up the auras of living things. It skillfully reads those auras to predict its foes' movements and make fools of them.

EVOLUTION



Cutiefly

Ribombee

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass at the northernmost point of Route 3.

ABILITY

Honey Gather
Shield Dust

HIDDEN ABILITY

Sweet Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆

Bug
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
4	Fairy Wind	Fairy	Special	40	100	30	Normal
7	Stun Spore	Grass	Status	—	75	30	Normal
10	Struggle Bug	Bug	Special	50	100	20	Many Others
13	Silver Wind	Bug	Special	60	100	5	Normal
16	Draining Kiss	Fairy	Special	50	100	10	Normal
21	Sweet Scent	Normal	Status	—	100	20	Many Others
26	Bug Buzz	Bug	Special	90	100	10	Normal
31	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
36	Aromatherapy	Grass	Status	—	—	5	Your Party
41	Quiver Dance	Bug	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

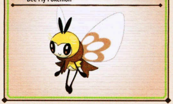
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Baton Pass	Normal	Status	—	—	40	Self
Skill Swap	Psychic	Status	—	—	10	Normal
Speed Swap	Psychic	Status	—	—	10	Normal
Bestow	Normal	Status	—	—	15	Normal
Moonblast	Fairy	Special	95	100	15	Normal
Powder	Bug	Status	—	100	20	Normal
Sticky Web	Bug	Status	—	—	20	Other Side

✓ Ribombee

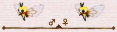
Bee Fly Pokémon



National Pokédex	743	BUG
Alola Pokédex	099	FAIRY

Height: 0'08" | Weight: 1.1 lbs.

Honey



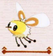
♂ ♀

Same form for male/female

Rain makes pollen damp, so Ribombee hates rain. When it sees ominous clouds, it finds a hollow in a tree, where it waits stock-still.

It can predict the weather from moisture levels and wind direction. Ribombee only reveals itself when there are a few clear days in a row.

EVOLUTION



Cutiefly

>>>> Lv. 25

Ribombee

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass and red flowers in Ula'ula Meadow. Or obtain a Cutiefly, then level it up to Lv. 25 or higher to evolve it into Ribombee. A special totem-sized form of Ribombee can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Sun*.

ABILITY

Honey Gather
Shield Dust

HIDDEN ABILITY

Sweet Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

Bug
Fairy

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Pollen Puff	Bug	Special	90	100	15	Normal
1	Absorb	Grass	Special	20	100	25	Normal
1	Fairy Wind	Fairy	Special	40	100	30	Normal
1	Stun Spore	Grass	Status	—	75	30	Normal
1	Struggle Bug	Bug	Special	50	100	20	Many Others
4	Fairy Wind	Fairy	Special	40	100	30	Normal
7	Stun Spore	Grass	Status	—	75	30	Normal
10	Struggle Bug	Bug	Special	50	100	20	Many Others
13	Silver Wind	Bug	Special	60	100	5	Normal
16	Draining Kiss	Fairy	Special	50	100	10	Normal
21	Sweet Scent	Normal	Status	—	100	20	Many Others
28	Bug Buzz	Bug	Special	90	100	10	Normal
35	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
42	Aromatherapy	Grass	Status	—	—	5	Your Party
49	Quiver Dance	Bug	Status	—	—	20	Self

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pollen Puff	Bug	Special	90	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Tailwind	Flying	Status	—	—	15	Your Side
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

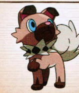
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

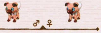
✓ Rockruff

Puppy Pokémon



National Pokédex	744	ROCK
Alola Pokédex	126	

Height: 1'08" | Weight: 20.3 lbs.



♂ ♀

Same form for male/female

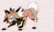
As they develop, their disposition grows more violent and aggressive. Many Trainers find them too much to handle and abandon them.

When it rubs the rocks on its neck against you, that's proof of its love for you. However, the rocks are sharp, so the gesture is quite painful!

EVOLUTION

Rockruff

Level up to Lv. 25 during the day in *Pokémon Ultra Sun*

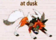


Lycanroc (Midday Form)

Level up to Lv. 25 at night in *Pokémon Ultra Moon*

Lycanroc (Midnight Form)

Level up Rockruff with Own Tempo Ability to Lv. 25 at dusk



Lycanroc (Dusk Form)

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on the south side of Route 1. *Rockruff with the Own Tempo Ability was part of a special distribution. Watch Pokemon.com for news of upcoming distributions, or try to get one on the GTS.

ABILITY

Keen Eye Own Tempo*
Vital Spirit

HIDDEN ABILITY

Steadfast

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
12	Howl	Normal	Status	—	—	40	Self
15	Rock Throw	Rock	Physical	50	90	15	Normal
18	Odor Sleuth	Normal	Status	—	—	40	Normal
23	Rock Tomb	Rock	Physical	60	95	15	Normal
26	Roar	Normal	Status	—	—	20	Normal
29	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Scary Face	Normal	Status	—	100	10	Normal
40	Crunch	Dark	Physical	80	100	15	Normal
45	Rock Climb	Normal	Physical	90	85	20	Normal
48	Stone Edge	Rock	Physical	100	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

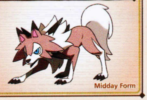
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Crush Claw	Normal	Physical	75	95	10	Normal
Fire Fang	Fire	Physical	65	95	15	Normal
Thunder Fang	Electric	Physical	65	95	15	Normal
Sucker Punch	Dark	Physical	70	100	5	Normal
Thrash	Normal	Physical	120	100	10	1 Random

✓ Lycanroc

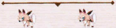
Wolf Pokémon



Midday Form

National Pokédex	745	ROCK
Alola Pokédex	127	

Height: 2'07" | Weight: 55.1 lbs.

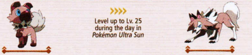


Same form for male/female

The sharp rocks in its mane can cut like knives. Lycanroc wears its prey down by degrees before finishing them off.

The rocks in its mane are sharper than a knife. Fragments that break off are treasured as good luck charms.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears during the day in the tall grass in the Vast Poni Canyon. Or obtain a Rockruff, then level it up to Lv. 25 or higher during the day in *Pokémon Ultra Sun*.

ABILITY

Keen Eye
Sand Rush

HIDDEN ABILITY

Steadfast

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Accelerock	Rock	Physical	40	100	20	Normal
1	Quick Guard	Fighting	Status	—	—	15	Your Side
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
12	Howl	Normal	Status	—	—	40	Self
15	Rock Throw	Rock	Physical	50	90	15	Normal
18	Odor Sleuth	Normal	Status	—	—	40	Normal
23	Rock Tomb	Rock	Physical	60	95	15	Normal
26	Roar	Normal	Status	—	—	20	Normal
29	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Scary Face	Normal	Status	—	100	10	Normal
40	Crunch	Dark	Physical	80	100	15	Normal
45	Rock Climb	Normal	Physical	90	85	20	Normal
48	Stone Edge	Rock	Physical	100	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Accelerock	Rock	Physical	40	100	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

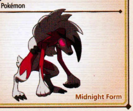
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Splintered Stormshards	Stone Edge	Rock	Physical	190	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Lycanroc

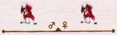
Wolf Pokémon



Midnight Form

National Pokédex	745	ROCK
Alola Pokédex	127	

Height: 3'07" | Weight: 55.1 lbs.

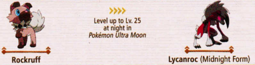


Same form for male/female

It has no problem ignoring orders it doesn't like. It doesn't seem to mind getting hurt at all—as long as it can finish off its opponent.

They live alone without forming packs. They will only listen to orders from Trainers who can draw out their true power.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears at night in the tall grass in the Vast Poni Canyon. Or obtain a Rockruff, then level it up to Lv. 25 or higher at night in *Pokémon Ultra Moon*.

ABILITY

Keen Eye
Vital Spirit

HIDDEN ABILITY

No Guard

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Counter	Fighting	Physical	—	100	20	Varies
1	Reversal	Fighting	Physical	—	100	15	Normal
1	Taunt	Dark	Status	—	100	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
12	Howl	Normal	Status	—	—	40	Self
15	Rock Throw	Rock	Physical	50	90	15	Normal
18	Odor Sleuth	Normal	Status	—	—	40	Normal
23	Rock Tomb	Rock	Physical	60	95	15	Normal
26	Roar	Normal	Status	—	—	20	Normal
29	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Scary Face	Normal	Status	—	100	10	Normal
40	Crunch	Dark	Physical	80	100	15	Normal
45	Rock Climb	Normal	Physical	90	85	20	Normal
48	Stone Edge	Rock	Physical	100	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

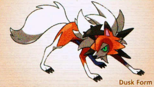
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Splintered Stormshards	Stone Edge	Rock	Physical	190	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Lycanroc

Wolf Pokémon



Dusk Form

National Pokédex	745
Alola Pokédex	127

ROCK

Height: 2'07" | Weight: 55.1 lbs.

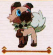
♂ ♀

Same form for male/female

Bathed in the setting sun of evening, Lycanroc has undergone a special kind of evolution. An intense fighting spirit underlies its calmness.

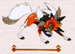
This strange form is the result of its evolving at dusk. It's very rare in Alola.

EVOLUTION



Rockruff

»»» Level up Rockruff with Own Tempo Ability to Lv. 25 at dusk



Lycanroc (Dusk Form)

MAIN WAY TO OBTAIN

Obtain a Rockruff with the Own Tempo Ability, then level it up to Lv. 25 between 5:00 P.M. and 6:00 P.M. in *Pokémon Ultra Sun* or 5:00 A.M. and 6:00 A.M. in *Pokémon Ultra Moon* to evolve it into a Dusk Form Lycanroc.

ABILITY

Tough Claws

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Thrash	Normal	Physical	120	100	10	1 Random
1	Accelerock	Rock	Physical	40	100	20	Normal
1	Counter	Fighting	Physical	—	100	20	Varies
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Bite	Dark	Physical	60	100	25	Normal
4	Sand Attack	Ground	Status	—	100	15	Normal
7	Bite	Dark	Physical	60	100	25	Normal
12	Howl	Normal	Status	—	—	40	Self
15	Rock Throw	Rock	Physical	50	90	15	Normal
18	Odor Sleuth	Normal	Status	—	—	40	Normal
23	Rock Tomb	Rock	Physical	60	95	15	Normal
26	Roar	Normal	Status	—	—	20	Normal
29	Stealth Rock	Rock	Status	—	—	20	Other Side
34	Rock Slide	Rock	Physical	75	90	10	Many Others
37	Scary Face	Normal	Status	—	100	10	Normal
40	Crunch	Dark	Physical	80	100	15	Normal
45	Rock Climb	Normal	Physical	90	85	20	Normal
48	Stone Edge	Rock	Physical	100	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Thrash	Normal	Physical	120	100	10	1 Random

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

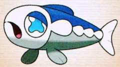
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Splintered Stormshards	Stone Edge	Rock	Physical	190	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Wishiwashi

Small Fry Pokémon

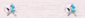


Solo Form

National Pokédex	746
Alola Pokédex	133

WATER

Height: 0'08" | Weight: 0.7 lbs.



♂ ♀

Same form for male/female

They're weak, so they move in schools. However, they can also often be seen all alone, having strayed from the school.

When it's in a jam, its shining eyes attract others of its kind. The light from its eyes is visible almost 25 miles away.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears at a fishing spot on Route 7.

ABILITY

Schooling

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆
DEFENSE	◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
1	Growl	Normal	Status	—	100	40	Many Others
6	Helping Hand	Normal	Status	—	—	20	1 Ally
9	Feint Attack	Dark	Physical	60	—	20	Normal
14	Brine	Water	Special	65	100	10	Normal
17	Aqua Ring	Water	Status	—	—	20	Self
22	Tearful Look	Normal	Status	—	—	20	Normal
25	Take Down	Normal	Physical	90	85	20	Normal
30	Dive	Water	Physical	80	100	10	Normal
33	Beat Up	Dark	Physical	—	100	10	Normal
38	Aqua Tail	Water	Physical	90	90	10	Normal
41	Double-Edge	Normal	Physical	120	100	15	Normal
46	Soak	Water	Status	—	100	20	Normal
49	Endeavor	Normal	Physical	—	100	5	Normal
54	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

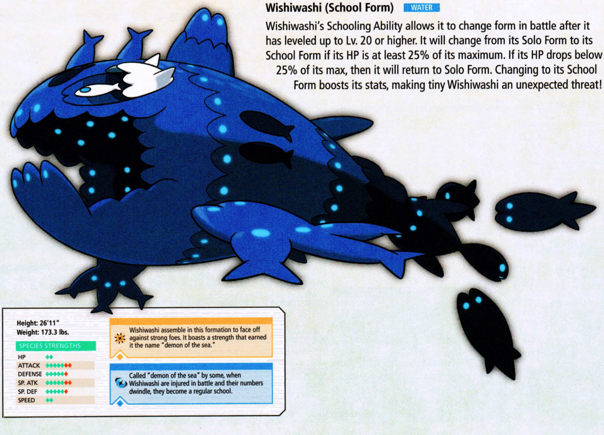
◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Muddy Water	Water	Special	90	85	10	Many Others
Mist	Ice	Status	—	—	30	Your Side
Water Pulse	Water	Special	60	100	20	Normal
Water Sport	Water	Status	—	—	15	Both Sides
Whirlpool	Water	Special	35	85	15	Normal

Wishiwashi's School Form



Wishiwashi (School Form) WATER

Wishiwashi's Schooling Ability allows it to change form in battle after it has leveled up to Lv. 20 or higher. It will change from its Solo Form to its School Form if its HP is at least 25% of its maximum. If its HP drops below 25% of its max, then it will return to Solo Form. Changing to its School Form boosts its stats, making tiny Wishiwashi an unexpected threat!

Height: 26'11"
Weight: 173.3 lbs.

SPECIES STRENGTHS

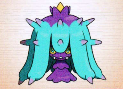
HP	◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆

Wishiwashi assemble in this formation to face off against strong foes. It boasts a strength that earned it the name "demon of the sea."

Called "demon of the sea" by some, when Wishiwashi are injured in battle and their numbers dwindle, they become a regular school.

✓ Mareanie

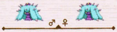
Brutal Star Pokémon



National Pokédex	747	POISON
Alola Pokédex	136	WATER

Height: 1'04" | **Weight: 17.6 lbs.**

Poison Barb



♂ ♀

Same form for male/female

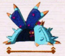
They eat Corsola branches, so Mareanie are hated by craftsmen who work with Corsola branches that have naturally fallen off.

Aside from its head, its body parts regenerate quickly if they're cut off. After a good night's sleep, Mareanie is back to normal.

EVOLUTION

Mareanie

Lv. 38



Toxapex

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Corsola in Melemele Sea, especially at a bubbling rare fishing spot on the Hau'oli City side of the water.

ABILITY

Merciless
Limber

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Poison Sting	Poison	Physical	15	100	35	Normal
5	Peck	Flying	Physical	35	100	35	Normal
9	Bite	Dark	Physical	60	100	25	Normal
13	Toxic Spikes	Poison	Status	—	—	20	Other Side
17	Wide Guard	Rock	Status	—	—	10	Your Side
21	Toxic	Poison	Status	—	90	10	Normal
25	Venoshock	Poison	Special	65	100	10	Normal
29	Spike Cannon	Normal	Physical	20	100	15	Normal
33	Recover	Normal	Status	—	—	10	Self
37	Poison Jab	Poison	Physical	80	100	20	Normal
41	Venom Drench	Poison	Status	—	100	20	Many Others
45	Pin Missile	Bug	Physical	25	95	20	Normal
49	Liquidation	Water	Physical	85	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Snatch	Dark	Status	—	—	10	Self
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

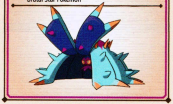
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Haze	Ice	Status	—	—	30	Both Sides

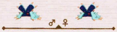
✓ Toxapex

Brutal Star Pokémon



National Pokédex	748	POISON	
Alola Pokédex	137	WATER	

Height: 2'04" | Weight: 32.0 lbs.



♂ ♀

Same form for male/female

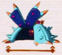
To attack, this Pokémon sends toxic spikes flying at its enemies. Ones that come close get mown down by the claws on its feet.

With its 12 legs, it creates a dome to shelter within. The flow of the tides doesn't affect Toxapex in there, so it's very comfortable.

EVOLUTION

Mareanie

»»» Lv. 38



Toxapex

MAIN WAY TO OBTAIN

Obtain a Mareanie, then level it up to Lv. 38 or higher to evolve it into Toxapex.

ABILITY

Merciless
Limber

HIDDEN ABILITY

Regenerator

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆◆◆
SPEED	◆◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Baneful Bunker	Poison	Status	—	—	10	Self
1	Poison Sting	Poison	Physical	15	100	35	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Bite	Dark	Physical	60	100	25	Normal
1	Toxic Spikes	Poison	Status	—	—	20	Other Side
5	Peck	Flying	Physical	35	100	35	Normal
9	Bite	Dark	Physical	60	100	25	Normal
13	Toxic Spikes	Poison	Status	—	—	20	Other Side
17	Wide Guard	Rock	Status	—	—	10	Your Side
21	Toxic	Poison	Status	—	90	10	Normal
25	Venoshock	Poison	Special	65	100	10	Normal
29	Spike Cannon	Normal	Physical	20	100	15	Normal
33	Recover	Normal	Status	—	—	10	Self
37	Poison Jab	Poison	Physical	80	100	20	Normal
44	Venom Drench	Poison	Status	—	100	20	Many Others
51	Pin Missile	Bug	Physical	25	95	20	Normal
58	Liquidation	Water	Physical	85	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Baneful Bunker	Poison	Status	—	—	10	Self

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Snatch	Dark	Status	—	—	10	Self
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

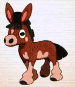
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Mudbray

Donkey Pokémon



National Pokédex	749	GROUND	
Alola Pokédex	165		

Height: 3'03" | Weight: 242.5 lbs.

Light Clay

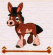
♂ ♀

Same form for male/female

It loves playing in the mud. If it isn't showered with mud on a daily basis, it gets stressed out and stops listening to its Trainer.

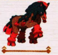
Possessing mighty power, Mudbray can be loaded with 50 times its own body weight and will be totally fine.

EVOLUTION



Mudbray

»»» Lv. 30



Mudsdale

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Paniola Ranch.

ABILITY

Own Tempo
Stamina

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud-Slap	Ground	Special	20	100	10	Normal
3	Mud Sport	Ground	Status	—	—	15	Both Sides
8	Rototiller	Ground	Status	—	—	10	Adjacent
10	Bulldoze	Ground	Physical	60	100	20	Adjacent
15	Double Kick	Fighting	Physical	30	100	30	Normal
17	Stomp	Normal	Physical	65	100	20	Normal
22	Bide	Normal	Physical	—	—	10	Self
24	High Horsepower	Ground	Physical	95	95	10	Normal
29	Iron Defense	Steel	Status	—	—	15	Self
31	Heavy Slam	Steel	Physical	—	100	10	Normal
36	Counter	Fighting	Physical	—	100	20	Varies
38	Earthquake	Ground	Physical	100	100	10	Adjacent
43	Mega Kick	Normal	Physical	120	75	5	Normal
45	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

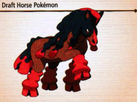
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Body Slam	Normal	Physical	85	100	15	Normal
Double-Edge	Normal	Physical	120	100	15	Normal
Magnitude	Ground	Physical	—	100	30	Adjacent
Close Combat	Fighting	Physical	120	100	5	Normal
Mud Bomb	Ground	Special	65	85	10	Normal

✓ Mudsdale

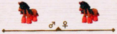
Draft Horse Pokémon



National Pokédex 750 GROUND
Alola Pokédex 166

Height: 8'02" | Weight: 2028.3 lbs.

Light Clay



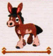
♂ ♀

Same form for male/female

It remains calm and unmoving no matter the situation. It mixes dirt with the saliva in its mouth to make a special kind of mud.

It can trudge mountain roads without rest for three days and three nights, all the while dragging a 10-ton load.

EVOLUTION



Mudbray

Lv. 30

Mudsdale

MAIN WAY TO OBTAIN

Catch it when it appears on the northwest patches of tall grass in Poni Plains. Or obtain a Mudbray, then level it up to Lv. 30 or higher to evolve it into Mudsdale.

ABILITY

Own Tempo
Stamina

HIDDEN ABILITY

Inner Focus

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Mud-Slap	Ground	Special	20	100	10	Normal
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Rototiller	Ground	Status	—	—	10	Adjacent
1	Bulldoze	Ground	Physical	60	100	20	Adjacent
3	Mud Sport	Ground	Status	—	—	15	Both Sides
8	Rototiller	Ground	Status	—	—	10	Adjacent
10	Bulldoze	Ground	Physical	60	100	20	Adjacent
15	Double Kick	Fighting	Physical	30	100	30	Normal
17	Stomp	Normal	Physical	65	100	20	Normal
22	Bide	Normal	Physical	—	—	10	Self
24	High Horsepower	Ground	Physical	95	95	10	Normal
29	Iron Defense	Steel	Status	—	—	15	Self
34	Heavy Slam	Steel	Physical	—	100	10	Normal
42	Counter	Fighting	Physical	—	100	20	Varies
47	Earthquake	Ground	Physical	100	100	10	Adjacent
55	Mega Kick	Normal	Physical	120	75	5	Normal
60	Superpower	Fighting	Physical	120	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Earth Power	Ground	Special	90	100	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

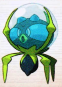
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Dewpider

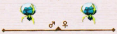
Water Bubble Pokémon



National Pokédex 751 WATER
Alola Pokédex 174 BUG

Height: 1'00" | Weight: 8.8 lbs.

Mystic Water



♂ ♀

Same form for male/female

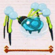
When two Dewpider meet, they display their water bubbles to each other. Then the one with the smaller bubble gets out of the other's way.

It can only breathe oxygen that has dissolved in water, so it wears a water bubble on its head when it walks around on land.

EVOLUTION

Dewpider

Lv. 22



Araquanid

MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface during the day in Brooklet Hill.

ABILITY

Water Bubble

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Water 1
Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
! FIRE	×1	PSYCHIC	×1
! WATER	×0.5	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Bubble	Water	Special	40	100	30	Many Others
5	Infestation	Bug	Special	20	100	20	Normal
8	Spider Web	Bug	Status	—	—	10	Normal
13	Bug Bite	Bug	Physical	60	100	20	Normal
16	Bubble Beam	Water	Special	65	100	20	Normal
21	Bite	Dark	Physical	60	100	25	Normal
24	Aqua Ring	Water	Status	—	—	20	Self
29	Leech Life	Bug	Physical	80	100	10	Normal
32	Crunch	Dark	Physical	80	100	15	Normal
37	Lunge	Bug	Physical	80	100	15	Normal
40	Mirror Coat	Psychic	Special	—	100	20	Varies
45	Liquidation	Water	Physical	85	100	10	Normal
48	Entrainment	Normal	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Liquidation	Water	Physical	85	100	10	Normal

EXCLUSIVE Z-MOVE

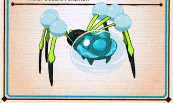
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Power Split	Psychic	Status	—	—	10	Normal
Aurora Beam	Ice	Special	65	100	20	Normal
Stockpile	Normal	Status	—	—	20	Self
Spit Up	Normal	Special	—	100	10	Normal
Sticky Web	Bug	Status	—	—	20	Other Side

✓ Araquanid

Water Bubble Pokémon



National Pokédex	752	WATER	
Alola Pokédex	175	BUG	

Height: 5'11" | Weight: 180.8 lbs.

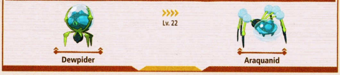
Mystic Water

Same form for male/female

It usually passes its time in the water. When its belly is full, it stores its subdued prey in the water bubble on its head.

It has a habit of storing things it values in its water bubble. If its Trainer doesn't watch out, Araquanid will try to put them in its bubble!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass during the day in Malie Garden. A special totem-sized form of Araquanid can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Moon*.

ABILITY

Water Bubble

HIDDEN ABILITY

Water Absorb

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

Water 1
Bug

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Soak	Water	Status	—	100	20	Normal
1	Bubble	Water	Special	40	100	30	Many Others
1	Infestation	Bug	Special	20	100	20	Normal
1	Spider Web	Bug	Status	—	—	10	Normal
1	Bug Bite	Bug	Physical	60	100	20	Normal
5	Infestation	Bug	Special	20	100	20	Normal
8	Spider Web	Bug	Status	—	—	10	Normal
13	Bug Bite	Bug	Physical	60	100	20	Normal
16	Bubble Beam	Water	Special	65	100	20	Normal
21	Bite	Dark	Physical	60	100	25	Normal
26	Aqua Ring	Water	Status	—	—	20	Self
33	Leech Life	Bug	Physical	80	100	10	Normal
38	Crunch	Dark	Physical	80	100	15	Normal
45	Lunge	Bug	Physical	80	100	15	Normal
50	Mirror Coat	Psychic	Special	—	100	20	Varies
57	Liquidation	Water	Physical	85	100	10	Normal
62	Entrainment	Normal	Status	—	100	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Liquidation	Water	Physical	85	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

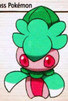
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Water Pulse	Water	Special	60	100	20	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Fomantis

Sickle Grass Pokémon



National Pokédex	753	GRASS	
Alola Pokédex	176		

Height: 1'00" | Weight: 3.3 lbs.

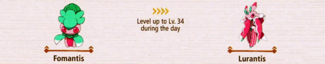
Miracle Seed

Same form for male/female

When the sun rises, Fomantis spreads its four leaves and bathes in the sunlight. The tip of its head has a pleasant aroma.

It loves the sunshine. When it basks in the sunlight regularly, it grows up with vivid coloration.

EVOLUTION


Fomantis
Level up to Lv. 34 during the day
Lurantis

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 5.

ABILITY

Leaf Guard

HIDDEN ABILITY

Contrary

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fury Cutter	Bug	Physical	40	95	20	Normal
5	Leafage	Grass	Physical	40	100	40	Normal
10	Razor Leaf	Grass	Physical	55	95	25	Many Others
14	Growth	Normal	Status	—	—	20	Self
19	Ingrain	Grass	Status	—	—	20	Self
23	Leaf Blade	Grass	Physical	90	100	15	Normal
28	Synthesis	Grass	Status	—	—	5	Self
32	Slash	Normal	Physical	70	100	20	Normal
37	Sweet Scent	Normal	Status	—	100	20	Many Others
41	Solar Beam	Grass	Special	120	100	10	Normal
46	Sunny Day	Fire	Status	—	—	5	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Defog	Flying	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Weather Ball*	Normal	Special	50	100	10	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Aromatherapy	Grass	Status	—	—	5	Your Party
Defog	Flying	Status	—	—	15	Normal
Leaf Storm	Grass	Special	130	90	5	Normal

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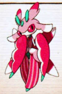
*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

✓ Lurantis

Bloom Sickle Pokémon



National Pokédex	754	GRASS
Alola Pokédex	177	

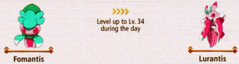
Height: 2'11" | Weight: 40.8 lbs.

Same form for male/female

For self-protection, it pretends to be a bug Pokémon. Both of its arms bear keen-edged petals.

As it slashes into its enemies, it looks like it's dancing. Its elegant appearance has led some to call it the most glamorous Grass Pokémon.

EVOLUTION


Level up to Lv. 34 during the day
Fomantis
Lurantis

MAIN WAY TO OBTAIN

Obtain a Fomantis, then level it up to Lv. 34 or higher during the day to evolve it into Lurantis. A special totem-sized form of Lurantis can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Sun*.

ABILITY

Leaf Guard

HIDDEN ABILITY

Contrary

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
1	X-Scissor	Bug	Physical	80	100	15	Normal
1	Night Slash	Dark	Physical	70	100	15	Normal
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Leafage	Grass	Physical	40	100	40	Normal
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
1	Growth	Normal	Status	—	—	20	Self
5	Leafage	Grass	Physical	40	100	40	Normal
10	Razor Leaf	Grass	Physical	55	95	25	Many Others
14	Growth	Normal	Status	—	—	20	Self
19	Ingrain	Grass	Status	—	—	20	Self
23	Leaf Blade	Grass	Physical	90	100	15	Normal
28	Synthesis	Grass	Status	—	—	5	Self
32	Slash	Normal	Physical	70	100	20	Normal
40	Sweet Scent	Normal	Status	—	100	20	Many Others
47	Solar Blade	Grass	Physical	125	100	10	Normal
55	Sunny Day	Fire	Status	—	—	5	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Petal Blizzard	Grass	Physical	90	100	15	Adjacent

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self

EXCLUSIVE Z-MOVE

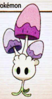
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Morelull

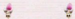
Illuminating Pokémon



National Pokédex	755	GRASS
Alola Pokédex	178	FAIRY

Height: 0'08" | Weight: 3.3 lbs.

Tiny Mushroom | Big Mushroom

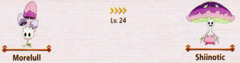


Same form for male/female

It scatters its shining spores around itself. Even though they're dangerous, nighttime tours of forests where Morelull live are popular.

It likes damp dark places. When night falls, the spores filling the caps of its mushrooms glow.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass at night in Brooklet Hill.

ABILITY

Illuminate
Effect Spore

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×4	STEEL	×2
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
4	Astonish	Ghost	Physical	30	100	15	Normal
8	Flash	Normal	Status	—	100	20	Normal
11	Moonlight	Fairy	Status	—	—	5	Self
15	Mega Drain	Grass	Special	40	100	15	Normal
18	Sleep Powder	Grass	Status	—	75	15	Normal
22	Ingrain	Grass	Status	—	—	20	Self
25	Confuse Ray	Ghost	Status	—	100	10	Normal
29	Giga Drain	Grass	Special	75	100	10	Normal
32	Strength Sap	Grass	Status	—	100	10	Normal
36	Spore	Grass	Status	—	100	15	Normal
39	Moonblast	Fairy	Special	95	100	15	Normal
43	Dream Eater	Psychic	Special	100	100	15	Normal
46	Spotlight	Normal	Status	—	—	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

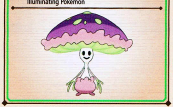
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Amnesia	Psychic	Status	—	—	20	Self
Poison Powder	Poison	Status	—	75	35	Normal
Stun Spore	Grass	Status	—	75	30	Normal
Growth	Normal	Status	—	—	20	Self
Leech Seed	Grass	Status	—	90	10	Normal

✓ Shiinotic

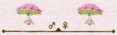
Illuminating Pokémon



National Pokédex	756	GRASS	
Alola Pokédex	179	FAIRY	

Height: 3'03" | Weight: 25.4 lbs.

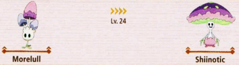
Tiny Mushroom | Big Mushroom


♂ ♀
Same form for male/female

It puts its prey to sleep and siphons off their vitality through the tip of its arms. If one of its kind is weakened, it helps by sending it vitality.

When it starts fighting for territory with Parasect, the entire area gets completely coated in spores!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass at night on Route 11. Or obtain a Morelull, then level it up to Lv. 24 or higher to evolve it into Shiinotic.

ABILITY

Illuminate
Effect Spore

HIDDEN ABILITY

Rain Dish

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×4	STEEL	×2
GROUND	×0.5	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Absorb	Grass	Special	20	100	25	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Ingrain	Grass	Status	—	—	20	Self
1	Flash	Normal	Status	—	100	20	Normal
4	Astonish	Ghost	Physical	30	100	15	Normal
8	Flash	Normal	Status	—	100	20	Normal
11	Moonlight	Fairy	Status	—	—	5	Self
15	Mega Drain	Grass	Special	40	100	15	Normal
18	Sleep Powder	Grass	Status	—	75	15	Normal
22	Ingrain	Grass	Status	—	—	20	Self
26	Confuse Ray	Ghost	Status	—	100	10	Normal
31	Giga Drain	Grass	Special	75	100	10	Normal
35	Strength Sap	Grass	Status	—	100	10	Normal
40	Spore	Grass	Status	—	100	15	Normal
44	Moonblast	Fairy	Special	95	100	15	Normal
49	Dream Eater	Psychic	Special	100	100	15	Normal
53	Spotlight	Normal	Status	—	—	15	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

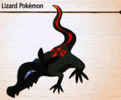
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Salandit

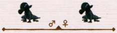
Toxic Lizard Pokémon



National Pokédex	757	POISON	
Alola Pokédex	195	FIRE	

Height: 2'00" | Weight: 10.6 lbs.

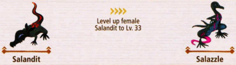
Smoke Ball


♂ ♀
Same form for male/female

The males will do whatever the females tell them. They give the females most of their food. Due to malnutrition, the males can't evolve.

It weakens opponents and sends them reeling with its poisonous gas. Salandit doesn't deal well with Spinda, since it's always reeling.

EVOLUTION


Salandit
>>>>
Level up female Salandit to Lv. 33
Salazzle

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Wela Volcano Park.

ABILITY

Corrosion

HIDDEN ABILITY

Oblivious

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×4	FAIRY	×0.25

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Scratch	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
5	Ember	Fire	Special	40	100	25	Normal
8	Sweet Scent	Normal	Status	—	100	20	Many Others
13	Dragon Rage	Dragon	Special	—	100	10	Normal
16	Smog	Poison	Special	30	70	20	Normal
21	Double Slap	Normal	Physical	15	85	10	Normal
24	Flame Burst	Fire	Special	70	100	15	Normal
29	Toxic	Poison	Status	—	90	10	Normal
32	Nasty Plot	Dark	Status	—	—	20	Self
37	Venoshock	Poison	Special	65	100	10	Normal
40	Flamethrower	Fire	Special	90	100	15	Normal
45	Venom Drench	Poison	Status	—	100	20	Many Others
48	Dragon Pulse	Dragon	Special	85	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self

EXCLUSIVE Z-MOVE

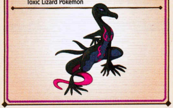
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Belch	Poison	Special	120	90	10	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Sand Attack	Ground	Status	—	100	15	Normal
Snatch	Dark	Status	—	—	10	Self
Fake Out	Normal	Physical	40	100	10	Normal

✓ Salazzle

Toxic Lizard Pokémon



National Pokédex	758	POISON
Alola Pokédex	196	FIRE

Height: 3'11" | Weight: 48.9 lbs.

Smoke Ball

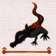
♂ ♀

Female only

✹ Salazzle lives deep in caves and forces the Salandit it has attracted with its pheromones to serve it.

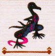
It punishes Salandit that couldn't bring it food with a fierce slap of its flame-spewing palm.

EVOLUTION



Salandit

Level up female Salandit to Lv. 33



Salazzle

MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Salandit in Wela Volcano Park. A special totem-sized form of Salazzle can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Moon*.

ABILITY

Corrosion

HIDDEN ABILITY

Oblivious

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.25
GRASS	×0.25	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×0.5
GROUND	×4	FAIRY	×0.25

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Captivate	Normal	Status	—	100	20	Many Others
1	Disable	Normal	Status	—	100	20	Normal
1	Encore	Normal	Status	—	100	5	Normal
1	Torment	Dark	Status	—	100	15	Normal
1	Swagger	Normal	Status	—	85	15	Normal
1	Pound	Normal	Physical	40	100	35	Normal
1	Poison Gas	Poison	Status	—	90	40	Many Others
1	Ember	Fire	Special	40	100	25	Normal
1	Sweet Scent	Normal	Status	—	100	20	Many Others
5	Ember	Fire	Special	40	100	25	Normal
8	Sweet Scent	Normal	Status	—	100	20	Many Others
13	Dragon Rage	Dragon	Special	—	100	10	Normal
16	Smog	Poison	Special	30	70	20	Normal
21	Double Slap	Normal	Physical	15	85	10	Normal
24	Flame Burst	Fire	Special	70	100	15	Normal
29	Toxic	Poison	Status	—	90	10	Normal
32	Nasty Plot	Dark	Status	—	—	20	Self
39	Venoshock	Poison	Special	65	100	10	Normal
44	Flamethrower	Fire	Special	90	100	15	Normal
51	Venom Drench	Poison	Status	—	100	20	Many Others
56	Dragon Pulse	Dragon	Special	85	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Captivate	Normal	Status	—	100	20	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

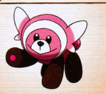
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Stufful

Flailing Pokémon



National Pokédex	759	NORMAL
Alola Pokédex	205	FIGHTING

Height: 1'08" | Weight: 15.0 lbs.

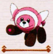
♂ ♀

Same form for male/female

✹ It boasts power enough to split large trees in half. The organ on its rear releases an odor that it uses to communicate with others of its kind.

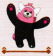
Stufful hates to be hugged or touched in any way. It will squirm, thrash, and resist with amazing power.

EVOLUTION



Stufful

Lv. 27



Bewear

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 8.

ABILITY

Fluffy
Klutz

HIDDEN ABILITY

Cute Charm

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Bide	Normal	Physical	—	—	10	Self
10	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
14	Brutal Swing	Dark	Physical	60	100	20	Adjacent
19	Flail	Normal	Physical	—	100	15	Normal
23	Payback	Dark	Physical	50	100	10	Normal
28	Take Down	Normal	Physical	90	85	20	Normal
32	Hammer Arm	Fighting	Physical	100	90	10	Normal
37	Thrash	Normal	Physical	120	100	10	1 Random
41	Pain Split	Normal	Status	—	—	20	Normal
46	Double-Edge	Normal	Physical	120	100	15	Normal
50	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

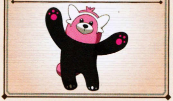
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Force Palm	Fighting	Physical	60	100	10	Normal
Endure	Normal	Status	—	—	10	Self
Wide Guard	Rock	Status	—	—	10	Your Side
Mega Kick	Normal	Physical	120	75	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

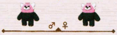
✓ Bewear

Strong Arm Pokémon



National Pokédex	760	NORMAL
Alola Pokédex	206	FIGHTING

Height: 6'11" | Weight: 297.6 lbs.

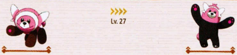


Same form for male/female

It waves its hands wildly in intimidation and warning. Life is over for anyone who doesn't run away as fast as possible.

It boasts tremendous physical strength. Many people call it the most dangerous Pokémon in the Alola region.

EVOLUTION



Stuffful

Bewear

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the Poni Gauntlet. Or obtain a Stufful, then level it up to Lv. 27 or higher to evolve it into Bewear.

ABILITY

Fluffy
Klutz

HIDDEN ABILITY

Unnerve

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Bind	Normal	Physical	15	85	20	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
5	Bide	Normal	Physical	—	—	10	Self
10	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
14	Brutal Swing	Dark	Physical	60	100	20	Adjacent
19	Flail	Normal	Physical	—	100	15	Normal
23	Payback	Dark	Physical	50	100	10	Normal
30	Take Down	Normal	Physical	90	85	20	Normal
36	Hammer Arm	Fighting	Physical	100	90	10	Normal
43	Thrash	Normal	Physical	120	100	10	1 Random
49	Pain Split	Normal	Status	—	—	20	Normal
56	Double-Edge	Normal	Physical	120	100	15	Normal
62	Superpower	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bind	Normal	Physical	15	85	20	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

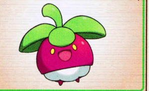
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Bounsweet

Fruit Pokémon



National Pokédex	761	GRASS
Alola Pokédex	207	

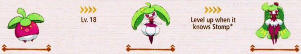
Height: 1'00" | Weight: 7.1 lbs.

Female only

Because of its sweet, delicious aroma, bird Pokémon are always after it, but it's not intelligent enough to care.

It tries to resist being swallowed by a bird Pokémon by spinning the sepals on its head. It's usually a fruitless attempt.

EVOLUTION


Lv. 18
Level up when it knows Stomp*

Bounsweet

Steenee

Tsareena

MAIN WAY TO OBTAIN

Obtain a Steenee or Tsareena, then leave it at the Pokémon Nursery with a compatible partner and hatch the Pokémon Egg that is found.

ABILITY

Leaf Guard
Oblivious

HIDDEN ABILITY

Sweet Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆◆
SPEED	◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
5	Play Nice	Normal	Status	—	—	20	Normal
9	Rapid Spin	Normal	Physical	20	100	40	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
17	Sweet Scent	Normal	Status	—	100	20	Many Others
21	Magical Leaf	Grass	Special	60	—	20	Normal
25	Teeter Dance	Normal	Status	—	100	20	Adjacent
29	Flail	Normal	Physical	—	100	15	Normal
33	Aromatic Mist	Fairy	Status	—	—	20	1 Ally

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Whistle	Grass	Status	—	55	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Play Rough	Fairy	Physical	90	90	10	Normal
Feint	Normal	Physical	30	100	10	Normal
Charm	Fairy	Status	—	100	20	Normal
Acupressure	Normal	Status	—	—	30	Self/Ally

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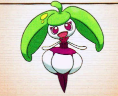
*If you wish to teach Steenee the move Stomp, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Steenee

Fruit Pokémon



National Pokédex	762	GRASS
Alola Pokédex	208	

Height: 2'04" | Weight: 18.1 lbs.

Grassy Seed

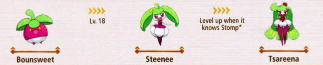
♂ ♀

Female only

It's protected by its hard sepals, so it plays with bird Pokémon without worry. They peck it relentlessly, but it doesn't care.

It bounces around, swinging the sepals on its head with abandon. They're quite painful when they smack you!

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the rustling grass in Lush Jungle.

ABILITY

Leaf Guard
Oblivious

HIDDEN ABILITY

Sweet Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Double Slap	Normal	Physical	15	85	10	Normal
1	Splash	Normal	Status	—	—	40	Self
1	Play Nice	Normal	Status	—	—	20	Normal
1	Rapid Spin	Normal	Physical	20	100	40	Normal
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
5	Play Nice	Normal	Status	—	—	20	Normal
9	Rapid Spin	Normal	Physical	20	100	40	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
17	Sweet Scent	Normal	Status	—	100	20	Many Others
21	Magical Leaf	Grass	Special	60	—	20	Normal
25	Teeter Dance	Normal	Status	—	100	20	Adjacent
29	Stomp	Normal	Physical	65	100	20	Normal
33	Aromatic Mist	Fairy	Status	—	—	20	1 Ally
37	Captivate	Normal	Status	—	100	20	Many Others
41	Aromatherapy	Grass	Status	—	—	5	Your Party
45	Leaf Storm	Grass	Special	130	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Double Slap	Normal	Physical	15	85	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

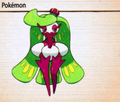
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Steenee the move Stomp, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Tsareena

Fruit Pokémon



National Pokédex	763	GRASS
Alola Pokédex	209	

Height: 3'11" | Weight: 47.2 lbs.

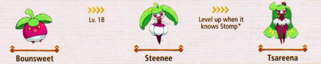
♂ ♀

Female only

A master of grand and beautiful kicks, it can knock out even kickboxing champions with a single blow.

A Pokémon with an aggressive personality and a mastery of kicking, it cackles every time it kicks an opponent.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain a Steenee, then level it up when it knows the move Stomp to evolve it into Tsareena.

ABILITY

Leaf Guard
Queenly Majesty

HIDDEN ABILITY

Sweet Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Trop Kick	Grass	Physical	70	100	15	Normal
1	Punishment	Dark	Physical	—	100	5	Normal
1	Double Slap	Normal	Physical	15	85	10	Normal
1	Splash	Normal	Status	—	—	40	Self
1	Swagger	Normal	Status	—	85	15	Normal
1	Rapid Spin	Normal	Physical	20	100	40	Normal
1	Razor Leaf	Grass	Physical	55	95	25	Many Others
5	Swagger	Normal	Status	—	85	15	Normal
9	Rapid Spin	Normal	Physical	20	100	40	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
17	Sweet Scent	Normal	Status	—	100	20	Many Others
21	Magical Leaf	Grass	Special	60	—	20	Normal
25	Teeter Dance	Normal	Status	—	100	20	Adjacent
29	Stomp	Normal	Physical	65	100	20	Normal
33	Aromatic Mist	Fairy	Status	—	—	20	1 Ally
37	Captivate	Normal	Status	—	100	20	Many Others
41	Aromatherapy	Grass	Status	—	—	5	Your Party
45	Leaf Storm	Grass	Special	130	90	5	Normal
49	High Jump Kick	Fighting	Physical	130	90	10	Normal
53	Power Whip	Grass	Physical	120	85	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Trop Kick	Grass	Physical	70	100	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

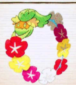
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Steenee the move Stomp, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Comfey

Posy Picker Pokémon



National Pokédex 764 FAIRY
Alola Pokédex 210
Height: 0'04" | Weight: 0.7 lbs.
Misty Seed

♂ ♀
Same form for male/female

It stretches sticky vines out from its head and picks flowers to adorn itself with. When it doesn't have any flowers, it feels uneasy.

It picks flowers and sticks them to its body with fluids it produces. The aroma that wafts from its petals has a healing effect.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in Lush Jungle.

ABILITY

Flower Veil
Triage

HIDDEN ABILITY

Natural Cure

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

Grass

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Vine Whip	Grass	Physical	45	100	25	Normal
1	Flower Shield	Fairy	Status	—	—	10	Varies
4	Leech Seed	Grass	Status	—	90	10	Normal
7	Draining Kiss	Fairy	Special	50	100	10	Normal
10	Magical Leaf	Grass	Special	60	—	20	Normal
13	Growth	Normal	Status	—	—	20	Self
16	Wrap	Normal	Physical	15	90	20	Normal
19	Sweet Kiss	Fairy	Status	—	75	10	Normal
22	Natural Gift	Normal	Physical	—	100	15	Normal
25	Petal Blizzard	Grass	Physical	90	100	15	Adjacent
28	Synthesis	Grass	Status	—	—	5	Self
31	Sweet Scent	Normal	Status	—	100	20	Many Others
34	Grass Knot	Grass	Special	—	100	20	Normal
37	Floral Healing	Fairy	Status	—	—	10	Normal
40	Petal Dance	Grass	Special	120	100	10	1 Random
43	Aromatherapy	Grass	Status	—	—	5	Your Party
46	Grassy Terrain	Grass	Status	—	—	10	Both Sides
49	Play Rough	Fairy	Physical	90	90	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Tailwind	Flying	Status	—	—	15	Your Side
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Worry Seed	Grass	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Trick	Psychic	Status	—	100	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Defog	Flying	Status	—	—	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Heal Bell	Normal	Status	—	—	5	Your Party

EXCLUSIVE Z-MOVE

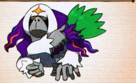
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endure	Normal	Status	—	—	10	Self
Amnesia	Psychic	Status	—	—	20	Self
After You	Normal	Status	—	—	15	Normal
Lucky Chant	Normal	Status	—	—	30	Your Side

✓ Oranguru

Sage Pokémon



National Pokédex 765 NORMAL
Alola Pokédex 215 PSYCHIC
Height: 4'11" | Weight: 167.6 lbs.

♂ ♀
Same form for male/female

It normally spends its time meditating in the treetops. It throws Poké Balls and gives other Pokémon orders as it pleases.

Oranguru don't get along with each other, so they're always engaging in battles of wits to decide which one is superior.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears in the rustling grass in Lush Jungle in *Pokémon Ultra Moon*.

ABILITY

Inner Focus
Telepathy

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Confusion	Psychic	Special	50	100	25	Normal
4	After You	Normal	Status	—	—	15	Normal
8	Taunt	Dark	Status	—	100	20	Normal
11	Quash	Dark	Status	—	100	15	Normal
15	Stored Power	Psychic	Special	20	100	10	Normal
18	Psych Up	Normal	Status	—	—	10	Normal
22	Feint Attack	Dark	Physical	60	—	20	Normal
25	Nasty Plot	Dark	Status	—	—	20	Self
29	Zen Headbutt	Psychic	Physical	80	90	15	Normal
32	Instruct	Psychic	Status	—	—	15	Normal
36	Foul Play	Dark	Physical	95	100	15	Normal
39	Calm Mind	Psychic	Status	—	—	20	Self
43	Psychic	Psychic	Special	90	100	10	Normal
46	Future Sight	Psychic	Special	120	100	10	Normal
50	Trick Room	Psychic	Status	—	—	5	Both Sides

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Pain Split	Normal	Status	—	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal

EXCLUSIVE Z-MOVE

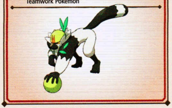
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Extrasensory	Psychic	Special	80	100	20	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Psychic Terrain	Psychic	Status	—	—	10	Both Sides

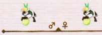
✓ Passimian

Teamwork Pokémon



National Pokédex	766	FIGHTING	
Alola Pokédex	216		

Height: 6'07" | Weight: 182.5 lbs.



♂ ♀

Same form for male/female

They use their saliva to stick leaves to their shoulders. You can tell what troop they belong to from the position of the leaves.

Berries are its weapons as well as the staple of its diet. The one that can throw a berry the farthest is the boss of the troop.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the rustling grass in Lush Jungle in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Receiver

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
4	Leer	Normal	Status	—	100	30	Many Others
8	Rock Smash	Fighting	Physical	40	100	15	Normal
11	Focus Energy	Normal	Status	—	—	30	Self
15	Beat Up	Dark	Physical	—	100	10	Normal
18	Scary Face	Normal	Status	—	100	10	Normal
22	Take Down	Normal	Physical	90	85	20	Normal
25	Bestow	Normal	Status	—	—	15	Normal
29	Thrash	Normal	Physical	120	100	10	1 Random
32	Bulk Up	Fighting	Status	—	—	20	Self
36	Double-Edge	Normal	Physical	120	100	15	Normal
39	Fling	Dark	Physical	—	100	10	Normal
43	Close Combat	Fighting	Physical	120	100	5	Normal
46	Reversal	Fighting	Physical	—	100	15	Normal
50	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Snatch	Dark	Status	—	—	10	Self
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

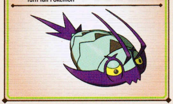
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Seismic Toss	Fighting	Physical	—	100	20	Normal
Vital Throw	Fighting	Physical	70	—	10	Normal
Quick Guard	Fighting	Status	—	—	15	Your Side
Iron Head	Steel	Physical	80	100	15	Normal
Quick Attack	Normal	Physical	40	100	30	Normal
Feint	Normal	Physical	30	100	10	Normal

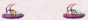
✓ Wimpod

Turn Tail Pokémon



National Pokédex	767	BUG	
Alola Pokédex	221	WATER	

Height: 1'08" | Weight: 26.5 lbs.



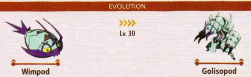
♂ ♀

Same form for male/female

It will pick up anything it finds on the ground. Sometimes it finds coins, so Murkrow and Meowth will go after it.

An astonishingly cowardly Pokémon, Wimpod will whir its legs at high speeds to run away if anything comes near it.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it by cornering the Wimpod that appear on the shore on Route 8.

ABILITY

Wimp Out

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆◆◆

Bug
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Struggle Bug	Bug	Special	50	100	20	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal

◆ EXCLUSIVE Z-MOVE

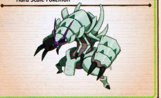
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spikes	Ground	Status	—	—	20	Other Side
Metal Claw	Steel	Physical	50	95	35	Normal
Wide Guard	Rock	Status	—	—	10	Your Side
Harden	Normal	Status	—	—	30	Self
Aqua Jet	Water	Physical	40	100	20	Normal

✓ Golisopod

Hard Scale Pokémon



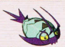
National Pokédex 768 BUG
Alola Pokédex 222 WATER
Height: 6'07" | Weight: 238.1 lbs.

♂ ♀ Same form for male/female

The shell covering its body is as hard as diamond. This Pokémon will do anything it takes to win.

Its claws, which it can extend and retract at will, are its greatest weapons. Golisopod is sometimes accompanied by Wimpod.

EVOLUTION



Wimpod

Lv. 30

Golisopod

MAIN WAY TO OBTAIN

Obtain a Wimpod, then level it up to Lv. 30 or higher to evolve it into Golisopod.

ABILITY

Emergency Exit

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Bug
Water 3

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	First Impression	Bug	Physical	90	100	10	Normal
1	Struggle Bug	Bug	Special	50	100	20	Many Others
1	Sand Attack	Ground	Status	—	100	15	Normal
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Rock Smash	Fighting	Physical	40	100	15	Normal
4	Fury Cutter	Bug	Physical	40	95	20	Normal
7	Rock Smash	Fighting	Physical	40	100	15	Normal
10	Bug Bite	Bug	Physical	60	100	20	Normal
13	Spite	Ghost	Status	—	100	10	Normal
16	Swords Dance	Normal	Status	—	—	20	Self
21	Slash	Normal	Physical	70	100	20	Normal
26	Razor Shell	Water	Physical	75	95	10	Normal
31	Sucker Punch	Dark	Physical	70	100	5	Normal
36	Iron Defense	Steel	Status	—	—	15	Self
41	Pin Missile	Bug	Physical	25	95	20	Normal
48	Liquidation	Water	Physical	85	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
First Impression	Bug	Physical	90	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Liquidation	Water	Physical	85	100	10	Normal
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

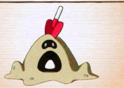
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

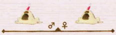
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Sandygast

Sand Heap Pokémon



National Pokédex 769 GHOST
Alola Pokédex 225 GROUND
Height: 1'08" | Weight: 154.3 lbs.
Spell Tag



♂ ♀ Same form for male/female

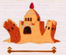
It likes the shovel on its head, so Sandygast will get serious and fight any children who come to take it back.

If you build sand mounds when you're playing, destroy them before you go home, or they may get possessed and become Sandygast.

EVOLUTION

Sandygast

Lv. 42



Palossand

MAIN WAY TO OBTAIN

Catch it when it appears in a sand cloud on Hano Beach.

ABILITY

Water Compaction

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Harden	Normal	Status	—	—	30	Self
1	Absorb	Grass	Special	20	100	25	Normal
5	Astonish	Ghost	Physical	30	100	15	Normal
9	Sand Attack	Ground	Status	—	100	15	Normal
14	Sand Tomb	Ground	Physical	35	85	15	Normal
18	Mega Drain	Grass	Special	40	100	15	Normal
23	Bulldoze	Ground	Physical	60	100	20	Adjacent
27	Hypnosis	Psychic	Status	—	60	20	Normal
32	Iron Defense	Steel	Status	—	—	15	Self
36	Giga Drain	Grass	Special	75	100	10	Normal
41	Shadow Ball	Ghost	Special	80	100	15	Normal
45	Earth Power	Ground	Special	90	100	10	Normal
50	Shore Up	Ground	Status	—	—	10	Self
54	Sandstorm	Rock	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal

◆ EXCLUSIVE Z-MOVE

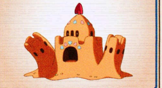
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Amnesia	Psychic	Status	—	—	20	Self
Destiny Bond	Ghost	Status	—	—	5	Self
Ancient Power	Rock	Special	60	100	5	Normal
Stockpile	Normal	Status	—	—	20	Self
Swallow	Normal	Status	—	—	10	Self
Spit Up	Normal	Special	—	100	10	Normal
Curse	Ghost	Status	—	—	10	Varies

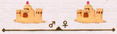
✓ Palossand

Sand Castle Pokémon



National Pokédex	770	GHOST
Alola Pokédex	226	GROUND

Height: 4'03" | Weight: 551.2 lbs.

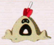


Same form for male/female

Each of its grains of sand has its own will. Palossand eats small Pokémon and siphons away their vital essence while they're still alive.

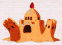
Once it has whipped up a sandstorm to halt its opponents in their tracks, this terrifying Pokémon snatches away their vitality.

EVOLUTION



Sandygast

Lv. 42



Palossand

MAIN WAY TO OBTAIN

Obtain a Sandygast, then level it up to Lv. 42 or higher to evolve it into Palossand.

ABILITY

Water Compaction

HIDDEN ABILITY

Sand Veil

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.25	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Harden	Normal	Status	—	—	30	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Sand Attack	Ground	Status	—	100	15	Normal
5	Astonish	Ghost	Physical	30	100	15	Normal
9	Sand Attack	Ground	Status	—	100	15	Normal
14	Sand Tomb	Ground	Physical	35	85	15	Normal
18	Mega Drain	Grass	Special	40	100	15	Normal
23	Bulldoze	Ground	Physical	60	100	20	Adjacent
27	Hypnosis	Psychic	Status	—	60	20	Normal
32	Iron Defense	Steel	Status	—	—	15	Self
36	Giga Drain	Grass	Special	75	100	10	Normal
41	Shadow Ball	Ghost	Special	80	100	15	Normal
47	Earth Power	Ground	Special	90	100	10	Normal
54	Shore Up	Ground	Status	—	—	10	Self
60	Sandstorm	Rock	Status	—	—	10	Both Sides

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

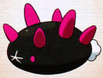
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

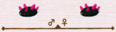
✓ Pyukumuku

Sea Cucumber Pokémon



National Pokédex	771	WATER
Alola Pokédex	256	

Height: 1'00" | Weight: 2.6 lbs.



Same form for male/female

The tradition known as Pyukumuku chucking started from the custom of throwing Pyukumuku back into the sea after they wash onshore.

Its entire body is covered in its own slime. If you accidentally step on one, you'll slip, and it will get mad and smack you!

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears on the water's surface on Route 7.

ABILITY

Innards Out

HIDDEN ABILITY

Unaware

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆◆◆
SPEED	◆

Water 1

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Baton Pass	Normal	Status	—	—	40	Self
1	Water Sport	Water	Status	—	—	15	Both Sides
1	Mud Sport	Ground	Status	—	—	15	Both Sides
1	Harden	Normal	Status	—	—	30	Self
1	Bide	Normal	Physical	—	—	10	Self
5	Helping Hand	Normal	Status	—	—	20	1 Ally
9	Taunt	Dark	Status	—	100	20	Normal
13	Safeguard	Normal	Status	—	—	25	Your Side
17	Counter	Fighting	Physical	—	100	20	Varies
21	Purify	Poison	Status	—	—	20	Normal
25	Curse	Ghost	Status	—	—	10	Varies
29	Gastro Acid	Poison	Status	—	100	10	Normal
33	Pain Split	Normal	Status	—	—	20	Normal
37	Recover	Normal	Status	—	—	10	Self
41	Soak	Water	Status	—	100	20	Normal
45	Toxic	Poison	Status	—	90	10	Normal
49	Memento	Dark	Status	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

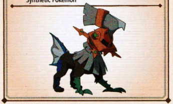
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Block	Normal	Status	—	—	5	Normal
Pain Split	Normal	Status	—	—	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Recycle	Normal	Status	—	—	10	Self

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Endure	Normal	Status	—	—	10	Self
Venom Drench	Poison	Status	—	100	20	Many Others
Bestow	Normal	Status	—	—	15	Normal
Tickle	Normal	Status	—	100	20	Normal
Spite	Ghost	Status	—	100	10	Normal

✓ Type: Null

Synthetic Pokémon



National Pokédex	772	NORMAL
Alola Pokédex	259	

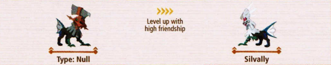
Height: 6'03" | Weight: 265.7 lbs.

Gender unknown

A Pokémon weapon developed for a specific mission, it went berserk during an experiment, so it was cryogenically frozen.

There's danger of its going on a rampage, so its true power is sealed away beneath its control mask.

EVOLUTION



MAIN WAY TO OBTAIN

Receive it from Wicke when you meet her in Poni Grove after becoming the Champion.

ABILITY

Battle Armor

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Rage	Normal	Physical	20	100	20	Normal
10	Pursuit	Dark	Physical	40	100	20	Normal
15	Imprison	Psychic	Status	—	—	10	Self
20	Aerial Ace	Flying	Physical	60	—	20	Normal
25	Crush Claw	Normal	Physical	75	95	10	Normal
30	Scary Face	Normal	Status	—	100	10	Normal
35	X-Scissor	Bug	Physical	80	100	15	Normal
40	Take Down	Normal	Physical	90	85	20	Normal
45	Metal Sound	Steel	Status	—	85	40	Normal
50	Iron Head	Steel	Physical	80	100	15	Normal
55	Double Hit	Normal	Physical	35	90	10	Normal
60	Air Slash	Flying	Special	75	95	15	Normal
65	Punishment	Dark	Physical	—	100	5	Normal
70	Razor Wind	Normal	Special	80	100	10	Many Others
75	Tri Attack	Normal	Special	80	100	10	Normal
80	Double-Edge	Normal	Physical	120	100	15	Normal
85	Heal Block	Psychic	Status	—	100	15	Many Others

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ EXCLUSIVE Z-MOVE

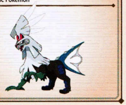
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Silvally

Synthetic Pokémon



National Pokédex	773	NORMAL
Alola Pokédex	260	

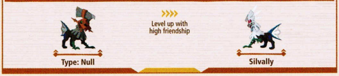
Height: 7'07" | Weight: 221.6 lbs.

Gender unknown

This is its form once it has awakened and evolved. Freed from its heavy mask, its speed is greatly increased.

Through the bond it formed with its Trainer, its will was strengthened, and it was able to destroy its control mask.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain Type: Null, then level it up with high friendship to evolve it into Silvally (Type: Normal).

ABILITY

RKS System

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Multi-Attack*	Normal	Physical	90	100	10	Normal
1	Heal Block	Psychic	Status	—	100	15	Many Others
1	Imprison	Psychic	Status	—	—	10	Self
1	Iron Head	Steel	Physical	80	100	15	Normal
1	Poison Fang	Poison	Physical	50	100	15	Normal
1	Fire Fang	Fire	Physical	65	95	15	Normal
1	Ice Fang	Ice	Physical	65	95	15	Normal
1	Thunder Fang	Electric	Physical	65	95	15	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Rage	Normal	Physical	20	100	20	Normal
10	Pursuit	Dark	Physical	40	100	20	Normal
15	Bite	Dark	Physical	60	100	25	Normal
20	Aerial Ace	Flying	Physical	60	—	20	Normal
25	Crush Claw	Normal	Physical	75	95	10	Normal
30	Scary Face	Normal	Status	—	100	10	Normal
35	X-Scissor	Bug	Physical	80	100	15	Normal
40	Take Down	Normal	Physical	90	85	20	Normal
45	Metal Sound	Steel	Status	—	85	40	Normal
50	Crunch	Dark	Physical	80	100	15	Normal
55	Double Hit	Normal	Physical	35	90	10	Normal
60	Air Slash	Flying	Special	75	95	15	Normal
65	Punishment	Dark	Physical	—	100	5	Normal
70	Razor Wind	Normal	Special	80	100	10	Many Others
75	Tri Attack	Normal	Special	80	100	10	Normal
80	Double-Edge	Normal	Physical	120	100	15	Normal
85	Parting Shot	Dark	Status	—	100	20	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM07	Hail	Ice	Status	—	—	10	Both Sides
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Multi-Attack	Normal	Physical	90	100	10	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grass Pledge	Grass	Special	80	100	10	Normal
Fire Pledge	Fire	Special	80	100	10	Normal
Water Pledge	Water	Special	80	100	10	Normal
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

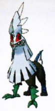
◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

*Multi-Attack's type changes depending on what memory disc is held by the user.

Silvally's Different Forms

If you evolve Silvally from Type: Null, you will be able to help it change into any of 18 different forms, each of which changes its type. Change Silvally's forms by giving it a memory disc to hold. There are 17 memory discs, one for each type other than Normal, and you can receive them all from Wicke when you meet outside Poni Grove after becoming Champion. If Silvally is not holding any of these 17 memory discs, then it will return to its default form, Type: Normal.

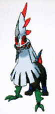


Type: Normal

NORMAL

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1



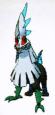
Type: Fire

FIRE

Fire Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×0.5



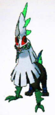
Type: Water

WATER

Water Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1



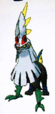
Type: Grass

GRASS

Grass Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×2	STEEL	×1
GROUND	×0.5	FAIRY	×1



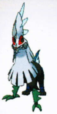
Type: Electric

ELECTRIC

Electric Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1



Type: Ice

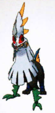
ICE

Ice Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

◆



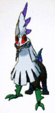
Type: Fighting

FIGHTING

Fighting Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2



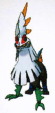
Type: Poison

POISON

Poison Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5



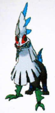
Type: Ground

GROUND

Ground Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×0.5
ELECTRIC	×0	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1



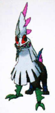
Type: Flying

FLYING

Flying Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0	FAIRY	×1



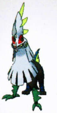
Type: Psychic

PSYCHIC

Psychic Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1



Type: Bug

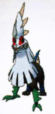
BUG

Bug Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆



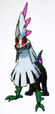
Type: Rock

ROCK

Rock Memory

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×1
GRASS	×2	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×2	FAIRY	×1



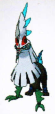
Type: Ghost

GHOST

Ghost Memory

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1



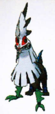
Type: Dragon

DRAGON

Dragon Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2



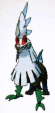
Type: Dark

DARK

Dark Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0.5
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2



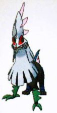
Type: Steel

STEEL

Steel Memory

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5



Type: Fairy

FAIRY

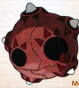
Fairy Memory

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

✓ Minior

Meteor Pokémon



Meteor Form

National Pokédex	774	ROCK
Alola Pokédex	277	FLYING

Height: 1'00" | Weight: 88.2 lbs.

Star Piece

Gender unknown

It lives in the ozone layer, where it becomes food for stronger Pokémon. When it tries to run away, it falls to the ground.

Although its outer shell is uncommonly durable, the shock of falling to the ground smashes the shell to smithereens.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Mount Hokulani, especially at the north end during the day.

ABILITY

Shields Down

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

Mineral

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×2
ELECTRIC	×2	GHOST	×1
ICE	×2	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.5	STEEL	×2
GROUND	×0	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
3	Defense Curl	Normal	Status	—	—	40	Self
8	Rollout	Rock	Physical	30	90	20	Normal
10	Confuse Ray	Ghost	Status	—	100	10	Normal
15	Swift	Normal	Special	60	—	20	Many Others
17	Ancient Power	Rock	Special	60	100	5	Normal
22	Self-Destruct	Normal	Physical	200	100	5	Adjacent
24	Stealth Rock	Rock	Status	—	—	20	Other Side
29	Take Down	Normal	Physical	90	85	20	Normal
31	Autotomize	Steel	Status	—	—	15	Self
36	Cosmic Power	Psychic	Status	—	—	20	Self
38	Power Gem	Rock	Special	80	100	20	Normal
43	Double-Edge	Normal	Physical	120	100	15	Normal
45	Shell Smash	Normal	Status	—	—	15	Self
50	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stealth Rock	Rock	Status	—	—	20	Other Side

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

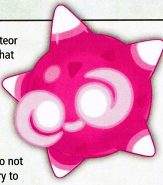
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

Minior's Core Forms

When you first break through the rocky shell of Minior's Meteor Form, you might think that you've discovered the truth of what lies beneath it. But encounter a few more Minior, and you'll come to understand that its cores come in a variety of different colors. There are seven different cores in total—one for each color of the rainbow!

Minior will reveal its core when its HP drops below half in battle. Although Minior's stats differ when it changes from its Meteor Form to any of these forms, the different colors do not differ from one another in any way, so it's up to you if you try to collect them all for your Pokédex.



ROCK
FLYING

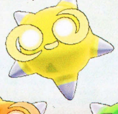
Height: 1'00"
Weight: 0.7 lbs.

SPECIES STRENGTHS

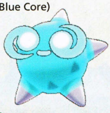
HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

Places where Minior fall from the night sky are few and far between, with Alola being one of the precious few.

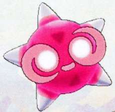
This is its form when its shell has fallen off. The color of its core depends on the materials that made up the food it ate.



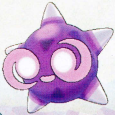
Minior (Yellow Core)



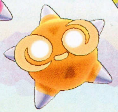
Minior (Blue Core)



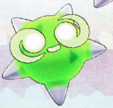
Minior (Red Core)



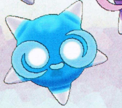
Minior (Violet Core)



Minior (Orange Core)



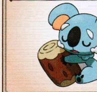
Minior (Green Core)



Minior (Indigo Core)

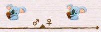
✓ Komala

Drowsing Pokémon



National Pokédex	775	NORMAL
Alola Pokédex	286	

Height: 1'04" | Weight: 43.9 lbs.



Same form for male/female

It stays asleep from the moment it's born. When it falls into a deep sleep, it stops moving altogether.

It remains asleep from birth to death as a result of the sedative properties of the leaves that form its diet.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Route 11.

ABILITY

Comatose

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

Field

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×0
ICE	×1	DRAGON	×1
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Defense Curl	Normal	Status	—	—	40	Self
1	Rollout	Rock	Physical	30	90	20	Normal
6	Stockpile	Normal	Status	—	—	20	Self
6	Spit Up	Normal	Special	—	100	10	Normal
6	Swallow	Normal	Status	—	—	10	Self
11	Rapid Spin	Normal	Physical	20	100	40	Normal
16	Yawn	Normal	Status	—	—	10	Normal
21	Slam	Normal	Physical	80	75	20	Normal
26	Flail	Normal	Physical	—	100	15	Normal
31	Sucker Punch	Dark	Physical	70	100	5	Normal
36	Psych Up	Normal	Status	—	—	10	Normal
41	Wood Hammer	Grass	Physical	120	100	15	Normal
46	Thrash	Normal	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM45	Attract	Normal	Status	—	100	15	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

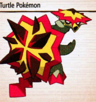
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Charm	Fairy	Status	—	100	20	Normal
Wish	Normal	Status	—	—	10	Self
Play Rough	Fairy	Physical	90	90	10	Normal
Sing	Normal	Status	—	55	15	Normal

✓ Turtonator

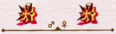
Blast Turtle Pokémon



National Pokédex	776	FIRE
Alola Pokédex	288	DRAGON

Height: 6'07" | Weight: 467.4 lbs.

Charcoal



Same form for male/female

It lives in volcanoes and eats sulfur and other minerals. Materials from the food it eats form the basis of its explosive shell.

Its exploding shell poses a real danger but is sensitive to moisture. On rainy days, Turtonator takes silent refuge in caves.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Blush Mountain in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Shell Armor

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.25	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×0.25	ROCK	×2
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	Tackle	Normal	Physical	40	100	35	Normal
5	Smog	Poison	Special	30	70	20	Normal
9	Protect	Normal	Status	—	—	10	Self
13	Incinerate	Fire	Special	60	100	15	Many Others
17	Flail	Normal	Physical	—	100	15	Normal
21	Endure	Normal	Status	—	—	10	Self
25	Iron Defense	Steel	Status	—	—	15	Self
29	Flamethrower	Fire	Special	90	100	15	Normal
33	Body Slam	Normal	Physical	85	100	15	Normal
37	Shell Smash	Normal	Status	—	—	15	Self
41	Dragon Pulse	Dragon	Special	85	100	10	Normal
45	Shell Trap	Fire	Special	150	100	5	Many Others
49	Overheat	Fire	Special	130	90	5	Normal
53	Explosion	Normal	Physical	250	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

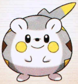
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Wide Guard	Rock	Status	—	—	10	Your Side
Revenge	Fighting	Physical	60	100	10	Normal
Head Smash	Rock	Physical	150	80	5	Normal
Fire Spin	Fire	Special	35	85	15	Normal

✓ Togedemaru

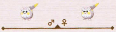
Roly-Poly Pokémon



National Pokédex	777	ELECTRIC
Alola Pokédex	292	STEEL

Height: 1'00" | Weight: 7.3 lbs.

Electric Seed



♂ ♀

Same form for male/female

When it's surprised or agitated, the 14 fur spikes on its back will stand up involuntarily.

Its capacity to produce electricity is somewhat limited, so it gets charged up by letting lightning strike it!

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass on Blush Mountain. A special totem-sized form of Togedemaru can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Moon*.

ABILITY

Iron Barbs
Lightning Rod

HIDDEN ABILITY

Sturdy

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Field
Fairy

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.25
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
! ELECTRIC	×0.5	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.25
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
5	Defense Curl	Normal	Status	—	—	40	Self
9	Rollout	Rock	Physical	30	90	20	Normal
13	Charge	Electric	Status	—	—	20	Self
17	Spark	Electric	Physical	65	100	20	Normal
21	Nuzzle	Electric	Physical	20	100	20	Normal
25	Magnet Rise	Electric	Status	—	—	10	Self
29	Discharge	Electric	Special	80	100	15	Adjacent
33	Zing Zap	Electric	Physical	80	100	10	Normal
37	Electric Terrain	Electric	Status	—	—	10	Both Sides
41	Wild Charge	Electric	Physical	90	100	15	Normal
45	Pin Missile	Bug	Physical	25	95	20	Normal
49	Spiky Shield	Grass	Status	—	—	10	Self
53	Fell Stinger	Bug	Physical	50	100	25	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

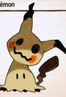
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Super Fang	Normal	Physical	—	90	10	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Last Resort	Normal	Physical	140	100	5	Normal
Electroweb	Electric	Special	55	95	15	Many Others

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Reversal	Fighting	Physical	—	100	15	Normal
Present	Normal	Physical	—	90	15	Normal
Encore	Normal	Status	—	100	5	Normal
Twineedle	Bug	Physical	25	100	20	Normal
Wish	Normal	Status	—	—	10	Self
Fake Out	Normal	Physical	40	100	10	Normal
Tickle	Normal	Status	—	100	20	Normal
Flail	Normal	Physical	—	100	15	Normal
Disarming Voice	Fairy	Special	40	—	15	Many Others

✓ Mimikyu

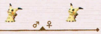
Disguise Pokémon



National Pokédex	778	GHOST
Alola Pokédex	315	FAIRY

Height: 0'08" | Weight: 1.5 lbs.

Chesto Berry



♂ ♀

Same form for male/female

Although it's a quiet, lonely Pokémon, if you try to look at what's under its rag, it will become agitated and resist violently.

A gust of wind revealed what hides under this Pokémon's rag to a passing Trainer, who went home and died painfully that very night.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears inside the abandoned Thrifty Megamart off Route 14. A special totem-sized form of Mimikyu can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Sun* or *Pokémon Ultra Moon*.

ABILITY

Disguise

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Amorphous

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.25
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0	DARK	×1
POISON	×1	STEEL	×2
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wood Hammer	Grass	Physical	120	100	15	Normal
1	Splash	Normal	Status	—	—	40	Self
1	Scratch	Normal	Physical	40	100	35	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Copycat	Normal	Status	—	—	20	Self
5	Double Team	Normal	Status	—	—	15	Self
10	Baby-Doll Eyes	Fairy	Status	—	100	30	Normal
14	Shadow Sneak	Ghost	Physical	40	100	30	Normal
19	Mimic	Normal	Status	—	—	10	Normal
23	Feint Attack	Dark	Physical	60	—	20	Normal
28	Charm	Fairy	Status	—	100	20	Normal
32	Slash	Normal	Physical	70	100	20	Normal
37	Shadow Claw	Ghost	Physical	70	100	15	Normal
41	Hone Claws	Dark	Status	—	—	15	Self
46	Play Rough	Fairy	Physical	90	90	10	Normal
50	Pain Split	Normal	Status	—	—	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM83	Infestation	Bug	Special	20	100	20	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Let's Snuggle Forever	Play Rough	Fairy	Physical	190	—	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

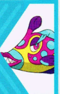
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal

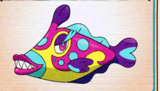
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Grudge	Ghost	Status	—	—	5	Self
Destiny Bond	Ghost	Status	—	—	5	Self
Curse	Ghost	Status	—	—	10	Varies
Nightmare	Ghost	Status	—	100	15	Normal



✓ Bruxish

Gnash Teeth Pokémon



National Pokédex	779	WATER
Alola Pokédex	320	PSYCHIC

Height: 2'11" | Weight: 41.9 lbs.

Razor Fang

♂ ♀

Same form for male/female

It burrows beneath the sand, radiating psychic power from the protuberance on its head. It waits for prey as it surveys the area.

Its skin is thick enough to fend off Mareanie's spikes. With its robust teeth, Bruxish crunches up the spikes and eats them.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in a fishing spot on Route 13, especially at a bubbling fishing spot.

ABILITY

Dazzling
Strong Jaw

HIDDEN ABILITY

Wonder Skin

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

Water 2

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×0.5
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Water Gun	Water	Special	40	100	25	Normal
4	Astonish	Ghost	Physical	30	100	15	Normal
9	Confusion	Psychic	Special	50	100	25	Normal
12	Bite	Dark	Physical	60	100	25	Normal
17	Aqua Jet	Water	Physical	40	100	20	Normal
20	Disable	Normal	Status	—	100	20	Normal
25	Psywave	Psychic	Special	—	100	15	Normal
28	Crunch	Dark	Physical	80	100	15	Normal
33	Aqua Tail	Water	Physical	90	90	10	Normal
36	Screech	Normal	Status	—	85	40	Normal
41	Psychic Fangs	Psychic	Physical	85	100	10	Normal
44	Synchronoise	Psychic	Special	120	100	10	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM79	Frost Breath	Ice	Special	60	90	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM94	Surf	Water	Special	90	100	15	Adjacent
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Magic Coat	Psychic	Status	—	—	15	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Pain Split	Normal	Status	—	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
After You	Normal	Status	—	—	15	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Snatch	Dark	Status	—	—	10	Self
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Liquidation	Water	Physical	85	100	10	Normal

◆ EXCLUSIVE Z-MOVE

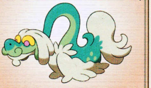
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Water Pulse	Water	Special	60	100	20	Normal
Poison Fang	Poison	Physical	50	100	15	Normal
Ice Fang	Ice	Physical	65	95	15	Normal
Rage	Normal	Physical	20	100	20	Normal

✓ Drampa

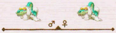
Placid Pokémon



National Pokédex	780	NORMAL
Alola Pokédex	321	DRAGON

Height: 9'10" | Weight: 407.9 lbs.

Persim Berry



♂ ♀

Same form for male/female

If a child it has made friends with is bullied, Drampa will find the bully's house and burn it to the ground.

It appears in towns and plays with the children. Drampa will protect kids when they're in danger, so their moms don't have to worry.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears in the caves of Mount Lanakila in *Pokémon Ultra Moon*.

ABILITY

Berserk
Sap Sipper

HIDDEN ABILITY

Cloud Nine

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Monster
Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
! GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0
ICE	×2	DRAGON	×2
FIGHTING	×2	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Play Nice	Normal	Status	—	—	20	Normal
1	Echoed Voice	Normal	Special	40	100	15	Normal
5	Twister	Dragon	Special	40	100	20	Many Others
9	Protect	Normal	Status	—	—	10	Self
13	Glare	Normal	Status	—	100	30	Normal
17	Light Screen	Psychic	Status	—	—	30	Your Side
21	Dragon Rage	Dragon	Special	—	100	10	Normal
25	Natural Gift	Normal	Physical	—	100	15	Normal
29	Dragon Breath	Dragon	Special	60	100	20	Normal
33	Safeguard	Normal	Status	—	—	25	Your Side
37	Extrasensory	Psychic	Special	80	100	20	Normal
41	Dragon Pulse	Dragon	Special	85	100	10	Normal
45	Fly	Flying	Physical	90	95	15	Normal
49	Hyper Voice	Normal	Special	90	100	10	Many Others
53	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Uproar	Normal	Special	90	100	10	1 Random
Block	Normal	Status	—	—	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Icy Wind	Ice	Special	55	95	15	Many Others
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Defog	Flying	Status	—	—	15	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

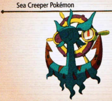
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Hurricane	Flying	Special	110	70	10	Normal
Dragon Rush	Dragon	Physical	100	75	10	Normal
Razor Wind	Normal	Special	80	100	10	Many Others
Mist	Ice	Status	—	—	30	Your Side
Play Rough	Fairy	Physical	90	90	10	Normal

✓ Dhelmise

Sea Creeper Pokémon



National Pokédex	781	GHOST
Alola Pokédex	344	GRASS

Height: 12'10" | Weight: 463.0 lbs.

Gender unknown

It wraps its prey in green seaweed and sucks away their vitality. It only likes to go after big prey like Wailord.

Its chain-like green seaweed can stretch outward for hundreds of yards. For some reason, it gets along well with Skrelp.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears at the fishing spot in Seafolk Village, especially at a bubbling fishing spot.

ABILITY

Steelworker

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆

Mineral

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Switcheroo	Dark	Status	—	100	10	Normal
1	Absorb	Grass	Special	20	100	25	Normal
1	Growth	Normal	Status	—	—	20	Self
1	Rapid Spin	Normal	Physical	20	100	40	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
5	Mega Drain	Grass	Special	40	100	15	Normal
9	Wrap	Normal	Physical	15	90	20	Normal
14	Gyro Ball	Steel	Physical	—	100	5	Normal
18	Metal Sound	Steel	Status	—	85	40	Normal
23	Giga Drain	Grass	Special	75	100	10	Normal
27	Whirlpool	Water	Special	35	85	15	Normal
32	Anchor Shot	Steel	Physical	80	100	20	Normal
36	Shadow Ball	Ghost	Special	80	100	15	Normal
41	Energy Ball	Grass	Special	90	100	10	Normal
45	Slam	Normal	Physical	80	75	20	Normal
50	Heavy Slam	Steel	Physical	—	100	10	Normal
54	Phantom Force	Ghost	Physical	90	100	10	Normal
59	Power Whip	Grass	Physical	120	85	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM94	Surf	Water	Special	90	100	15	Adjacent
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

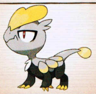
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Jangmo-o

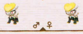
Scaly Pokémon



National Pokédex	782	DRAGON
Alola Pokédex	361	

Height: 2'00" | Weight: 65.5 lbs.

Razor Claw



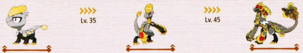
♂ ♀

Same form for male/female

It smacks the scales on its head against rocks or against the ground to frighten its opponents. It can also contact its friends with these noises.

It will never show an enemy its back in battle. Ancient warriors liked Jangmo-o for its valiant disposition and made it one of their own.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears in the tall grass in the Vast Poni Canyon.

ABILITY

Bulletproof
Soundproof

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆
SP. DEF	◆◆
SPEED	◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tackle	Normal	Physical	40	100	35	Normal
5	Leer	Normal	Status	—	100	30	Many Others
9	Bide	Normal	Physical	—	—	10	Self
13	Protect	Normal	Status	—	—	10	Self
17	Dragon Tail	Dragon	Physical	60	90	10	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
25	Headbutt	Normal	Physical	70	100	15	Normal
29	Work Up	Normal	Status	—	—	30	Self
33	Screech	Normal	Status	—	85	40	Normal
37	Iron Defense	Steel	Status	—	—	15	Self
41	Dragon Claw	Dragon	Physical	80	100	15	Normal
45	Noble Roar	Normal	Status	—	100	30	Normal
49	Dragon Dance	Dragon	Status	—	—	20	Self
53	Outrage	Dragon	Physical	120	100	10	1 Random

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Iron Defense	Steel	Status	—	—	15	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

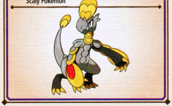
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Counter	Fighting	Physical	—	100	20	Varies
Reversal	Fighting	Physical	—	100	15	Normal
Dragon Breath	Dragon	Special	60	100	20	Normal

✓ Hakamo-o

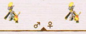
Scaly Pokémon



National Pokédex	783	DRAGON
Alola Pokédex	362	FIGHTING

Height: 3'11" | Weight: 103.6 lbs.

Razor Claw



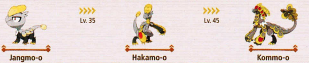
♂ ♀

Same form for male/female

It makes noise by clanging its scales together. When the rhythm has reached its peak, Hakamo-o attacks.

The scales it sheds can be molded and processed to make pots and pans. They conduct heat well, so they're a popular item.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Jangmo-o in the Vast Poni Canyon. Or obtain a Jangmo-o, then level it up to Lv. 35 or higher to evolve it into Hakamo-o.

ABILITY

Bulletproof
Soundproof

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sky Uppercut	Fighting	Physical	85	90	15	Normal
1	Autotomize	Steel	Status	—	—	15	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bide	Normal	Physical	—	—	10	Self
1	Protect	Normal	Status	—	—	10	Self
5	Leer	Normal	Status	—	100	30	Many Others
9	Bide	Normal	Physical	—	—	10	Self
13	Protect	Normal	Status	—	—	10	Self
17	Dragon Tail	Dragon	Physical	60	90	10	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
25	Headbutt	Normal	Physical	70	100	15	Normal
29	Work Up	Normal	Status	—	—	30	Self
33	Screech	Normal	Status	—	85	40	Normal
38	Iron Defense	Steel	Status	—	—	15	Self
43	Dragon Claw	Dragon	Physical	80	100	15	Normal
48	Noble Roar	Normal	Status	—	100	30	Normal
53	Dragon Dance	Dragon	Status	—	—	20	Self
58	Outrage	Dragon	Physical	120	100	10	1 Random
63	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Uppercut	Fighting	Physical	85	90	15	Normal

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Iron Defense	Steel	Status	—	—	15	Self
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

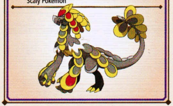
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Kommo-o

Scaly Pokémon



National Pokédex	784	DRAGON
Alola Pokédex	363	FIGHTING

Height: 5'03" | Weight: 172.4 lbs.

Razor Claw

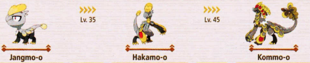
♂ ♀

Same form for male/female

When it howls after finishing off its prey, the metallic sounds of its celebrating comrades can be heard from all around.

It battles valiantly with its fists, which are armored in steel scales. Kommo-o specializes in uppercuts.

EVOLUTION



MAIN WAY TO OBTAIN

Catch it when it appears as an SOS ally called by Jangmo-o in the Vast Poni Canyon. A special totem-sized form of Kommo-o can also be obtained by helping out Professor Samson Oak in *Pokémon Ultra Moon*.

ABILITY

Bulletproof
Soundproof

HIDDEN ABILITY

Overcoat

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

Dragon

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×1	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Clanging Scales	Dragon	Special	110	100	5	Many Others
1	Sky Uppercut	Fighting	Physical	85	90	15	Normal
1	Belly Drum	Normal	Status	—	—	10	Self
1	Autotomize	Steel	Status	—	—	15	Self
1	Tackle	Normal	Physical	40	100	35	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Bide	Normal	Physical	—	—	10	Self
1	Protect	Normal	Status	—	—	10	Self
5	Leer	Normal	Status	—	100	30	Many Others
9	Bide	Normal	Physical	—	—	10	Self
13	Protect	Normal	Status	—	—	10	Self
17	Dragon Tail	Dragon	Physical	60	90	10	Normal
21	Scary Face	Normal	Status	—	100	10	Normal
25	Headbutt	Normal	Physical	70	100	15	Normal
29	Work Up	Normal	Status	—	—	30	Self
33	Screech	Normal	Status	—	85	40	Normal
38	Iron Defense	Steel	Status	—	—	15	Self
43	Dragon Claw	Dragon	Physical	80	100	15	Normal
51	Noble Roar	Normal	Status	—	100	30	Normal
59	Dragon Dance	Dragon	Status	—	—	20	Self
67	Outrage	Dragon	Physical	120	100	10	1 Random
75	Close Combat	Fighting	Physical	120	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM45	Attract	Normal	Status	—	100	15	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Clanging Scales	Dragon	Special	110	100	5	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Uproar	Normal	Special	90	100	10	1 Random
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Aqua Tail	Water	Physical	90	90	10	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stealth Rock	Rock	Status	—	—	20	Other Side
Stomping Tantrum	Ground	Physical	75	100	10	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

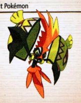
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Clangorous Soulblaze	Clanging Scales	Dragon	Special	185	—	Many Others

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tapu Koko

Land Spirit Pokémon



National Pokédex 785
Alola Pokédex 383
ELECTRIC
FAIRY

Height: 5'11" | Weight: 45.2 lbs.

Gender unknown

Although it's called a guardian deity, if a person or Pokémon puts it in a bad mood, it will become a malevolent deity and attack.

The lightning-wielding guardian deity of Melemele, Tapu Koko is brimming with curiosity and appears before people from time to time.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the Ruins of Conflict after becoming Champion.

ABILITY

Electric Surge

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Electric Terrain	Electric	Status	—	—	10	Both Sides
1	Brave Bird	Flying	Physical	120	100	15	Normal
1	Power Swap	Psychic	Status	—	—	10	Normal
1	Mean Look	Normal	Status	—	—	5	Normal
1	Quick Attack	Normal	Physical	40	100	30	Normal
1	False Swipe	Normal	Physical	40	100	40	Normal
1	Withdraw	Water	Status	—	—	40	Self
1	Thunder Shock	Electric	Special	40	100	30	Normal
8	Spark	Electric	Physical	65	100	20	Normal
14	Shock Wave	Electric	Special	60	—	20	Normal
20	Screech	Normal	Status	—	85	40	Normal
26	Charge	Electric	Status	—	—	20	Self
32	Wild Charge	Electric	Physical	90	100	15	Normal
38	Mirror Move	Flying	Status	—	—	20	Normal
43	Nature's Madness	Fairy	Special	—	90	10	Normal
48	Discharge	Electric	Special	80	100	15	Adjacent
53	Agility	Psychic	Status	—	—	30	Self
58	Electro Ball	Electric	Special	—	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM51	Steel Wing	Steel	Physical	70	90	25	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Electroweb	Electric	Special	55	95	15	Many Others
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Sky Attack	Flying	Physical	140	90	5	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

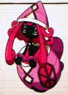
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Guardian of Alola	Nature's Madness	Fairy	Special	—	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tapu Lele

Land Spirit Pokémon



National Pokédex 786
Alola Pokédex 384
PSYCHIC
FAIRY

Height: 3'11" | Weight: 41.0 lbs.

Gender unknown

It heals the wounds of people and Pokémon by sprinkling them with its sparkling scales. This guardian deity is worshiped on Akala.

Although called a guardian deity, Tapu Lele is devoid of guilt about its cruel disposition and can be described as nature incarnate.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the Ruins of Life after becoming Champion.

ABILITY

Psychic Surge

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×0
FIGHTING	×0.25	DARK	×1
POISON	×2	STEEL	×2
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Psychic Terrain	Psychic	Status	—	—	10	Both Sides
1	Aromatic Mist	Fairy	Status	—	—	20	1 Ally
1	Aromatherapy	Grass	Status	—	—	5	Your Party
1	Mean Look	Normal	Status	—	—	5	Normal
1	Draining Kiss	Fairy	Special	50	100	10	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
1	Withdraw	Water	Status	—	—	40	Self
1	Confusion	Psychic	Special	50	100	25	Normal
8	Psywave	Psychic	Special	—	100	15	Normal
14	Psybeam	Psychic	Special	65	100	20	Normal
20	Sweet Scent	Normal	Status	—	100	20	Many Others
26	Skill Swap	Psychic	Status	—	—	10	Normal
32	Psyshock	Psychic	Special	80	100	10	Normal
38	Tickle	Normal	Status	—	100	20	Normal
43	Nature's Madness	Fairy	Special	—	90	10	Normal
48	Extrasensory	Psychic	Special	80	100	20	Normal
53	Flatter	Dark	Status	—	100	15	Normal
58	Moonblast	Fairy	Special	95	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Snore	Normal	Special	50	100	15	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

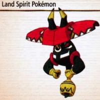
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Guardian of Alola	Nature's Madness	Fairy	Special	—	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tapu Bulu

Land Spirit Pokémon



National Pokédex 787 GRASS
Alola Pokédex 385 FAIRY

Height: 6'03" | Weight: 100.3 lbs.

Gender unknown

Although it's called a guardian deity, it's violent enough to crush anyone it sees as an enemy.

It makes ringing sounds with its tail to let others know where it is, avoiding unneeded conflicts. This guardian deity of Ula'ula controls plants.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the Ruins of Abundance after becoming Champion.

ABILITY

Grassy Surge

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×2
FIRE	×2	PSYCHIC	×1
WATER	×0.5	BUG	×1
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×4	STEEL	×2
GROUND	×0.5	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Grassy Terrain	Grass	Status	—	—	10	Both Sides
1	Wood Hammer	Grass	Physical	120	100	15	Normal
1	Superpower	Fighting	Physical	120	100	5	Normal
1	Mean Look	Normal	Status	—	—	5	Normal
1	Disable	Normal	Status	—	100	20	Normal
1	Whirlwind	Normal	Status	—	—	20	Normal
1	Withdraw	Water	Status	—	—	40	Self
1	Leafage	Grass	Physical	40	100	40	Normal
8	Horn Attack	Normal	Physical	65	100	25	Normal
14	Giga Drain	Grass	Special	75	100	10	Normal
20	Scary Face	Normal	Status	—	100	10	Normal
26	Leech Seed	Grass	Status	—	90	10	Normal
32	Horn Leech	Grass	Physical	75	100	10	Normal
38	Rototiller	Ground	Status	—	—	10	Adjacent
43	Nature's Madness	Fairy	Special	—	90	10	Normal
48	Zen Headbutt	Psychic	Physical	80	90	15	Normal
53	Megahorn	Bug	Physical	120	85	10	Normal
58	Skull Bash	Normal	Physical	130	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM66	Payback	Dark	Physical	50	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Synthesis	Grass	Status	—	—	5	Self
Giga Drain	Grass	Special	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

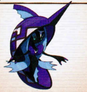
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Guardian of Alola	Nature's Madness	Fairy	Special	—	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Tapu Fini

Land Spirit Pokémon



National Pokédex 788 WATER
Alola Pokédex 386 FAIRY

Height: 4'03" | Weight: 46.7 lbs.

Gender unknown

This guardian deity of Poni Island manipulates water. Because it lives deep within a thick fog, it came to be both feared and revered.

Although it's called a guardian deity, terrible calamities sometimes befall those who recklessly approach Tapu Fini.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in the Ruins of Hope after becoming Champion.

ABILITY

Misty Surge

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×0.5	BUG	×0.5
GRASS	×2	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×0.5	DRAGON	×0
FIGHTING	×0.5	DARK	×0.5
POISON	×2	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Misty Terrain	Fairy	Status	—	—	10	Both Sides
1	Moonblast	Fairy	Special	95	100	15	Normal
1	Heal Pulse	Psychic	Status	—	—	10	Normal
1	Mean Look	Normal	Status	—	—	5	Normal
1	Haze	Ice	Status	—	—	30	Both Sides
1	Mist	Ice	Status	—	—	30	Your Side
1	Withdraw	Water	Status	—	—	40	Self
1	Water Gun	Water	Special	40	100	25	Normal
8	Water Pulse	Water	Special	60	100	20	Normal
14	Whirlpool	Water	Special	35	85	15	Normal
20	Soak	Water	Status	—	100	20	Normal
26	Refresh	Normal	Status	—	—	20	Self
32	Brine	Water	Special	65	100	10	Normal
38	Defog	Flying	Status	—	—	15	Normal
43	Nature's Madness	Fairy	Special	—	90	10	Normal
48	Muddy Water	Water	Special	90	85	10	Many Others
53	Aqua Ring	Water	Status	—	—	20	Self
58	Hydro Pump	Water	Special	110	80	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM55	Scald	Water	Special	80	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM94	Surf	Water	Special	90	100	15	Adjacent
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM98	Waterfall	Water	Physical	80	100	15	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Ice Punch	Ice	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Iron Defense	Steel	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Water Pulse	Water	Special	60	100	20	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

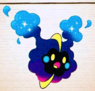
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Guardian of Alola	Nature's Madness	Fairy	Special	—	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cosmog

Nebula Pokémon



National Pokédex	789	PSYCHIC
Alola Pokédex	387	

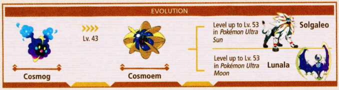
Height: 0'08" | Weight: 0.2 lbs.

Gender unknown

Even though its helpless, gaseous body can be blown away by the slightest breeze, it doesn't seem to care.

Whether or not it's a Pokémon from this world is a mystery. When it's in a jam, it warps away to a safe place to hide.

EVOLUTION



Cosmog

Lv. 43

Cosmoem

Level up to Lv. 53 in *Pokémon Ultra Sun* — Solgaleo

Level up to Lv. 53 in *Pokémon Ultra Moon* — Lunala

MAIN WAY TO OBTAIN

Obtain Solgaleo / Lunala, then travel to a reverse world from the Altar of the Sunne / Altar of the Moone and visit the Lake of the Sunne / Lake of the Moone with that Legendary Pokémon in your party.

ABILITY

Unaware

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆
SP. ATK	◆
SP. DEF	◆
SPEED	◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Splash	Normal	Status	—	—	40	Self
23	Teleport	Psychic	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

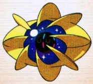
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Cosmoem

Protostar Pokémon



National Pokédex	790	PSYCHIC
Alola Pokédex	388	

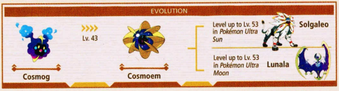
Height: 0'04" | Weight: 2204.4 lbs.

Gender unknown

The king who ruled Alola in times of antiquity called it the "cocoon of the stars" and built an altar to worship it.

As it absorbs light, Cosmoem continues to grow. Its golden shell is surprisingly solid.

EVOLUTION



Cosmog

Lv. 43

Cosmoem

Level up to Lv. 53 in *Pokémon Ultra Sun* — Solgaleo

Level up to Lv. 53 in *Pokémon Ultra Moon* — Lunala

MAIN WAY TO OBTAIN

Obtain a Cosmog, then level it up to Lv. 43 or higher to evolve it into Cosmoem.

ABILITY

Sturdy

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Cosmic Power	Psychic	Status	—	—	20	Self
1	Teleport	Psychic	Status	—	—	20	Self

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Cosmic Power	Psychic	Status	—	—	20	Self

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

EXCLUSIVE Z-MOVE

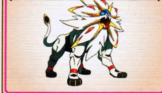
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Solgaleo

Sunne Pokémon



National Pokédex	791	PSYCHIC	
Alola Pokédex	389	STEEL	

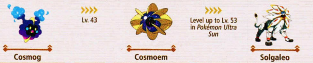
Height: 11'02" | Weight: 507.1 lbs.

Gender unknown

Sometimes the result of its opening an Ultra Wormhole is that energy and life-forms from other worlds are called here to this world.

In writings from the distant past, it's called by the name "the beast that devours the sun."

EVOLUTION



MAIN WAY TO OBTAIN

Catch it on Mahalo Trail after defeating Ilima in the Fairy trial or level up a Cosmoem to Lv. 53 in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Full Metal Body

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	DARK	×2
POISON	×0	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sunsteel Strike	Steel	Physical	100	100	5	Normal
1	Cosmic Power	Psychic	Status	—	—	20	Self
1	Wake-Up Slap	Fighting	Physical	70	100	10	Normal
1	Teleport	Psychic	Status	—	—	20	Self
1	Metal Claw	Steel	Physical	50	95	35	Normal
7	Iron Head	Steel	Physical	80	100	15	Normal
13	Metal Sound	Steel	Status	—	85	40	Normal
19	Zen Headbutt	Psychic	Physical	80	90	15	Normal
23	Flash Cannon	Steel	Special	80	100	10	Normal
31	Morning Sun	Normal	Status	—	—	5	Self
37	Crunch	Dark	Physical	80	100	15	Normal
43	Metal Burst	Steel	Physical	—	100	10	Varies
47	Solar Beam	Grass	Special	120	100	10	Normal
59	Noble Roar	Normal	Status	—	100	30	Normal
61	Flare Blitz	Fire	Physical	120	100	15	Normal
67	Wide Guard	Rock	Status	—	—	10	Your Side
73	Giga Impact	Normal	Physical	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Knock Off	Dark	Physical	65	100	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Searing Sunraze Smash	Sunsteel Strike	Steel	Physical	200	—	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sunsteel Strike	Steel	Physical	100	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

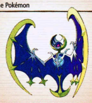
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

✓ Lunala

Moone Pokémon



National Pokédex	792	PSYCHIC	
Alola Pokédex	390	GHOST	

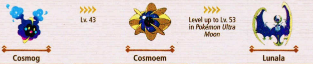
Height: 13'01" | Weight: 264.6 lbs.

Gender unknown

Records of it exist in writings from long, long ago, where it was known by the name "the beast that calls the moon."

It sometimes summons unknown powers and life-forms here to this world from holes that lead to other worlds.

EVOLUTION



MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it on Mahalo Trail after defeating Ilima in the Fairy trial or level up a Cosmoem to Lv. 53 in *Pokémon Ultra Moon*.

ABILITY

Shadow Shield

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×4
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×4
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Moongeist Beam	Ghost	Special	100	100	5	Normal
1	Cosmic Power	Psychic	Status	—	—	20	Self
1	Hypnosis	Psychic	Status	—	60	20	Normal
1	Teleport	Psychic	Status	—	—	20	Self
1	Confusion	Psychic	Special	50	100	25	Normal
7	Night Shade	Ghost	Special	—	100	15	Normal
13	Confuse Ray	Ghost	Status	—	100	10	Normal
19	Air Slash	Flying	Special	75	95	15	Normal
23	Shadow Ball	Ghost	Special	80	100	15	Normal
31	Moonlight	Fairy	Status	—	—	5	Self
37	Night Daze	Dark	Special	85	95	10	Normal
43	Magic Coat	Psychic	Status	—	—	15	Self
47	Moonblast	Fairy	Special	95	100	15	Normal
59	Dream Eater	Psychic	Special	100	100	15	Normal
61	Phantom Force	Ghost	Physical	90	100	10	Normal
67	Wide Guard	Rock	Status	—	—	10	Your Side
73	Hyper Beam	Normal	Special	150	90	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM05	Roar	Normal	Status	—	—	20	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM85	Dream Eater	Psychic	Special	100	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Spite	Ghost	Status	—	100	10	Normal
Trick	Psychic	Status	—	100	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Telekinesis	Psychic	Status	—	—	15	Normal
Defog	Flying	Status	—	—	15	Normal

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Menacing Moonraze Maelstrom	Moongeist Beam	Ghost	Special	200	—	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Moongeist Beam	Ghost	Special	100	100	5	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

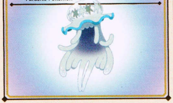
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side
Sky Attack	Flying	Physical	140	90	5	Normal
Shock Wave	Electric	Special	60	—	20	Normal

✓ Nihilego

Parasite Pokémon



National Pokédex	793	ROCK
Alola Pokédex	391	POISON

Height: 3'11" | Weight: 122.4 lbs.

Gender unknown

A life-form from another world, it was dubbed a UB and is thought to produce a strong neurotoxin.

It appeared in this world from an Ultra Wormhole. Nihilego appears to be a parasite that lives by feeding on people and Pokémon.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the Ultra Deep Sea when you pass through a plain white warp hole while using Ultra Warp Ride.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×0.5	PSYCHIC	×2
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×0.25	STEEL	×2
GROUND	×4	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Power Split	Psychic	Status	—	—	10	Normal
1	Guard Split	Psychic	Status	—	—	10	Normal
1	Tickle	Normal	Status	—	100	20	Normal
1	Acid	Poison	Special	40	100	30	Many Others
1	Constrict	Normal	Physical	10	100	35	Normal
1	Pound	Normal	Physical	40	100	35	Normal
7	Clear Smog	Poison	Special	50	—	15	Normal
13	Psywave	Psychic	Special	—	100	15	Normal
19	Headbutt	Normal	Physical	70	100	15	Normal
23	Venoshock	Poison	Special	65	100	10	Normal
29	Toxic Spikes	Poison	Status	—	—	20	Other Side
31	Safeguard	Normal	Status	—	—	25	Your Side
37	Power Gem	Rock	Special	80	100	20	Normal
43	Mirror Coat	Psychic	Special	—	100	20	Varies
47	Acid Spray	Poison	Special	40	100	20	Normal
53	Venom Drench	Poison	Status	—	100	20	Many Others
59	Stealth Rock	Rock	Status	—	—	20	Other Side
67	Wonder Room	Psychic	Status	—	—	10	Both Sides
73	Head Smash	Rock	Physical	150	80	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Foul Play	Dark	Physical	95	100	15	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Pain Split	Normal	Status	—	—	20	Normal
Worry Seed	Grass	Status	—	100	10	Normal
Spite	Ghost	Status	—	100	10	Normal
Wonder Room	Psychic	Status	—	—	10	Both Sides
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

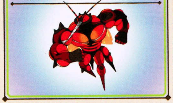
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Buzzwole

Swollen Pokémon



National Pokédex	794	BUG
Alola Pokédex	394	FIGHTING

Height: 7'10" | Weight: 735.5 lbs.

Gender unknown

Although it's alien to this world and a danger here, it's apparently a common organism in the world where it normally lives.

Buzzwole goes around showing off its abnormally swollen muscles. It is one kind of Ultra Beast.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the Ultra Jungle when you pass through a plain or single-ringed white warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Fell Stinger	Bug	Physical	50	100	25	Normal
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Reversal	Fighting	Physical	—	100	15	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Power-Up Punch	Fighting	Physical	40	100	20	Normal
1	Focus Energy	Normal	Status	—	—	30	Self
7	Comet Punch	Normal	Physical	18	85	15	Normal
13	Bulk Up	Fighting	Status	—	—	20	Self
19	Vital Throw	Fighting	Physical	70	—	10	Normal
23	Endure	Normal	Status	—	—	10	Self
29	Leech Life	Bug	Physical	80	100	10	Normal
31	Taunt	Dark	Status	—	100	20	Normal
37	Mega Punch	Normal	Physical	80	85	20	Normal
43	Counter	Fighting	Physical	—	100	20	Varies
47	Hammer Arm	Fighting	Physical	100	90	10	Normal
53	Lunge	Bug	Physical	80	100	15	Normal
59	Dynamic Punch	Fighting	Physical	100	50	5	Normal
67	Superpower	Fighting	Physical	120	100	5	Normal
73	Focus Punch	Fighting	Physical	150	100	20	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

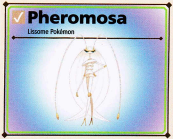
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Pheromosa

Lissome Pokémon



National Pokédex	795	BUG
Alola Pokédex	395	FIGHTING

Height: 5'11" | Weight: 55.1 lbs.

Gender unknown

A life-form that lives in another world, its body is thin and supple, but it also possesses great power.

Although it's alien to this world and a danger here, it's apparently a common organism in the world where it normally lives.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the Ultra Desert when you pass through a plain or single-ringed white warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×4
FIRE	×2	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×0.5	FAIRY	×2

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Quiver Dance	Bug	Status	—	—	20	Self
1	Quick Guard	Fighting	Status	—	—	15	Your Side
1	Low Kick	Fighting	Physical	—	100	20	Normal
1	Rapid Spin	Normal	Physical	20	100	40	Normal
1	Leer	Normal	Status	—	100	30	Many Others
1	Double Kick	Fighting	Physical	30	100	30	Normal
7	Swift	Normal	Special	60	—	20	Many Others
13	Stomp	Normal	Physical	65	100	20	Normal
19	Feint	Normal	Physical	30	100	10	Normal
23	Silver Wind	Bug	Special	60	100	5	Normal
29	Bounce	Flying	Physical	85	85	5	Normal
31	Jump Kick	Fighting	Physical	100	95	10	Normal
37	Agility	Psychic	Status	—	—	30	Self
43	Triple Kick	Fighting	Physical	10	90	10	Normal
47	Lunge	Bug	Physical	80	100	15	Normal
53	Bug Buzz	Bug	Special	90	100	10	Normal
59	Me First	Normal	Status	—	—	20	Varies
67	High Jump Kick	Fighting	Physical	130	90	10	Normal
73	Speed Swap	Psychic	Status	—	—	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM12	Taunt	Dark	Status	—	100	20	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM14	Blizzard	Ice	Special	110	70	5	Many Others
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM19	Roost	Flying	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Bug Bite	Bug	Physical	60	100	20	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Drill Run	Ground	Physical	80	95	10	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Block	Normal	Status	—	—	5	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Electroweb	Electric	Special	55	95	15	Many Others
Icy Wind	Ice	Special	55	95	15	Many Others
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

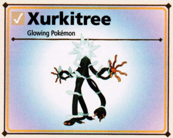
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Xurkitree

Glowing Pokémon



National Pokédex	796	ELECTRIC
Alola Pokédex	396	

Height: 12'06" | Weight: 220.5 lbs.

Gender unknown

Although it's alien to this world and a danger here, it's apparently a common organism in the world where it normally lives.

They've been dubbed Ultra Beasts. Some of them stand unmoving, like trees, with their arms and legs stuck into the ground.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the Ultra Plant when you pass through a single- or double-ringed white warp hole while using Ultra Warp Ride.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×0.5
FIRE	×1	PSYCHIC	×1
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×1	DARK	×1
POISON	×1	STEEL	×0.5
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Tail Glow	Bug	Status	—	—	20	Self
1	Spark	Electric	Physical	65	100	20	Normal
1	Charge	Electric	Status	—	—	20	Self
1	Wrap	Normal	Physical	15	90	20	Normal
1	Thunder Shock	Electric	Special	40	100	30	Normal
7	Thunder Wave	Electric	Status	—	90	20	Normal
13	Shock Wave	Electric	Special	60	—	20	Normal
19	Ingrain	Grass	Status	—	—	20	Self
23	Thunder Punch	Electric	Physical	75	100	15	Normal
29	Eerie Impulse	Electric	Status	—	100	15	Normal
31	Signal Beam	Bug	Special	75	100	15	Normal
37	Thunderbolt	Electric	Special	90	100	15	Normal
43	Hypnosis	Psychic	Status	—	60	20	Normal
47	Discharge	Electric	Special	80	100	15	Adjacent
53	Electric Terrain	Electric	Status	—	—	10	Both Sides
59	Power Whip	Grass	Physical	120	85	10	Normal
67	Ion Deluge	Electric	Status	—	—	25	Both Sides
73	Zap Cannon	Electric	Special	120	50	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM18	Rain Dance	Water	Status	—	—	5	Both Sides
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM25	Thunder	Electric	Special	110	70	10	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM93	Wild Charge	Electric	Physical	90	100	15	Normal
TM96	Nature Power	Normal	Status	—	—	20	Normal
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Electroweb	Electric	Special	55	95	15	Many Others
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Shock Wave	Electric	Special	60	—	20	Normal

◆ EXCLUSIVE Z-MOVE

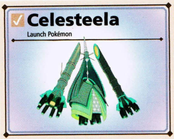
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Celesteela

Launch Pokémon



National Pokédex	797	STEEL	
Alola Pokédex	397	FLYING	
Height: 30'02"		Weight: 2204.4 lbs.	

Gender unknown

One of the dangerous UBs, high energy readings can be detected coming from both of its huge arms.

Although it's alien to this world and a danger here, it's apparently a common organism in the world where it normally lives.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Find it in the Ultra Crater when you pass through a double-ringed white warp hole while using Ultra Warp Ride in *Pokémon Ultra Moon*.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.25	ROCK	×1
ELECTRIC	×2	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×1	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×0	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Air Slash	Flying	Special	75	95	15	Normal
1	Ingrain	Grass	Status	—	—	20	Self
1	Absorb	Grass	Special	20	100	25	Normal
1	Harden	Normal	Status	—	—	30	Self
1	Tackle	Normal	Physical	40	100	35	Normal
7	Smack Down	Rock	Physical	50	100	15	Normal
13	Mega Drain	Grass	Special	40	100	15	Normal
19	Leech Seed	Grass	Status	—	90	10	Normal
23	Metal Sound	Steel	Status	—	85	40	Normal
29	Iron Head	Steel	Physical	80	100	15	Normal
31	Giga Drain	Grass	Special	75	100	10	Normal
37	Flash Cannon	Steel	Special	80	100	10	Normal
43	Autotomize	Steel	Status	—	—	15	Self
47	Seed Bomb	Grass	Physical	80	100	15	Normal
53	Skull Bash	Normal	Physical	130	100	10	Normal
59	Iron Defense	Steel	Status	—	—	15	Self
67	Heavy Slam	Steel	Physical	—	100	10	Normal
73	Double-Edge	Normal	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Seed Bomb	Grass	Physical	80	100	15	Normal
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Giga Drain	Grass	Special	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

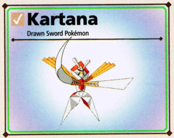
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Kartana

Drawn Sword Pokémon



National Pokédex	798	GRASS	
Alola Pokédex	398	STEEL	
Height: 1'00"		Weight: 0.2 lbs.	

Gender unknown

This Ultra Beast's body, which is as thin as paper, is like a sharpened sword.

Although it's alien to this world and a danger here, it's apparently a common organism in the world where it normally lives.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the Ultra Forest when you pass through a double-ringed white warp hole while using Ultra Warp Ride in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×1
FIRE	×4	PSYCHIC	×0.5
WATER	×0.5	BUG	×1
GRASS	×0.25	ROCK	×0.5
ELECTRIC	×0.5	GHOST	×1
ICE	×1	DRAGON	×0.5
FIGHTING	×2	DARK	×1
POISON	×0	STEEL	×0.5
GROUND	×1	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Sacred Sword	Fighting	Physical	90	100	15	Normal
1	Defog	Flying	Status	—	—	15	Normal
1	Vacuum Wave	Fighting	Special	40	100	30	Normal
1	Air Cutter	Flying	Special	60	95	25	Many Others
1	Fury Cutter	Bug	Physical	40	95	20	Normal
1	Cut	Normal	Physical	50	95	30	Normal
7	False Swipe	Normal	Physical	40	100	40	Normal
13	Razor Leaf	Grass	Physical	55	95	25	Many Others
19	Synthesis	Grass	Status	—	—	5	Self
23	Aerial Ace	Flying	Physical	60	—	20	Normal
29	Laser Focus	Normal	Status	—	—	30	Self
31	Night Slash	Dark	Physical	70	100	15	Normal
37	Swords Dance	Normal	Status	—	—	20	Self
43	Leaf Blade	Grass	Physical	90	100	15	Normal
47	X-Scissor	Bug	Physical	80	100	15	Normal
53	Detect	Fighting	Status	—	—	5	Self
59	Air Slash	Flying	Special	75	95	15	Normal
67	Psycho Cut	Psychic	Physical	70	100	20	Normal
73	Guillotine	Normal	Physical	—	30	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Synthesis	Grass	Status	—	—	5	Self
Tailwind	Flying	Status	—	—	15	Your Side
Giga Drain	Grass	Special	75	100	10	Normal
Defog	Flying	Status	—	—	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

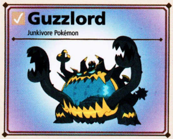
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Guzzlord

Junkivore Pokémon



National Pokédex 799 DARK
Alola Pokédex 399 DRAGON
Height: 18'01" | Weight: 1957.7 lbs.

Gender unknown

Although it's alien to this world and a danger here, it's apparently a common organism in the world where it normally lives.

An unknown life-form called a UB. It may be constantly hungry—it is certainly always devouring something.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Find it in the Ultra Ruin when you pass through a flashy double-ringed white warp hole while using Ultra Warp Ride.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆
SP. DEF	◆◆
SPEED	◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×0.5
ICE	×2	DRAGON	×2
FIGHTING	×2	DARK	×0.5
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×4

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Belch	Poison	Special	120	90	10	Normal
1	Wide Guard	Rock	Status	—	—	10	Your Side
1	Swallow	Normal	Status	—	—	10	Self
1	Stockpile	Normal	Status	—	—	20	Self
1	Dragon Rage	Dragon	Special	—	100	10	Normal
1	Bite	Dark	Physical	60	100	25	Normal
7	Stomp	Normal	Physical	65	100	20	Normal
13	Brutal Swing	Dark	Physical	60	100	20	Adjacent
19	Steamroller	Bug	Physical	65	100	20	Normal
23	Dragon Tail	Dragon	Physical	60	90	10	Normal
29	Iron Tail	Steel	Physical	100	75	15	Normal
31	Stomping Tantrum	Ground	Physical	75	100	10	Normal
37	Crunch	Dark	Physical	80	100	15	Normal
43	Hammer Arm	Fighting	Physical	100	90	10	Normal
47	Thrash	Normal	Physical	120	100	10	1 Random
53	Gastro Acid	Poison	Status	—	100	10	Normal
59	Heavy Slam	Steel	Physical	—	100	10	Normal
67	Wring Out	Normal	Special	—	100	5	Normal
73	Dragon Rush	Dragon	Physical	100	75	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Dual Chop	Dragon	Physical	40	90	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Drain Punch	Fighting	Physical	75	100	10	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Stomping Tantrum	Ground	Physical	75	100	10	Normal

EXCLUSIVE Z-MOVE

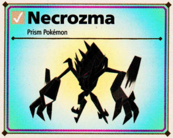
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Necrozma

Prism Pokémon



National Pokédex 800 PSYCHIC
Alola Pokédex 400
Height: 7'10" | Weight: 507.1 lbs.

Gender unknown

It looks somehow pained as it rages around in search of light, which serves as its energy. It's apparently from another world.

Light is the source of its energy. If it isn't devouring light, impurities build up in it and on it, and Necrozma darkens and stops moving.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it on Mount Lanakila after resolving the situation in the Ultra Megalopolis.

ABILITY

Prism Armor

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	! BUG	×2
GRASS	×1	ROCK	×1
ELECTRIC	×1	! GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0.5	! DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×1

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Moonlight	Fairy	Status	—	—	5	Self
1	Morning Sun	Normal	Status	—	—	5	Self
1	Charge Beam	Electric	Special	50	90	10	Normal
1	Mirror Shot	Steel	Special	65	85	10	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
7	Slash	Normal	Physical	70	100	20	Normal
13	Stored Power	Psychic	Special	20	100	10	Normal
19	Rock Blast	Rock	Physical	25	90	10	Normal
23	Night Slash	Dark	Physical	70	100	15	Normal
31	Gravity	Psychic	Status	—	—	5	Both Sides
37	Psycho Cut	Psychic	Physical	70	100	20	Normal
43	Power Gem	Rock	Special	80	100	20	Normal
47	Autotomize	Steel	Status	—	—	15	Self
50	Photon Geyser*	Psychic	Special	100	100	5	Normal
53	Stealth Rock	Rock	Status	—	—	20	Other Side
59	Iron Defense	Steel	Status	—	—	15	Self
67	Wring Out	Normal	Special	—	100	5	Normal
73	Prismatic Laser	Psychic	Special	160	100	10	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

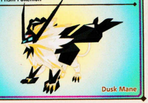
EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*Photon Geyser will deal damage depending on the user's stats. If the Attack stat is higher than the Sp. Atk stat, it will deal physical damage. If the Sp. Atk stat is higher than the Attack stat, it will deal special damage.

✓ Necrozma

Prism Pokémon


Dusk Mane

National Pokédex	800	PSYCHIC
Alola Pokédex	400	STEEL

Height: 12'06" | Weight: 1014.1 lbs.

Gender unknown

This is its form while it is devouring the light of Solgaleo. It pounces on foes and then slashes them with the claws on its four limbs and back.

This is Necrozma's form while it's absorbing the power of Solgaleo, making it extremely ferocious and impossible to control.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Use the N-Solarizer to fuse Necrozma and Solgaleo. It will stay in this form until you use the N-Solarizer again to separate them.

ABILITY

Prism Armor

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
! FIRE	×2	PSYCHIC	×0.25
WATER	×1	BUG	×1
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	! GHOST	×2
ICE	×0.5	DRAGON	×0.5
FIGHTING	×1	! DARK	×2
POISON	×0	STEEL	×0.5
! GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Moonlight	Fairy	Status	—	—	5	Self
1	Morning Sun	Normal	Status	—	—	5	Self
1	Charge Beam	Electric	Special	50	90	10	Normal
1	Mirror Shot	Steel	Special	65	85	10	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
7	Slash	Normal	Physical	70	100	20	Normal
13	Stored Power	Psychic	Special	20	100	10	Normal
19	Rock Blast	Rock	Physical	25	90	10	Normal
23	Night Slash	Dark	Physical	70	100	15	Normal
31	Gravity	Psychic	Status	—	—	5	Both Sides
37	Psycho Cut	Psychic	Physical	70	100	20	Normal
43	Power Gem	Rock	Special	80	100	20	Normal
47	Autotomize	Steel	Status	—	—	15	Self
50	Photon Geyser*	Psychic	Special	100	100	5	Normal
53	Stealth Rock	Rock	Status	—	—	20	Other Side
59	Iron Defense	Steel	Status	—	—	15	Self
67	Wring Out	Normal	Special	—	100	5	Normal
73	Prismatic Laser	Psychic	Special	160	100	10	Normal
◆	Sunsteel Strike**	Steel	Physical	100	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Searing Sunraze Smash	Sunsteel Strike	Steel	Physical	200	—	Normal

◆ EGG MOVES

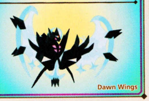
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*Photon Geyser will deal damage depending on the user's stats. If the Attack stat is higher than the Sp. Atk stat, it will deal physical damage. If the Sp. Atk stat is higher than the Attack stat, it will deal special damage.

**Necrozma can learn Sunsteel Strike when it changes form to become Dusk Mane Necrozma.

✓ Necrozma

Prism Pokémon


Dawn Wings

National Pokédex	800	PSYCHIC
Alola Pokédex	400	GHOST

Height: 13'09" | Weight: 771.6 lbs.

Gender unknown

Lunala no longer has a will of its own. Now under the control of Necrozma, it continuously expels all of its energy.

This is its form while it's devouring the light of Lunala. It grasps foes in its giant claws and rips them apart with brute force.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Use the N-Lunarizer to fuse Necrozma and Lunala. It will stay in this form until you use the N-Lunarizer again to separate them.

ABILITY

Prism Armor

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×1	PSYCHIC	×0.5
WATER	×1	BUG	×1
GRASS	×1	ROCK	×1
ELECTRIC	×1	! GHOST	×4
ICE	×1	DRAGON	×1
FIGHTING	×0	! DARK	×4
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Moonlight	Fairy	Status	—	—	5	Self
1	Morning Sun	Normal	Status	—	—	5	Self
1	Charge Beam	Electric	Special	50	90	10	Normal
1	Mirror Shot	Steel	Special	65	85	10	Normal
1	Metal Claw	Steel	Physical	50	95	35	Normal
1	Confusion	Psychic	Special	50	100	25	Normal
7	Slash	Normal	Physical	70	100	20	Normal
13	Stored Power	Psychic	Special	20	100	10	Normal
19	Rock Blast	Rock	Physical	25	90	10	Normal
23	Night Slash	Dark	Physical	70	100	15	Normal
31	Gravity	Psychic	Status	—	—	5	Both Sides
37	Psycho Cut	Psychic	Physical	70	100	20	Normal
43	Power Gem	Rock	Special	80	100	20	Normal
47	Autotomize	Steel	Status	—	—	15	Self
50	Photon Geyser*	Psychic	Special	100	100	5	Normal
53	Stealth Rock	Rock	Status	—	—	20	Other Side
59	Iron Defense	Steel	Status	—	—	15	Self
67	Wring Out	Normal	Special	—	100	5	Normal
73	Prismatic Laser	Psychic	Special	160	100	10	Normal
◆	Moongeist Beam**	Ghost	Special	100	100	5	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM63	Embargo	Dark	Status	—	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM75	Swords Dance	Normal	Status	—	—	20	Self
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Earth Power	Ground	Special	90	100	10	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Dragon Pulse	Dragon	Special	85	100	10	Normal
Hyper Voice	Normal	Special	90	100	10	Many Others
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Shock Wave	Electric	Special	60	—	20	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Menacing Moonraze Maelstrom	Moongeist Beam	Ghost	Special	200	—	Normal

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*Photon Geyser will deal damage depending on the user's stats. If the Attack stat is higher than the Sp. Atk stat, it will deal physical damage. If the Sp. Atk stat is higher than the Attack stat, it will deal special damage.

**Necrozma can learn Moongeist Beam when it changes form to become Dawn Wings Necrozma.

Ultra Necrozma

Prism Pokémon

PSYCHIC DRAGON

Height: 24'7"
Weight: 507.1 lbs.

MAIN WAY TO OBTAIN

Have Dusk Mane or Dawn Wings Necrozma hold Ultranecrozium Z, then use Ultra Burst in battle and it will take this form. It will return to its previous form when the battle ends.

Gender unknown

ABILITY

Neuroforce

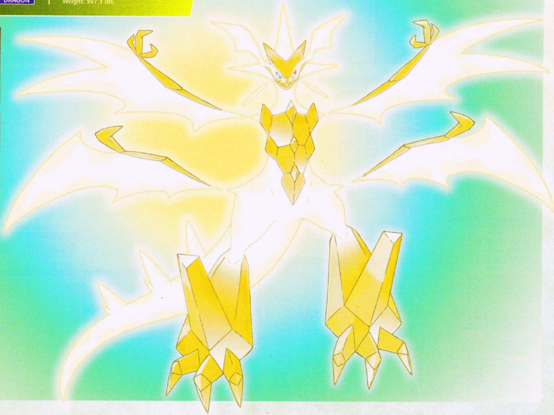
SPECIES STRENGTHS

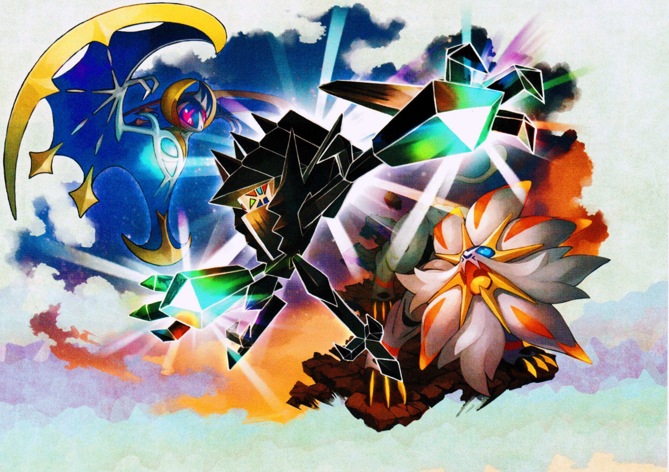
HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

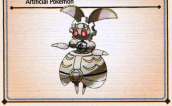
NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×0.5
WATER	×0.5	BUG	×2
GRASS	×0.5	ROCK	×1
ELECTRIC	×0.5	GHOST	×2
ICE	×2	DRAGON	×2
FIGHTING	×0.5	DARK	×2
POISON	×1	STEEL	×1
GROUND	×1	FAIRY	×2





✓ Magearna

Artificial Pokémon



National Pokédex 801 STEEL
Alola Pokédex 401 FAIRY
Height: 3'03" | Weight: 177.5 lbs.

It synchronizes its consciousness with others to understand their feelings. This faculty makes it useful for taking care of people.

Built roughly 500 years ago by a scientist, the part called the Soul-Heart is the actual life-form.

Gender unknown

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

After becoming Champion, open the QR Scanner from the X menu and scan the QR Code on this page. Then visit Antiquities of the Ages in Hau'oli City's shopping mall and speak to the deliveryman there.

ABILITY

Soul-Heart

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆
DEFENSE	◆◆◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.5	FLYING	×0.5
FIRE	×2	PSYCHIC	×0.5
WATER	×1	BUG	×0.25
GRASS	×0.5	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0
FIGHTING	×1	DARK	×0.5
POISON	×0	STEEL	×1
GROUND	×2	FAIRY	×0.5

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Crafty Shield	Fairy	Status	—	—	10	Your Side
1	Gear Up	Steel	Status	—	—	20	Your Party
1	Shift Gear	Steel	Status	—	—	10	Self
1	Iron Head	Steel	Physical	80	100	15	Normal
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Sonic Boom	Normal	Special	—	90	20	Normal
1	Defense Curl	Normal	Status	—	—	40	Self
1	Psybeam	Psychic	Special	65	100	20	Normal
9	Lucky Chant	Normal	Status	—	—	30	Your Side
17	Aurora Beam	Ice	Special	65	100	20	Normal
25	Mirror Shot	Steel	Special	65	85	10	Normal
33	Mind Reader	Normal	Status	—	—	5	Normal
41	Flash Cannon	Steel	Special	80	100	10	Normal
49	Fleur Cannon	Fairy	Special	130	90	5	Normal
57	Iron Defense	Steel	Status	—	—	15	Self
65	Pain Split	Normal	Status	—	—	20	Normal
73	Synchronoise	Psychic	Special	120	100	10	Adjacent
81	Aura Sphere	Fighting	Special	80	—	20	Normal
89	Heart Swap	Psychic	Status	—	—	10	Normal
97	Trump Card	Normal	Special	—	—	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM13	Ice Beam	Ice	Special	90	100	10	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM22	Solar Beam	Grass	Special	120	100	10	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM53	Energy Ball	Grass	Special	90	100	10	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM57	Charge Beam	Electric	Special	50	90	10	Normal
TM63	Embargo	Dark	Status	—	100	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM72	Volt Switch	Electric	Special	70	100	20	Normal
TM73	Thunder Wave	Electric	Status	—	90	20	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides
TM99	Dazzling Gleam	Fairy	Special	80	100	10	Many Others
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

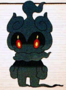
NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Iron Head	Steel	Physical	80	100	15	Normal
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Last Resort	Normal	Physical	140	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heal Bell	Normal	Status	—	—	5	Your Party
Pain Split	Normal	Status	—	—	20	Normal
Shock Wave	Electric	Special	60	—	20	Normal
After You	Normal	Status	—	—	15	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally

EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

✓ Marshadow

Gloomdweller Pokémon



National Pokédex 802 FIGHTING
Alola Pokédex 402 GHOST
Height: 2'04" | Weight: 48.9 lbs.

It slips into the shadows of others and mimics their powers and movements. As it improves, it becomes stronger than those it's imitating.

It sinks into the shadows of people and Pokémon, where it can understand their feelings and copy their capabilities.

Gender unknown

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

This Pokémon was previously obtainable through a special distribution. There may be more announcements to come regarding future opportunities to obtain it, so keep checking the official Pokémon website.

ABILITY

Technician

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0	FLYING	×2
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.25
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×2
ICE	×1	DRAGON	×1
FIGHTING	×0	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×1	FAIRY	×2

LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Laser Focus	Normal	Status	—	—	30	Self
1	Assurance	Dark	Physical	60	100	10	Normal
1	Fire Punch	Fire	Physical	75	100	15	Normal
1	Thunder Punch	Electric	Physical	75	100	15	Normal
1	Ice Punch	Ice	Physical	75	100	15	Normal
1	Drain Punch	Fighting	Physical	75	100	10	Normal
1	Counter	Fighting	Physical	—	100	20	Varies
1	Pursuit	Dark	Physical	40	100	20	Normal
1	Shadow Sneak	Ghost	Physical	40	100	30	Normal
5	Force Palm	Fighting	Physical	60	100	10	Normal
11	Feint	Normal	Physical	30	100	10	Normal
15	Rolling Kick	Fighting	Physical	60	85	15	Normal
20	Copycat	Normal	Status	—	—	20	Self
26	Shadow Punch	Ghost	Physical	60	—	20	Normal
30	Role Play	Psychic	Status	—	—	10	Normal
35	Jump Kick	Fighting	Physical	100	95	10	Normal
41	Psych Up	Normal	Status	—	—	10	Normal
45	Spectral Thief	Ghost	Physical	90	100	10	Normal
50	Close Combat	Fighting	Physical	120	100	5	Normal
56	Sucker Punch	Dark	Physical	70	100	5	Normal
60	Endeavor	Normal	Physical	—	100	5	Normal

TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM01	Work Up	Normal	Status	—	—	30	Self
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM08	Bulk Up	Fighting	Status	—	—	20	Self
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM31	Brick Break	Fighting	Physical	75	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM47	Low Sweep	Fighting	Physical	65	100	20	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM52	Focus Blast	Fighting	Special	120	70	5	Normal
TM54	False Swipe	Normal	Physical	40	100	40	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM77	Psych Up	Normal	Status	—	—	10	Normal
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM86	Grass Knot	Grass	Special	—	100	20	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Bounce	Flying	Physical	85	85	5	Normal
Low Kick	Fighting	Physical	—	100	20	Normal
Thunder Punch	Electric	Physical	75	100	15	Normal
Fire Punch	Fire	Physical	75	100	15	Normal
Ice Punch	Ice	Physical	75	100	15	Normal
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Role Play	Psychic	Status	—	—	10	Normal
Drain Punch	Fighting	Physical	75	100	10	Normal
Focus Punch	Fighting	Physical	150	100	20	Normal
Endeavor	Normal	Physical	—	100	5	Normal
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

EXCLUSIVE Z-MOVE

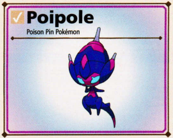
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE
Soul-Stealing 7-Star Strike	Spectral Thief	Ghost	Physical	195	—	Normal

EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Poipole

Poison Pin Pokémon



National Pokédex	803	POISON
Alola Pokédex	261	

Height: 2'00" | Weight: 4.0 lbs.

Gender unknown

This Ultra Beast is well enough liked to be chosen as a first partner in its own world.

An Ultra Beast that lives in a different world, it cackles wildly as it sprays its opponents with poison from the needles on its head.

EVOLUTION

Poipole

Level up when it knows Dragon Pulse*

Naganadel

MAIN WAY TO OBTAIN

Receive it from the Ultra Recon Squad in the Ultra Megalopolis.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×1	PSYCHIC	×2
WATER	×1	BUG	×0.5
GRASS	×0.5	ROCK	×1
ELECTRIC	×1	GHOST	×1
ICE	×1	DRAGON	×1
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Dragon Pulse	Dragon	Special	85	100	10	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Acid	Poison	Special	40	100	30	Many Others
7	Fury Attack	Normal	Physical	15	85	20	Normal
13	Venoshock	Poison	Special	65	100	10	Normal
19	Charm	Fairy	Status	—	100	20	Normal
23	Venom Drench	Poison	Status	—	100	20	Many Others
31	Nasty Plot	Dark	Status	—	—	20	Self
37	Poison Jab	Poison	Physical	80	100	20	Normal
41	Toxic	Poison	Status	—	90	10	Normal
47	Fell Stinger	Bug	Physical	50	100	25	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM100	Confide	Normal	Status	—	—	20	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Covet	Normal	Physical	60	100	25	Normal
Signal Beam	Bug	Special	75	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Gastro Acid	Poison	Status	—	100	10	Normal

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Helping Hand	Normal	Status	—	—	20	1 Ally
Snatch	Dark	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

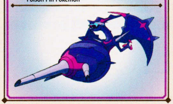
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Poipole the move Dragon Pulse, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Naganadel

Poison Pin Pokémon



National Pokédex	804	POISON
Alola Pokédex	262	DRAGON

Height: 11'10" | Weight: 330.7 lbs.

Gender unknown

It stores hundreds of liters of poisonous liquid inside its body. It is one of the organisms known as UBs.

One kind of Ultra Beast, it fires a glowing, venomous liquid from its needles. This liquid is also immensely adhesive.

EVOLUTION

Poipole

Level up when it knows Dragon Pulse*

Naganadel

MAIN WAY TO OBTAIN

Obtain a Poipole, then level it up when it knows Dragon Pulse to evolve it into Naganadel.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆
DEFENSE	◆◆◆
SP. ATK	◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×1	FLYING	×1
FIRE	×0.5	PSYCHIC	×2
WATER	×0.5	BUG	×0.5
GRASS	×0.25	ROCK	×1
ELECTRIC	×0.5	GHOST	×1
ICE	×2	DRAGON	×2
FIGHTING	×0.5	DARK	×1
POISON	×0.5	STEEL	×1
GROUND	×2	FAIRY	×1

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Air Cutter	Flying	Special	60	95	25	Many Others
1	Dragon Pulse	Dragon	Special	85	100	10	Normal
1	Peck	Flying	Physical	35	100	35	Normal
1	Growl	Normal	Status	—	100	40	Many Others
1	Helping Hand	Normal	Status	—	—	20	1 Ally
1	Acid	Poison	Special	40	100	30	Many Others
7	Fury Attack	Normal	Physical	15	85	20	Normal
13	Venoshock	Poison	Special	65	100	10	Normal
19	Charm	Fairy	Status	—	100	20	Normal
23	Venom Drench	Poison	Status	—	100	20	Many Others
31	Nasty Plot	Dark	Status	—	—	20	Self
37	Poison Jab	Poison	Physical	80	100	20	Normal
41	Toxic	Poison	Status	—	90	10	Normal
47	Fell Stinger	Bug	Physical	50	100	25	Normal
53	Air Slash	Flying	Special	75	95	15	Normal
61	Dragon Pulse	Dragon	Special	85	100	10	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM02	Dragon Claw	Dragon	Physical	80	100	15	Normal
TM06	Toxic	Poison	Status	—	90	10	Normal
TM09	Venoshock	Poison	Special	65	100	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM24	Thunderbolt	Electric	Special	90	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM28	Leech Life	Bug	Physical	80	100	10	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM34	Sludge Wave	Poison	Special	95	100	10	Adjacent
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM36	Sludge Bomb	Poison	Special	90	100	10	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM40	Aerial Ace	Flying	Physical	60	—	20	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM49	Echoed Voice	Normal	Special	40	100	15	Normal

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM58	Sky Drop	Flying	Physical	60	100	10	Normal
TM62	Acrobatics	Flying	Physical	55	100	15	Normal
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM67	Smart Strike	Steel	Physical	70	—	10	Normal
TM76	Fly	Flying	Physical	90	95	15	Normal
TM81	X-Scissor	Bug	Physical	80	100	15	Normal
TM82	Dragon Tail	Dragon	Physical	60	90	10	Normal
TM84	Poison Jab	Poison	Physical	80	100	20	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM89	U-turn	Bug	Physical	70	100	20	Normal
TM90	Substitute	Normal	Status	—	—	10	Self
TM95	Snarl	Dark	Special	55	95	15	Many Others
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Air Cutter	Flying	Special	60	95	25	Many Others

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Draco Meteor	Dragon	Special	130	90	5	Normal

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Signal Beam	Bug	Special	75	100	15	Normal
Gunk Shot	Poison	Physical	120	80	5	Normal
Uproar	Normal	Special	90	100	10	1 Random
Dragon Pulse	Dragon	Special	85	100	10	Normal
Iron Tail	Steel	Physical	100	75	15	Normal
Snore	Normal	Special	50	100	15	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Tailwind	Flying	Status	—	—	15	Your Side

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Sky Attack	Flying	Physical	140	90	5	Normal
Shock Wave	Electric	Special	60	—	20	Normal
Gastro Acid	Poison	Status	—	100	10	Normal
Helping Hand	Normal	Status	—	—	20	1 Ally
Outrage	Dragon	Physical	120	100	10	1 Random
Snatch	Dark	Status	—	—	10	Self
Ally Switch	Psychic	Status	—	—	15	Self
Throat Chop	Dark	Physical	80	100	15	Normal
Laser Focus	Normal	Status	—	—	30	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

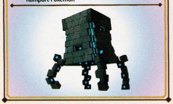
◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

*If you wish to teach Poipole the move Dragon Pulse, give Madam Memorial a Heart Scale in the Mount Lanakila Pokémon Center.

✓ Stakataka

Rampart Pokémon



National Pokédex 805
Alola Pokédex 392

ROCK
STEEL

Height: 18'01" | Weight: 1807.8 lbs.

Gender unknown

It appeared from an Ultra Wormhole. Each one appears to be made up of many life-forms stacked one on top of each other.

When stone walls started moving and attacking, the brute's true identity was this mysterious life-form, which brings to mind an Ultra Beast.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Obtain it in a trade if you are playing *Pokémon Ultra Sun*, as it does not appear in that game. Catch it when it appears in Poni Grove after becoming Champion in *Pokémon Ultra Moon*.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆◆
ATTACK	◆◆◆◆◆◆◆◆
DEFENSE	◆◆◆◆◆◆◆◆◆◆
SP. ATK	◆◆◆
SP. DEF	◆◆◆◆
SPEED	◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0.25	FLYING	×0.25
FIRE	×1	PSYCHIC	×0.5
WATER	×2	BUG	×0.5
GRASS	×1	ROCK	×0.5
ELECTRIC	×1	GHOST	×1
ICE	×0.5	DRAGON	×0.5
FIGHTING	×4	DARK	×1
POISON	×0	STEEL	×1
GROUND	×4	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Protect	Normal	Status	—	—	10	Self
1	Tackle	Normal	Physical	40	100	35	Normal
5	Rock Slide	Rock	Physical	75	90	10	Many Others
11	Stealth Rock	Rock	Status	—	—	20	Other Side
17	Bide	Normal	Physical	—	—	10	Self
19	Take Down	Normal	Physical	90	85	20	Normal
23	Rock Throw	Rock	Physical	50	90	15	Normal
31	Autotomize	Steel	Status	—	—	15	Self
37	Iron Defense	Steel	Status	—	—	15	Self
43	Iron Head	Steel	Physical	80	100	15	Normal
47	Rock Blast	Rock	Physical	25	90	10	Normal
53	Wide Guard	Rock	Status	—	—	10	Your Side
61	Double-Edge	Normal	Physical	120	100	15	Normal

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM20	Safeguard	Normal	Status	—	—	25	Your Side
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM26	Earthquake	Ground	Physical	100	100	10	Adjacent
TM27	Return	Normal	Physical	—	100	20	Normal
TM33	Reflect	Psychic	Status	—	—	20	Your Side
TM37	Sandstorm	Rock	Status	—	—	10	Both Sides
TM39	Rock Tomb	Rock	Physical	60	95	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM48	Round	Normal	Special	60	100	15	Normal
TM59	Brutal Swing	Dark	Physical	60	100	20	Adjacent
TM68	Giga Impact	Normal	Physical	150	90	5	Normal
TM69	Rock Polish	Rock	Status	—	—	20	Self
TM71	Stone Edge	Rock	Physical	100	80	5	Normal
TM74	Gyro Ball	Steel	Physical	—	100	5	Normal
TM78	Bulldoze	Ground	Physical	60	100	20	Adjacent
TM80	Rock Slide	Rock	Physical	75	90	10	Many Others
TM83	Infestation	Bug	Special	20	100	20	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM91	Flash Cannon	Steel	Special	80	100	10	Normal
TM92	Trick Room	Psychic	Status	—	—	5	Both Sides

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Iron Head	Steel	Physical	80	100	15	Normal
Magic Coat	Psychic	Status	—	—	15	Self
Block	Normal	Status	—	—	5	Normal
Gravity	Psychic	Status	—	—	5	Both Sides
Magnet Rise	Electric	Status	—	—	10	Self
Iron Defense	Steel	Status	—	—	15	Self
Superpower	Fighting	Physical	120	100	5	Normal
Zen Headbutt	Psychic	Physical	80	90	15	Normal
Bind	Normal	Physical	15	85	20	Normal
Snore	Normal	Special	50	100	15	Normal
Role Play	Psychic	Status	—	—	10	Normal
Magic Room	Psychic	Status	—	—	10	Both Sides
Wonder Room	Psychic	Status	—	—	10	Both Sides
Recycle	Normal	Status	—	—	10	Self
Stealth Rock	Rock	Status	—	—	20	Other Side
Skill Swap	Psychic	Status	—	—	10	Normal
Telekinesis	Psychic	Status	—	—	15	Normal
Ally Switch	Psychic	Status	—	—	15	Self
Stomping Tantrum	Ground	Physical	75	100	10	Normal

◆ EXCLUSIVE Z-MOVE

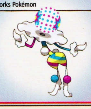
NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

✓ Blacephalon

Fireworks Pokémon



National Pokédex 806
Alola Pokédex 393

FIRE
GHOST

Height: 5'11" | Weight: 28.7 lbs.

Gender unknown

It slithers toward people. Then, without warning, it triggers the explosion of its own head. It's apparently one kind of Ultra Beast.

A UB that appeared from an Ultra Wormhole, it causes explosions, then takes advantage of opponents' surprise to rob them of their vitality.

EVOLUTION

Does not evolve

MAIN WAY TO OBTAIN

Catch it when it appears in Poni Grove after becoming Champion in *Pokémon Ultra Sun*. Obtain it in a trade if you are playing *Pokémon Ultra Moon*, as it does not appear in that game.

ABILITY

Beast Boost

HIDDEN ABILITY

SPECIES STRENGTHS

HP	◆◆
ATTACK	◆◆◆◆◆◆
DEFENSE	◆◆
SP. ATK	◆◆◆◆◆◆◆
SP. DEF	◆◆◆
SPEED	◆◆◆◆◆◆

No Eggs Discovered

Damage taken in normal battles

NORMAL	×0	FLYING	×1
FIRE	×0.5	PSYCHIC	×1
WATER	×2	BUG	×0.25
GRASS	×0.5	ROCK	×2
ELECTRIC	×1	GHOST	×2
ICE	×0.5	DRAGON	×1
FIGHTING	×0	DARK	×2
POISON	×0.5	STEEL	×0.5
GROUND	×2	FAIRY	×0.5

◆ LEVEL-UP MOVES

LV.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
1	Ember	Fire	Special	40	100	25	Normal
1	Astonish	Ghost	Physical	30	100	15	Normal
7	Magic Coat	Psychic	Status	—	—	15	Self
13	Stored Power	Psychic	Special	20	100	10	Normal
17	Flame Burst	Fire	Special	70	100	15	Normal
23	Night Shade	Ghost	Special	—	100	15	Normal
29	Light Screen	Psychic	Status	—	—	30	Your Side
31	Calm Mind	Psychic	Status	—	—	20	Self
37	Fire Blast	Fire	Special	110	85	5	Normal
41	Shadow Ball	Ghost	Special	80	100	15	Normal
47	Trick	Psychic	Status	—	100	10	Normal
59	Mind Blown	Fire	Special	150	100	5	Adjacent

◆ TM MOVES

NO.	NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
TM03	Psyshock	Psychic	Special	80	100	10	Normal
TM04	Calm Mind	Psychic	Status	—	—	20	Self
TM06	Toxic	Poison	Status	—	90	10	Normal
TM10	Hidden Power	Normal	Special	60	100	15	Normal
TM11	Sunny Day	Fire	Status	—	—	5	Both Sides
TM12	Taunt	Dark	Status	—	100	20	Normal
TM15	Hyper Beam	Normal	Special	150	90	5	Normal
TM16	Light Screen	Psychic	Status	—	—	30	Your Side
TM17	Protect	Normal	Status	—	—	10	Self
TM21	Frustration	Normal	Physical	—	100	20	Normal
TM23	Smack Down	Rock	Physical	50	100	15	Normal
TM27	Return	Normal	Physical	—	100	20	Normal
TM29	Psychic	Psychic	Special	90	100	10	Normal
TM30	Shadow Ball	Ghost	Special	80	100	15	Normal
TM32	Double Team	Normal	Status	—	—	15	Self
TM35	Flamethrower	Fire	Special	90	100	15	Normal
TM38	Fire Blast	Fire	Special	110	85	5	Normal
TM41	Torment	Dark	Status	—	100	15	Normal
TM42	Facade	Normal	Physical	70	100	20	Normal
TM43	Flame Charge	Fire	Physical	50	100	20	Normal
TM44	Rest	Psychic	Status	—	—	10	Self
TM46	Thief	Dark	Physical	60	100	25	Normal
TM48	Round	Normal	Special	60	100	15	Normal
TM50	Overheat	Fire	Special	130	90	5	Normal
TM56	Fling	Dark	Physical	—	100	10	Normal
TM60	Quash	Dark	Status	—	100	15	Normal
TM61	Will-O-Wisp	Fire	Status	—	85	15	Normal
TM64	Explosion	Normal	Physical	250	100	5	Adjacent
TM65	Shadow Claw	Ghost	Physical	70	100	15	Normal
TM66	Payback	Dark	Physical	50	100	10	Normal
TM87	Swagger	Normal	Status	—	85	15	Normal
TM88	Sleep Talk	Normal	Status	—	—	10	Self
TM90	Substitute	Normal	Status	—	—	10	Self
TM97	Dark Pulse	Dark	Special	80	100	15	Normal
TM100	Confide	Normal	Status	—	—	20	Normal

◆ MOVES LEARNED WHEN EVOLVING

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES TAUGHT BY PEOPLE

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

◆ MOVES LEARNED IN EXCHANGE FOR BP

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE
Uproar	Normal	Special	90	100	10	1 Random
Foul Play	Dark	Physical	95	100	15	Normal
Last Resort	Normal	Physical	140	100	5	Normal
Snore	Normal	Special	50	100	15	Normal
Knock Off	Dark	Physical	65	100	20	Normal
Heat Wave	Fire	Special	95	90	10	Many Others
Pain Split	Normal	Status	—	—	20	Normal
Spite	Ghost	Status	—	100	10	Normal
After You	Normal	Status	—	—	15	Normal
Trick	Psychic	Status	—	100	10	Normal
Recycle	Normal	Status	—	—	10	Self

◆ EXCLUSIVE Z-MOVE

NAME	BASE MOVE	TYPE	KIND	POW.	ACC.	RANGE

◆ EGG MOVES

NAME	TYPE	KIND	POW.	ACC.	PP	RANGE

ADVENTURE DATA

Moves

The following pages give details on the many moves that Pokémon can learn. First, the list of moves describes the effects of each move. On page 504, a table lists type-specific or Pokémon-specific Z-Moves. Moves that can be learned in special ways, such as from Move Tutors and BP shops, are listed starting on page 505. And page 506 provides a list of where you can get every TM in Alola, so you can teach their moves to your Pokémon as well.

Explanations of the Move List

Move	The move's name
Type	The move's type
Kind	Physical moves deal more damage when a Pokémon's Attack is high. Special moves deal more damage when a Pokémon's Sp. Atk is high. Status moves cause effects, such as status conditions.
Pow.	The move's attack power
Acc.	The move's accuracy percentage
PP	How many times the move can be used
Range	The number and types of targets the move affects
DA	Moves that make direct contact with the target
Z-Move pow./effects	The boosted power or additional effects that this move will have when powered up by Z-Power and used as a Z-Move with one of the 18 type-specific Z-Crystals.

Range Guide

Normal: The move affects the selected target.

Self: The move affects only the user.

1 Ally: The move affects an adjacent ally in Double and Multi Battles.

Self/Ally: The move affects the user or one of its allies.

Your Party: The move affects your entire party, including party Pokémon that are still in their Poké Balls.

1 Random: The move affects one of the opposing Pokémon at random.

Many Others: The move affects multiple Pokémon at the same time.

Adjacent: The move affects the surrounding Pokémon at the same time.

Your Side: The move affects the side of the field where your Pokémon are.

Other Side: The move affects the opponent's side of the field.

Both Sides: The move affects the entire playing field without regard to opposing and ally Pokémon.

Varies: The move is influenced by things like the opposing Pokémon's move or the user's type, so the effect and range are not fixed.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./effects	Battle effects
Absorb	Grass	Special	20	100	25	Normal	—	100	Restores HP by up to half of the damage dealt to the target.
Accelerock	Rock	Physical	40	100	20	Normal	○	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.
Acid	Poison	Special	40	100	30	Many Others	—	100	A 10% chance of lowering the targets' Sp. Def by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Acid Armor	Poison	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Defense by 2.
Acid Spray	Poison	Special	40	100	20	Normal	—	100	Lowers the target's Sp. Def by 2.
Acrobatics	Flying	Physical	55	100	15	Normal	○	100	This move's power is doubled if the user isn't holding an item.
Acupressure	Normal	Status	—	—	30	Self / Ally	—	Critical hits land more easily	Raises a random stat by 2.
Aerial Ace	Flying	Physical	60	—	20	Normal	○	120	A sure hit.
Aeroblast	Flying	Special	100	95	5	Normal	—	180	Critical hits land more easily.
After You	Normal	Status	—	—	15	Normal	—	Raises the user's Speed	The user helps the target and makes it use its move right after the user, regardless of its Speed. It fails if the target was going to use its move right after anyway, or if the target has already used its move this turn.
Agility	Psychic	Status	—	—	30	Self	—	Resets negative stat changes	Raises the user's Speed by 2.
Air Cutter	Flying	Special	60	95	25	Many Others	—	120	Critical hits land more easily. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Air Slash	Flying	Special	75	95	15	Normal	—	140	A 30% chance of making the target flinch (unable to use moves on that turn).
Ally Switch	Psychic	Status	—	—	15	Self	—	Raises the user's Speed by 2	This move goes first. The user switches places with an ally.
Amnesia	Psychic	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Sp. Def by 2.
Anchor Shot	Steel	Physical	80	100	20	Normal	○	160	The target cannot escape. If used during a Trainer battle, the opposing Trainer cannot switch Pokémon. When used on a Ghost type, no additional effect takes place.
Ancient Power	Rock	Special	60	100	5	Normal	—	120	A 10% chance of raising the user's Attack, Defense, Speed, Sp. Atk, and Sp. Def stats by 1.
Aqua Jet	Water	Physical	40	100	20	Normal	○	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.
Aqua Ring	Water	Status	—	—	20	Self	—	Raises the user's Defense	Restores 1/16 of max HP every turn.
Aqua Tail	Water	Physical	90	90	10	Normal	○	175	A regular attack.
Arm Thrust	Fighting	Physical	15	100	20	Normal	○	100	Attacks 2–5 times in a row in a single turn.
Aromatherapy	Grass	Status	—	—	5	Your Party	—	Restores the user's HP	Heals status conditions of all your Pokémon, including those in your party.
Aromatic Mist	Fairy	Status	—	—	20	1 Ally	—	Raises the user's Sp. Def by 2	Raises one ally's Sp. Def by 1.
Assist	Normal	Status	—	—	20	Self	—	None	Uses a random move from one of the Pokémon in your party.
Assurance	Dark	Physical	60	100	10	Normal	○	120	Move's power is doubled if the target has already taken some damage in the same turn.
Astonish	Ghost	Physical	30	100	15	Normal	○	100	A 30% chance of making the target flinch (unable to use moves on that turn).

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Attack Order	Bug	Physical	90	100	15	Normal	—	175	Critical hits land more easily.
Attract	Normal	Status	—	100	15	Normal	—	Resets negative stat changes	Leaves the target unable to attack 50% of the time. Only works if the user and the target are of different genders.
Aura Sphere	Fighting	Special	80	—	20	Normal	—	160	A sure hit.
Aurora Beam	Ice	Special	65	100	20	Normal	—	120	A 10% chance of lowering the target's Attack by 1.
Aurora Veil	Ice	Status	—	—	20	Your Side	—	Raises the user's Speed	Damage from opponents' physical and special attacks is halved for 5 turns. This move can only be used when the weather condition is hail. Effect lasts 5 turns even if the user is switched out. Effect is weaker in Double Battles and Battle Royal.
Autotomize	Steel	Status	—	—	15	Self	—	Resets negative stat changes	Raises the user's Speed by 2 and lowers its weight by 220 lbs.
Avalanche	Ice	Physical	60	100	10	Normal	○	120	Always strikes last. This move's power is doubled if the user has taken damage from the target that turn.
Baby-Doll Eyes	Fairy	Status	—	100	30	Normal	—	Raises the user's Defense	Always strikes first. Lowers the target's Attack by 1.
Baneful Bunker	Poison	Status	—	—	10	Self	—	Raises the user's Defense	The user takes no damage in the same turn this move is used. If an opposing Pokémon uses a move that makes direct contact, the attacker will be inflicted with the Poison status condition. Fails more easily when used repeatedly.
Barrage	Normal	Physical	15	85	20	Normal	—	100	Attacks 2–5 times in a row in a single turn.
Barrier	Psychic	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Defense by 2.
Baton Pass	Normal	Status	—	—	40	Self	—	Resets negative stat changes	User swaps out with an ally Pokémon and passes along any stat changes.
Beak Blast	Flying	Physical	100	100	15	Normal	—	180	Charges up and attacks on the same turn. If an opposing Pokémon uses a move that makes direct contact while the user is charging up, this move inflicts the Burned status condition on the attacker.
Beat Up	Dark	Physical	—	100	10	Normal	—	100	Attacks once for each Pokémon in your party, including the user. Does not count Pokémon that have fainted or have status conditions.
Belch	Poison	Special	120	90	10	Normal	—	190	Cannot be used without first eating a Berry.
Belly Drum	Normal	Status	—	—	10	Self	—	Restores the user's HP	The user loses half of its maximum HP but raises its Attack to the maximum.
Bestow	Normal	Status	—	—	15	Normal	—	Raises the user's Speed by 2	If the target is not holding an item and the user is, the user can give that item to the target. Fails if the user is not holding an item or the target is holding an item.
Bide	Normal	Physical	—	—	10	Self	○	100	Inflicts twice the damage received during the next 2 turns. Cannot choose moves during those 2 turns.
Bind	Normal	Physical	15	85	20	Normal	○	100	Inflicts damage equal to 1/8 the target's max HP for 4–5 turns. The target cannot flee during that time.
Bite	Dark	Physical	60	100	25	Normal	○	120	A 30% chance of making the target flinch (unable to use moves on that turn).
Blast Burn	Fire	Special	150	90	5	Normal	—	200	The user can't move during the next turn. If the target is Frozen, it will be thawed.
Blaze Kick	Fire	Physical	85	90	10	Normal	○	160	A 10% chance of inflicting the Burned status condition on the target. Critical hits land more easily. If the target is Frozen, it will be thawed.
Blizzard	Ice	Special	110	70	5	Many Others	—	185	A 10% chance of inflicting the Frozen status condition on the targets. Is 100% accurate in the hail weather condition. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Block	Normal	Status	—	—	5	Normal	—	Raises the user's Defense	The target cannot escape. If used during a Trainer battle, the opposing Trainer cannot switch Pokémon. Has no effect on Ghost-type Pokémon.
Blue Flare	Fire	Special	130	85	5	Normal	—	195	A 20% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed.
Body Slam	Normal	Physical	85	100	15	Normal	○	160	A 30% chance of inflicting the Paralysis status condition on the target. If the target has used Minimize, this move will be a sure hit and its power will be doubled.
Bolt Strike	Electric	Physical	130	85	5	Normal	○	195	A 20% chance of inflicting the Paralysis status condition on the targets.
Bone Club	Ground	Physical	65	85	20	Normal	—	120	A 10% chance of making the target flinch (unable to use moves on that turn).
Bone Rush	Ground	Physical	25	90	10	Normal	—	140	Attacks 2–5 times in a row in a single turn.
Bonemerang	Ground	Physical	50	90	10	Normal	—	100	Attacks twice in a row in a single turn.
Boomburst	Normal	Special	140	100	10	Adjacent	—	200	Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal. Strikes the target even if it is using Substitute.
Bounce	Flying	Physical	85	85	5	Normal	○	160	The user flies into the air on the first turn and attacks on the second. A 30% chance of inflicting the Paralysis status condition on the target.
Brave Bird	Flying	Physical	120	100	15	Normal	○	190	The user takes 1/3 of the damage inflicted.
Brick Break	Fighting	Physical	75	100	15	Normal	○	140	This move is not affected by Aurora Veil or Reflect. It removes the effect of Aurora Veil, Light Screen, and Reflect.
Brine	Water	Special	65	100	10	Normal	—	120	This move's power is doubled if the target's HP is at half or below.
Brutal Swing	Dark	Physical	60	100	20	Adjacent	○	120	A regular attack. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Bubble	Water	Special	40	100	30	Many Others	—	100	A 10% chance of lowering the targets' Speed by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Bubble Beam	Water	Special	65	100	20	Normal	—	120	A 10% chance of lowering the target's Speed by 1.
Bug Bite	Bug	Physical	60	100	20	Normal	○	120	If the target is holding a Berry, the user eats that Berry and uses its battle effect if it has one.
Bug Buzz	Bug	Special	90	100	10	Normal	—	175	A 10% chance of lowering the target's Sp. Def by 1. Strikes the target even if it is using Substitute.
Bulk Up	Fighting	Status	—	—	20	Self	—	Raises the user's Attack	Raises the user's Attack and Defense by 1.
Bulldoze	Ground	Physical	60	100	20	Adjacent	—	120	Lowers the target's Speed by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Bullet Punch	Steel	Physical	40	100	30	Normal	○	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Bullet Seed	Grass	Physical	25	100	30	Normal	—	140	Attacks 2–5 times in a row in a single turn.
Burn Up	Fire	Special	130	100	5	Normal	—	195	After attacking, the user is no longer Fire type.
Calm Mind	Psychic	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Sp. Atk and Sp. Def by 1.
Camouflage	Normal	Status	—	—	20	Self	—	Raises the user's evasion	Changes the user's type to match the environment: Cave: Rock type. Dirt / Sand: Ground type. Electric Terrain: Electric type. Grass / Grassy Terrain: Grass type. Indoors / Link Battle: Normal type. Misty Terrain: Fairy type. Psychic Terrain / Ultra Space: Psychic type. Snow/Ice: Ice type. Volcano: Fire type. Water Surface / Puddle / Shoal: Water type.
Captivate	Normal	Status	—	100	20	Many Others	—	Raises the user's Sp. Def by 2	Lowers the targets' Sp. Atk by 2. Only works if the user and the targets are of different genders.
Celebrate	Normal	Status	—	—	40	Self	—	Raises all of the user's stats	No effect.
Charge	Electric	Status	—	—	20	Self	—	Raises the user's Sp. Def	Doubles the attack power of an Electric-type move used the next turn. Raises the user's Sp. Def by 1.
Charge Beam	Electric	Special	50	90	10	Normal	—	100	A 70% chance of raising the user's Sp. Atk by 1.
Charm	Fairy	Status	—	100	20	Normal	—	Raises the user's Defense	Lowers the target's Attack by 2.
Chatter	Flying	Special	65	100	20	Normal	—	120	When the user is Chatot, this move also makes the target confused. Strikes the target even if it is using Substitute.
Chip Away	Normal	Physical	70	100	20	Normal	○	140	Damage dealt is not affected by the opposing Pokémon's stat changes.
Circle Throw	Fighting	Physical	60	90	10	Normal	○	120	Always strikes last. Ends wild Pokémon battles after attacking. When battling multiple wild Pokémon or if the wild Pokémon's level is higher than the user's, no additional effect takes place. In a battle with a Trainer, this move forces another Pokémon to switch in. If there is no Pokémon to switch in, no additional effect takes place.
Clamp	Water	Physical	35	85	15	Normal	○	100	Inflicts damage equal to 1/8 the target's max HP for 4–5 turns. The target cannot flee during that time.
Clanging Scales	Dragon	Special	110	100	5	Many Others	—	185	As an additional effect, lowers the user's Defense by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Clear Smog	Poison	Special	50	—	15	Normal	—	100	Eliminates every stat change of the target.
Close Combat	Fighting	Physical	120	100	5	Normal	○	190	Lowers the user's Defense and Sp. Def by 1.
Coil	Poison	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Attack, Defense, and accuracy by 1.
Comet Punch	Normal	Physical	18	85	15	Normal	○	100	Attacks 2–5 times in a row in a single turn.
Confide	Normal	Status	—	—	20	Normal	—	Raises the user's Sp. Def	A sure hit. Lowers the target's Sp. Atk by 1. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, Spiky Shield, or Substitute.
Confuse Ray	Ghost	Status	—	100	10	Normal	—	Raises the user's Sp. Atk	Makes the target confused.
Confusion	Psychic	Special	50	100	25	Normal	—	100	A 10% chance of making the target confused.
Constrict	Normal	Physical	10	100	35	Normal	○	100	A 10% chance of lowering the target's Speed by 1.
Conversion	Normal	Status	—	—	30	Self	—	Raises all of the user's stats	Changes the user's type to that of one of its moves.
Conversion 2	Normal	Status	—	—	30	Normal	—	Restores the user's HP	Changes the user's type to one that is strong against the last move the target used.
Copycat	Normal	Status	—	—	20	Self	—	Increases the user's accuracy	Uses the last move used.
Core Enforcer	Dragon	Special	100	100	10	Many Others	—	140	Nullifies Abilities of targets that used a move on the same turn. Fails with certain Abilities, however.
Cosmic Power	Psychic	Status	—	—	20	Self	—	Raises the user's Sp. Def	Raises the user's Defense and Sp. Def by 1.
Cotton Guard	Grass	Status	—	—	10	Self	—	Resets negative stat changes	Raises the user's Defense by 3.
Cotton Spore	Grass	Status	—	100	40	Many Others	—	Resets negative stat changes	Lowers the targets' Speed by 2. Has no effect on Grass-type Pokémon.
Counter	Fighting	Physical	—	100	20	Varies	○	100	If the user is attacked physically, this move inflicts twice the damage done to the user. Always strikes last.
Covet	Normal	Physical	60	100	25	Normal	○	120	When the target is holding an item and the user is not, the user can steal that item. A regular attack if the target is not holding an item.
Crabhammer	Water	Physical	100	90	10	Normal	○	180	Critical hits land more easily.
Crafty Shield	Fairy	Status	—	—	10	Your Side	—	Raises the user's Sp. Def	Protects the user and allies from status moves used in the same turn. Does not protect against damage-dealing moves.
Cross Chop	Fighting	Physical	100	80	5	Normal	○	180	Critical hits land more easily.
Cross Poison	Poison	Physical	70	100	20	Normal	○	140	Critical hits land more easily. A 10% chance of inflicting the Poison status condition on the target.
Crunch	Dark	Physical	80	100	15	Normal	○	160	A 20% chance of lowering the target's Defense by 1.
Crush Claw	Normal	Physical	75	95	10	Normal	○	140	A 50% chance of lowering the target's Defense by 1.
Crush Grip	Normal	Physical	—	100	5	Normal	○	190	The more HP the target has left, the greater the move's power becomes (max 120).
Curse	Ghost	Status	—	—	10	Varies	—	Ghost type: restores all of the user's HP. Other types: raises the user's Attack.	Lowers the user's Speed by 1 and raises its Attack and Defense by 1. If used by a Ghost-type Pokémon, the user loses half of its maximum HP, but the move lowers the target's HP by 1/4 of its maximum every turn.
Cut	Normal	Physical	50	95	30	Normal	○	100	A regular attack.
Dark Pulse	Dark	Special	80	100	15	Normal	—	160	Has a 20% chance of making the target flinch (unable to use moves on that turn).
Dark Void	Dark	Status	—	50	10	Many Others	—	Resets negative stat changes	Inflicts the Asleep status condition on the targets.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Darkest Lariat	Dark	Physical	85	100	10	Normal	○	160	Damage dealt is not affected by the opposing Pokémon's stat changes.
Dazzling Gleam	Fairy	Special	80	100	10	Many Others	—	160	Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Defend Order	Bug	Status	—	—	10	Self	—	Raises the user's Defense	Raises the user's Defense and Sp. Def by 1.
Defense Curl	Normal	Status	—	—	40	Self	—	Increases the user's accuracy	Raises the user's Defense by 1.
Defog	Flying	Status	—	—	15	Normal	—	Increases the user's accuracy	Lowers the target's evasion by 1. Nullifies the effects of Aurora Veil, Light Screen, Reflect, Safeguard, Mist, Spikes, Toxic Spikes, and Stealth Rock on the target's side.
Destiny Bond	Ghost	Status	—	—	5	Self	—	Follow Me	If the user faints due to damage from a Pokémon, that Pokémon faints as well. Fails when used in succession.
Detect	Fighting	Status	—	—	5	Self	—	Raises the user's evasion	The user evades all moves that turn. If used in succession, its chance of failing rises.
Diamond Storm	Rock	Physical	100	95	5	Many Others	—	180	A 50% chance of raising the user's Defense by 2. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Dig	Ground	Physical	80	100	10	Normal	○	160	The user burrows underground on the first turn and attacks on the second.
Disable	Normal	Status	—	100	20	Normal	—	Resets negative stat changes	The target can't use the move it just used for 4 turns.
Disarming Voice	Fairy	Special	40	—	15	Many Others	—	100	A sure hit. Strikes the targets even if they are using Substitute. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Discharge	Electric	Special	80	100	15	Adjacent	—	160	A 30% chance of inflicting the Paralysis status condition on the target. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Dive	Water	Physical	80	100	10	Normal	○	160	The user dives deep on the first turn and attacks on the second.
Dizzy Punch	Normal	Physical	70	100	10	Normal	○	140	A 20% chance of making the target confused.
Doom Desire	Steel	Special	140	100	5	Normal	—	200	Attacks the target after 2 turns. This move is affected by the target's type.
Double Hit	Normal	Physical	35	90	10	Normal	○	140	Attacks twice in a row in a single turn.
Double Kick	Fighting	Physical	30	100	30	Normal	○	100	Attacks twice in a row in a single turn.
Double Slap	Normal	Physical	15	85	10	Normal	○	100	Attacks 2–5 times in a row in a single turn.
Double Team	Normal	Status	—	—	15	Self	—	Resets negative stat changes	Raises the user's evasion by 1.
Double-Edge	Normal	Physical	120	100	15	Normal	○	190	The user takes 1/3 of the damage inflicted.
Draco Meteor	Dragon	Special	130	90	5	Normal	—	195	Lowers the user's Sp. Atk by 2.
Dragon Ascent	Flying	Physical	120	100	5	Normal	○	190	Lowers the user's Defense and Sp. Def by 1.
Dragon Breath	Dragon	Special	60	100	20	Normal	—	120	A 30% chance of inflicting the Paralysis status condition on the target.
Dragon Claw	Dragon	Physical	80	100	15	Normal	○	160	A regular attack.
Dragon Dance	Dragon	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Attack and Speed by 1.
Dragon Hammer	Dragon	Physical	90	100	15	Normal	○	175	A regular attack.
Dragon Pulse	Dragon	Special	85	100	10	Normal	—	160	A regular attack.
Dragon Rage	Dragon	Special	—	100	10	Normal	—	100	Deals a fixed 40 points of damage.
Dragon Rush	Dragon	Physical	100	75	10	Normal	○	180	A 20% chance of making the target flinch (unable to use moves on that turn). If the target has used Minimize, this move will be a sure hit and its power will be doubled.
Dragon Tail	Dragon	Physical	60	90	10	Normal	○	120	Attacks last. Ends wild Pokémon battles after attacking. When battling multiple wild Pokémon or if the wild Pokémon's level is higher than the user's, no additional effect takes place. In a battle with a Trainer, this move forces another Pokémon to switch in. If there is no Pokémon to switch in, no additional effect takes place.
Drain Punch	Fighting	Physical	75	100	10	Normal	○	140	Restores HP by up to half of the damage dealt to the target.
Draining Kiss	Fairy	Special	50	100	10	Normal	○	100	Restores HP by up to 3/4 of the damage dealt to the target.
Dream Eater	Psychic	Special	100	100	15	Normal	—	180	Only works when the target is Asleep. Restores HP by up to half of the damage dealt to the target.
Drill Peck	Flying	Physical	80	100	20	Normal	○	160	A regular attack.
Drill Run	Ground	Physical	80	95	10	Normal	○	160	Critical hits land more easily.
Dual Chop	Dragon	Physical	40	90	15	Normal	○	100	Attacks twice in a row in a single turn.
Dynamic Punch	Fighting	Physical	100	50	5	Normal	○	180	Makes the target confused.
Earth Power	Ground	Special	90	100	10	Normal	—	175	A 10% chance of lowering the target's Sp. Def by 1.
Earthquake	Ground	Physical	100	100	10	Adjacent	—	180	Does twice the damage if targets are underground due to using Dig. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Echoed Voice	Normal	Special	40	100	15	Normal	—	100	If this move is used every turn, no matter which Pokémon uses it, its power increases (max 200). If no Pokémon uses it in a turn, the power returns to normal. Strikes the target even if it is using Substitute.
Eerie Impulse	Electric	Status	—	100	15	Normal	—	Raises the user's Sp. Def	Lowers the target's Sp. Atk by 2.
Egg Bomb	Normal	Physical	100	75	10	Normal	—	180	A regular attack.
Electric Terrain	Electric	Status	—	—	10	Both Sides	—	Raises the user's Speed	Electrifies the field for 5 turns. During that time, Pokémon on the ground will be able to do 50% more damage with Electric-type moves and cannot fall Asleep.
Electrify	Electric	Status	—	—	20	Normal	—	Raises the user's Sp. Atk	Changes any attack used by the target in the same turn into an Electric-type move.
Electro Ball	Electric	Special	—	100	10	Normal	—	160	The faster the user is than the target, the greater the move's power (max 150).

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Electroweb	Electric	Special	55	95	15	Many Others	—	100	Lowers the targets' Speed by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Embargo	Dark	Status	—	100	15	Normal	—	Raises the user's Sp. Atk	The target can't use items for 5 turns. The Trainer also can't use items on that Pokémon.
Ember	Fire	Special	40	100	25	Normal	—	100	A 10% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed.
Encore	Normal	Status	—	100	5	Normal	—	Raises the user's Speed	The target is forced to keep using the last move it used. This effect lasts 3 turns.
Endeavor	Normal	Physical	—	100	5	Normal	○	160	Inflicts damage equal to the target's HP minus the user's HP.
Endure	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Leaves the user with 1 HP when hit by a move that would knock it out. If used in succession, its chance of failing rises.
Energy Ball	Grass	Special	90	100	10	Normal	—	175	A 10% chance of lowering the target's Sp. Def by 1.
Entrainment	Normal	Status	—	100	15	Normal	—	Raises the user's Sp. Def	Makes the target's Ability the same as the user's. Fails with certain Abilities, however.
Eruption	Fire	Special	150	100	5	Many Others	—	200	If the user's HP is low, this move has lower power. If the targets are Frozen, they will be thawed. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Explosion	Normal	Physical	250	100	5	Adjacent	—	200	The user faints after using it. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Extrasensory	Psychic	Special	80	100	20	Normal	—	160	A 10% chance of making the target flinch (unable to use moves on that turn).
Extreme Speed	Normal	Physical	80	100	5	Normal	○	160	Always strikes first. Faster than other moves that strike first, except Fake Out. If two Pokémon use this move, or if the other Pokémon uses the move Feint or First Impression, the one with the higher Speed goes first.
Facade	Normal	Physical	70	100	20	Normal	○	140	This move's power is doubled if the user has a Paralysis, Poisoned, or Burned status condition.
Fairy Lock	Fairy	Status	—	—	10	Both Sides	—	Raises the user's Defense	The target cannot escape during the next turn. If used during a Trainer battle, the opposing Trainer cannot switch Pokémon. Has no effect on Ghost-type Pokémon.
Fairy Wind	Fairy	Special	40	100	30	Normal	—	100	A regular attack.
Fake Out	Normal	Physical	40	100	10	Normal	○	100	Always strikes first and makes the target flinch (unable to use moves on that turn). Only works on the first turn after the user is sent out. Faster than other moves that strike first.
Fake Tears	Dark	Status	—	100	20	Normal	—	Raises the user's Sp. Atk	Lowers the target's Sp. Def by 2.
False Swipe	Normal	Physical	40	100	40	Normal	○	100	Always leaves 1 HP, even if the damage would have made the target faint.
Feather Dance	Flying	Status	—	100	15	Normal	—	Raises the user's Defense	Lowers the target's Attack by 2.
Feint	Normal	Physical	30	100	10	Normal	—	100	Always strikes first. Faster than other moves that strike first, except Fake Out. If two Pokémon use this move, or if the other Pokémon uses the move Extreme Speed or First Impression, the one with the higher Speed goes first. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, Quick Guard, Spiky Shield, or Wide Guard, and eliminates the effects of those moves.
Feint Attack	Dark	Physical	60	—	20	Normal	○	120	A sure hit.
Fell Stinger	Bug	Physical	50	100	25	Normal	○	100	When the Pokémon knocks out an opponent with this move, its Attack goes up 3.
Fiery Dance	Fire	Special	80	100	10	Normal	—	160	A 50% chance of raising the user's Sp. Atk by 1. If the target is Frozen, it will be thawed.
Final Gambit	Fighting	Special	—	100	5	Normal	—	180	Does damage to the target equal to the user's remaining HP. If the move lands, the user faints. If the move does not land, the user will not faint.
Fire Blast	Fire	Special	110	85	5	Normal	—	185	A 10% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed.
Fire Fang	Fire	Physical	65	95	15	Normal	○	120	A 10% chance of inflicting the Burned status condition or making the target flinch (unable to use moves on that turn). If the target is Frozen, it will be thawed.
Fire Lash	Fire	Physical	80	100	15	Normal	○	160	Lowers the target's Defense by 1.
Fire Pledge	Fire	Special	80	100	10	Normal	—	160	When combined with Water Pledge or Grass Pledge, the power and effect change. If combined with Water Pledge, the power is 150 and it becomes a Water-type move. This makes it more likely that your team's moves will have additional effects for 4 turns. If combined with Grass Pledge, the power is 150 and it remains a Fire-type move. This damages opposing Pokémon, except Fire types, for 4 turns. If the target is Frozen, it will be thawed.
Fire Punch	Fire	Physical	75	100	15	Normal	○	140	A 10% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed.
Fire Spin	Fire	Special	35	85	15	Normal	—	100	Inflicts damage equal to 1/8 the target's max HP for 4–5 turns. The target cannot flee during that time. If the target is Frozen, it will be thawed.
First Impression	Bug	Physical	90	100	10	Normal	○	175	Always strikes first. Only works on the first turn after the user is sent out. Faster than other moves that strike first, except Fake Out. If two Pokémon use this move, or if the other Pokémon uses the move Extreme Speed or Feint, the one with the higher Speed goes first.
Fissure	Ground	Physical	—	30	5	Normal	—	180	The target faints with one hit if the user's level is equal to or greater than the target's level. The higher the user's level is compared to the target's, the more accurate the move is.
Flail	Normal	Physical	—	100	15	Normal	○	160	The lower the user's HP is, the greater the move's power becomes (max 200).
Flame Burst	Fire	Special	70	100	15	Normal	—	140	It deals damage equal to 1/16 of the max HP of opposing Pokémon next to the target during Double Battles or Battle Royals. If the target is Frozen, it will be thawed.
Flame Charge	Fire	Physical	50	100	20	Normal	○	100	Raises the user's Speed by 1. If the target is Frozen, it will be thawed.
Flame Wheel	Fire	Physical	60	100	25	Normal	○	120	A 10% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed. This move can be used even if the user is Frozen. If the user is Frozen, this also thaws the user.
Flamethrower	Fire	Special	90	100	15	Normal	—	175	A 10% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed.
Flare Blitz	Fire	Physical	120	100	15	Normal	○	190	User takes 1/3 of the damage done to the target. A 10% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed. This move can be used even if the user is Frozen. If the user is Frozen, this also thaws the user.
Flash	Normal	Status	—	100	20	Normal	—	Raises the user's evasion	Lowers the target's accuracy by 1.
Flash Cannon	Steel	Special	80	100	10	Normal	—	160	A 10% chance of lowering the target's Sp. Def by 1.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Flatter	Dark	Status	—	100	15	Normal	—	Raises the user's Sp. Def	Makes the target confused, but also raises its Sp. Atk by 1.
Fleur Cannon	Fairy	Special	130	90	5	Normal	—	195	Lowers the user's Sp. Atk by 2.
Fling	Dark	Physical	—	100	10	Normal	—	100	The user attacks by throwing its held item at the target. Power and effect vary depending on the item.
Floral Healing	Fairy	Status	—	—	10	Normal	—	Resets negative stat changes	Restores a target other than the user's HP by up to half of its maximum HP. If Grassy Terrain is in effect, it recovers 2/3 of the target's maximum HP.
Flower Shield	Fairy	Status	—	—	10	Varies	—	Raises the user's Defense	Raises the Defense of any Grass-type Pokémon by 1.
Fly	Flying	Physical	90	95	15	Normal	○	175	The user flies into the air on the first turn and attacks on the second.
Flying Press	Fighting	Physical	100	95	10	Normal	○	170	This move is both Fighting type and Flying type. If the target has used Minimize, it will be a sure hit and its power will be doubled.
Focus Blast	Fighting	Special	120	70	5	Normal	—	190	A 10% chance of lowering the target's Sp. Def by 1.
Focus Energy	Normal	Status	—	—	30	Self	—	Increases the user's accuracy	Heightens the critical-hit ratio of the user's subsequent moves.
Focus Punch	Fighting	Physical	150	100	20	Normal	○	200	Always strikes last. The move misses if the user is hit before this move lands.
Follow Me	Normal	Status	—	—	20	Self	—	Resets negative stat changes	This move goes first. Opposing Pokémon aim only at the user.
Force Palm	Fighting	Physical	60	100	10	Normal	○	120	A 30% chance of inflicting the Paralysis status condition on the target.
Foresight	Normal	Status	—	—	40	Normal	—	Critical hits land more easily	Attacks land easily regardless of the target's evasion. Makes Ghost-type Pokémon vulnerable to Normal- and Fighting-type moves.
Forest's Curse	Grass	Status	—	100	20	Normal	—	Raises all of the user's stats	Gives the target the Grass type.
Foul Play	Dark	Physical	95	100	15	Normal	○	175	The user turns the target's strength against it. This move's power is calculated using the target's Attack rather than the user's Attack.
Freeze Shock	Ice	Physical	140	90	5	Normal	—	200	Builds power on the first turn and attacks on the second. A 30% chance of inflicting the Paralysis status condition on the target.
Freeze-Dry	Ice	Special	70	100	20	Normal	—	140	Super effective even against Water-type Pokémon. A 10% chance of inflicting the Frozen status condition.
Frenzy Plant	Grass	Special	150	90	5	Normal	—	200	The user can't move during the next turn.
Frost Breath	Ice	Special	60	90	10	Normal	—	120	Always delivers a critical hit.
Frustration	Normal	Physical	—	100	20	Normal	○	160	The lower the user's friendship, the greater this move's power (max 102).
Fury Attack	Normal	Physical	15	85	20	Normal	○	100	Attacks 2–5 times in a row in a single turn.
Fury Cutter	Bug	Physical	40	95	20	Normal	○	100	This move doubles in power with every successful hit (max 160). Power returns to normal once it misses.
Fury Swipes	Normal	Physical	18	80	15	Normal	○	100	Attacks 2–5 times in a row in a single turn.
Fusion Bolt	Electric	Physical	100	100	5	Normal	—	180	Attack's power is doubled if used immediately after Fusion Flare.
Fusion Flare	Fire	Special	100	100	5	Normal	—	180	Attack's power is doubled if used immediately after Fusion Bolt. If the target is Frozen, it will be thawed. This move can be used even if the user is Frozen. If the user is Frozen, this also thaws the user.
Future Sight	Psychic	Special	120	100	10	Normal	—	190	Attacks the target after 2 turns.
Gastro Acid	Poison	Status	—	100	10	Normal	—	Raises the user's Speed	Disables the target's Ability. Fails with certain Abilities, however.
Gear Grind	Steel	Physical	50	85	15	Normal	○	180	Attacks twice in a row in a single turn.
Gear Up	Steel	Status	—	—	20	Your Party	—	Raises the user's Sp. Atk	Raises the Attack and Sp. Atk of allies with either the Plus or Minus Abilities.
Geomancy	Fairy	Status	—	—	10	Self	—	Raises all of the user's stats	Builds power on the first turn and increases the user's Sp. Atk, Sp. Def, and Speed by 2 on the second.
Giga Drain	Grass	Special	75	100	10	Normal	—	140	Restores HP by up to half of the damage dealt to the target.
Giga Impact	Normal	Physical	150	90	5	Normal	○	200	The user can't move during the next turn.
Glaciate	Ice	Special	65	95	10	Many Others	—	120	Lowers the targets' Speed by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Glare	Normal	Status	—	100	30	Normal	—	Raises the user's Sp. Def	Inflicts the Paralysis status condition on the target.
Grass Knot	Grass	Special	—	100	20	Normal	○	160	The heavier the target is compared to the user, the greater the move's power becomes (max 120).
Grass Pledge	Grass	Special	80	100	10	Normal	—	160	When combined with Water Pledge or Fire Pledge, the power and effect change. If combined with Water Pledge, the power is 150 and it remains a Grass-type move. This lowers the Speed of opposing Pokémon for 4 turns. If combined with Fire Pledge, the power is 150 and it becomes a Fire-type move. This damages all non-Fire types for 4 turns. If the target is Frozen, it will be thawed.
Grass Whistle	Grass	Status	—	55	15	Normal	—	Raises the user's Speed	Inflicts the Asleep status condition on the target. Strikes the target even if it is using Substitute.
Grassy Terrain	Grass	Status	—	—	10	Both Sides	—	Raises the user's Defense	Covers the field with grass for 5 turns. During that time, Pokémon on the ground will be able to do 50% more damage with Grass-type moves and will recover 1/16 of the Pokémon's maximum HP each turn. Damage done to Pokémon on the ground by Earthquake, Bulldoze, or Magnitude is halved.
Gravity	Psychic	Status	—	—	5	Both Sides	—	Raises the user's Sp. Atk	Raises the accuracy of all Pokémon in battle for 5 turns. Ground-type moves will now hit a Pokémon with the Levitate Ability or a Flying-type Pokémon. Prevents the use of Bounce, Fly, High Jump Kick, Jump Kick, Magnet Rise, Sky Drop, Splash, and Telekinesis. Pulls any airborne Pokémon to the ground.
Growl	Normal	Status	—	100	40	Many Others	—	Raises the user's Defense	Lowers the targets' Attack by 1. Strikes the targets even if they are using Substitute.
Growth	Normal	Status	—	—	20	Self	—	Raises the user's Sp. Atk	Raises the user's Attack and Sp. Atk by 1. Raises them by 2 when the weather condition is harsh or extremely harsh sunlight.
Grudge	Ghost	Status	—	—	5	Self	—	Adds effects of Follow Me	Any move that causes the user to faint will have its PP dropped to 0.
Guard Split	Psychic	Status	—	—	10	Normal	—	Raises the user's Speed	The user and the target's Defense and Sp. Def are added, then divided equally between them.
Guard Swap	Psychic	Status	—	—	10	Normal	—	Raises the user's Speed	Swaps Defense and Sp. Def changes between the user and the target.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Guillotine	Normal	Physical	—	30	5	Normal	○	180	The target faints with one hit if the user's level is equal to or greater than the target's level. The higher the user's level is compared to the target's, the more accurate the move is.
Gunk Shot	Poison	Physical	120	80	5	Normal	—	190	A 30% chance of inflicting the Poisoned status condition on the target.
Gust	Flying	Special	40	100	35	Normal	—	100	It even hits Pokémon that are in the sky due to using moves such as Fly and Bounce, dealing them twice the usual damage.
Gyro Ball	Steel	Physical	—	100	5	Normal	○	160	The slower the user is than the target, the greater the move's power becomes (max 150).
Hail	Ice	Status	—	—	10	Both Sides	—	Raises the user's Speed	Changes the weather condition to hail for 5 turns, dealing damage every turn equal to 1/16 of its max HP to each Pokémon in the field that is not an Ice type.
Hammer Arm	Fighting	Physical	100	90	10	Normal	○	180	Lowers the user's Speed by 1.
Happy Hour	Normal	Status	—	—	30	Your Side	—	Raises all of the user's stats	Doubles the amount of prize money received after battle.
Harden	Normal	Status	—	—	30	Self	—	Raises the user's Defense	Raises the user's Defense by 1.
Haze	Ice	Status	—	—	30	Both Sides	—	Restores the user's HP	Eliminates every stat change of the targets.
Head Charge	Normal	Physical	120	100	15	Normal	○	190	The user takes 1/4 of the damage inflicted.
Head Smash	Rock	Physical	150	80	5	Normal	○	200	The user takes 1/2 of the damage inflicted.
Headbutt	Normal	Physical	70	100	15	Normal	○	140	A 30% chance of making the target flinch (unable to use moves on that turn).
Heal Bell	Normal	Status	—	—	5	Your Party	—	Restores the user's HP	Heals status conditions of all your Pokémon, including those in your party. Affects the target even if it is using Substitute.
Heal Block	Psychic	Status	—	100	15	Many Others	—	Raises the user's Sp. Atk by 2	Targets cannot have HP restored by moves, Abilities, or held items for 5 turns.
Heal Order	Bug	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP by up to half of the user's maximum HP.
Heal Pulse	Psychic	Status	—	—	10	Normal	—	Resets negative stat changes	Restores the target's HP by up to half of its maximum HP.
Healing Wish	Psychic	Status	—	—	10	Self	—	None	The user faints, but fully heals the next Pokémon's HP and status conditions.
Heart Stamp	Psychic	Physical	60	100	25	Normal	○	120	A 30% chance of making the target flinch (unable to use moves on that turn).
Heart Swap	Psychic	Status	—	—	10	Normal	—	Critical hits land more easily	Swaps all stat changes between the user and the target.
Heat Crash	Fire	Physical	—	100	10	Normal	○	160	The heavier the user is compared to the target, the greater the move's power becomes (max 120). If the target is Frozen, it will be thawed. If the target has used Minimize, this move will be a sure hit and its power will be doubled.
Heat Wave	Fire	Special	95	90	10	Many Others	—	175	A 10% chance of inflicting the Burned status condition on the targets. If the targets are Frozen, they will be thawed. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Heavy Slam	Steel	Physical	—	100	10	Normal	○	160	The heavier the user is compared to the target, the greater the move's power becomes (max 120).
Helping Hand	Normal	Status	—	—	20	1 Ally	—	Resets negative stat changes	Always strikes first. Strengthens the attack power of one ally's moves by 50%.
Hex	Ghost	Special	65	100	10	Normal	—	160	Deals twice the usual damage to a target affected by status conditions.
Hidden Power	Normal	Special	60	100	15	Normal	—	120	Type changes depending on the user.
High Horsepower	Ground	Physical	95	95	10	Normal	○	175	A regular attack.
High Jump Kick	Fighting	Physical	130	90	10	Normal	○	195	If this move misses, the user loses half of its maximum HP.
Hold Back	Normal	Physical	40	100	40	Normal	○	100	Always leaves 1 HP, even if the damage would have made the target faint.
Hold Hands	Normal	Status	—	—	40	1 Ally	—	Raises all of the user's stats	No effect.
Hone Claws	Dark	Status	—	—	15	Self	—	Raises the user's Attack	Raises Attack and accuracy by 1.
Horn Attack	Normal	Physical	65	100	25	Normal	○	120	A regular attack.
Horn Drill	Normal	Physical	—	30	5	Normal	○	180	The target faints with one hit if the user's level is equal to or greater than the target's level. The higher the user's level is compared to the target's, the more accurate the move is.
Horn Leech	Grass	Physical	75	100	10	Normal	○	140	Restores HP by up to half of the damage dealt to the target.
Howl	Normal	Status	—	—	40	Self	—	Raises the user's Attack	Raises the user's Attack by 1.
Hurricane	Flying	Special	110	70	10	Normal	—	185	A 30% chance of making the target confused. Is 100% accurate in the rain / heavy rain weather conditions and 50% accurate in the harsh sunlight / extremely harsh sunlight weather conditions. It can hit Pokémon that are in the sky due to using moves such as Fly and Bounce.
Hydro Cannon	Water	Special	150	90	5	Normal	—	200	The user can't move during the next turn.
Hydro Pump	Water	Special	110	80	5	Normal	—	185	A regular attack.
Hyper Beam	Normal	Special	150	90	5	Normal	—	200	The user can't move during the next turn.
Hyper Fang	Normal	Physical	80	90	15	Normal	○	160	A 10% chance of making the target flinch (unable to use moves on that turn).
Hyper Voice	Normal	Special	90	100	10	Many Others	—	175	Strikes the targets even if they are using Substitute. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Hyperspace Fury	Dark	Physical	100	—	5	Normal	—	180	A sure hit. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, or Spiky Shield. Lowers the user's Defense by 1. Fails when used by Hoopa Confined. Can only be used by Hoopa Unbound.
Hyperspace Hole	Psychic	Special	80	—	5	Normal	—	160	A sure hit. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, or Spiky Shield.
Hypnosis	Psychic	Status	—	60	20	Normal	—	Raises the user's Speed	Inflicts the Asleep status condition on the target.
Ice Ball	Ice	Physical	30	90	20	Normal	○	100	Attacks consecutively over 5 turns or until it misses. Cannot choose other moves during this time. Damage dealt doubles with each successful hit (max 480). Its power is doubled if used after Defense Curl.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Ice Beam	Ice	Special	90	100	10	Normal	—	175	A 10% chance of inflicting the Frozen status condition on the target.
Ice Burn	Ice	Special	140	90	5	Normal	—	200	Builds power on the first turn and attacks on the second. A 30% chance of inflicting the Burned status condition on the targets.
Ice Fang	Ice	Physical	65	95	15	Normal	○	120	A 10% chance of inflicting the Frozen status condition or making the target flinch (unable to use moves on that turn).
Ice Hammer	Ice	Physical	100	90	10	Normal	○	180	Lowers the user's Speed by 1.
Ice Punch	Ice	Physical	75	100	15	Normal	○	140	A 10% chance of inflicting the Frozen status condition on the target.
Ice Shard	Ice	Physical	40	100	30	Normal	—	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.
Icicle Crash	Ice	Physical	85	90	10	Normal	—	160	A 30% chance of making the target flinch (unable to use moves on that turn).
Icicle Spear	Ice	Physical	25	100	30	Normal	—	140	Attacks 2–5 times in a row in a single turn.
Icy Wind	Ice	Special	55	95	15	Many Others	—	100	Lowers the targets' Speed by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Imprison	Psychic	Status	—	—	10	Self	—	Raises the user's Sp. Def by 2	Opposing Pokémon cannot use a move if the user knows that move as well.
Incinerate	Fire	Special	60	100	15	Many Others	—	120	Burns up the Berry or Gem being held by the targets, which makes them unusable. If the targets are Frozen, they will be thawed. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Inferno	Fire	Special	100	50	5	Normal	—	180	Inflicts the Burned status condition on the target. If the target is Frozen, it will be thawed.
Infestation	Bug	Special	20	100	20	Normal	○	100	Inflicts damage equal to 1/8 the target's max HP for 4–5 turns. The target cannot flee during that time.
Ingrain	Grass	Status	—	—	20	Self	—	Raises the user's Sp. Def	Restores 1/16 of max HP every turn. The user cannot be switched out after using this move. Ground-type moves will now hit the user even if it is a Flying-type Pokémon or has the Levitate Ability.
Instruct	Psychic	Status	—	—	15	Normal	—	Raises the user's Sp. Atk	The target is forced to use the same move it just used.
Ion Deluge	Electric	Status	—	—	25	Both Sides	—	Raises the user's Sp. Atk	Attacks first. Changes any Normal-type moves used in the same turn into Electric-type moves.
Iron Defense	Steel	Status	—	—	15	Self	—	Resets negative stat changes	Raises the user's Defense by 2.
Iron Head	Steel	Physical	80	100	15	Normal	○	160	A 30% chance of making the target flinch (unable to use moves on that turn).
Iron Tail	Steel	Physical	100	75	15	Normal	○	180	A 30% chance of lowering the target's Defense by 1.
Judgment	Normal	Special	100	100	10	Normal	—	180	A regular attack. This move's type changes according to the plate that Arceus is holding.
Jump Kick	Fighting	Physical	100	95	10	Normal	○	180	If this move misses, the user loses half of its maximum HP.
Karate Chop	Fighting	Physical	50	100	25	Normal	○	100	Critical hits land more easily.
Kinesis	Psychic	Status	—	80	15	Normal	—	Raises the user's evasion	Lowers the target's accuracy by 1.
King's Shield	Steel	Status	—	—	10	Self	—	Resets negative stat changes	The user evades all attacks that turn. If an opposing Pokémon uses a move that makes direct contact, its Attack will be lowered by 2. Fails more easily when used repeatedly.
Knock Off	Dark	Physical	65	100	20	Normal	○	120	The target drops its held item. It gets the item back after the battle. This move does 50% more damage to opponents holding items.
Land's Wrath	Ground	Physical	90	100	10	Many Others	—	185	Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Laser Focus	Normal	Status	—	—	30	Self	—	Raises the user's Attack	The user's next move will always be a critical hit.
Last Resort	Normal	Physical	140	100	5	Normal	○	200	Fails unless the user has used each of its other moves at least once.
Lava Plume	Fire	Special	80	100	15	Adjacent	—	160	A 30% chance of inflicting the Burned status condition on the target. If the targets are Frozen, they will be thawed. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Leaf Blade	Grass	Physical	90	100	15	Normal	○	175	Critical hits land more easily.
Leaf Storm	Grass	Special	130	90	5	Normal	—	195	Lowers the user's Sp. Atk by 2.
Leaf Tornado	Grass	Special	65	90	10	Normal	—	120	A 50% chance of lowering the target's accuracy by 1.
Leafage	Grass	Physical	40	100	40	Normal	—	100	A regular attack.
Leech Life	Bug	Physical	80	100	10	Normal	○	160	Restores HP by up to half of the damage dealt to the target.
Leech Seed	Grass	Status	—	90	10	Normal	—	Resets negative stat changes	Steals 1/8 of the target's max HP every turn and absorbs it to restore the user. Keeps working even after the user switches out. Does not work on Grass types.
Leer	Normal	Status	—	100	30	Many Others	—	Raises the user's Attack	Lowers the targets' Defense by 1.
Lick	Ghost	Physical	30	100	30	Normal	○	100	A 30% chance of inflicting the Paralysis status condition on the target.
Light Screen	Psychic	Status	—	—	30	Your Side	—	Raises the user's Sp. Def	Halves the damage to the Pokémon on your side from special moves. Effect lasts 5 turns even if the user is switched out. Effect is weaker in Double Battles and Battle Royal.
Liquidation	Water	Physical	85	100	10	Normal	○	160	A 20% chance of lowering the target's Defense by 1.
Lock-On	Normal	Status	—	—	5	Normal	—	Raises the user's Speed	The user's next move will be a sure hit.
Lovely Kiss	Normal	Status	—	75	10	Normal	—	Raises the user's Speed	Inflicts the Asleep status condition on the target.
Low Kick	Fighting	Physical	—	100	20	Normal	○	160	The heavier the target is compared to the user, the greater the move's power becomes (max 120).
Low Sweep	Fighting	Physical	65	100	20	Normal	○	120	Lowers the target's Speed by 1.
Lucky Chant	Normal	Status	—	—	30	Your Side	—	Raises the user's evasion	The Pokémon on your side take no critical hits for 5 turns.
Lunar Dance	Psychic	Status	—	—	10	Self	—	None	The user faints, but fully heals the next Pokémon's HP, PP, and status conditions.
Lunge	Bug	Physical	80	100	15	Normal	○	160	Lowers the target's Attack by 1.
Luster Purge	Psychic	Special	70	100	5	Normal	—	140	Has a 50% chance of lowering the target's Sp. Def by 1.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Mach Punch	Fighting	Physical	40	100	30	Normal	○	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.
Magic Coat	Psychic	Status	—	—	15	Self	—	Raises the user's Sp. Def by 2	Always strikes first. Reflects moves with effects like Leech Seed or those that inflict status conditions such as Asleep, Paralysis, or Poisoned.
Magic Room	Psychic	Status	—	—	10	Both Sides	—	Raises the user's Sp. Def	No held items will have any effect for 5 turns. Fling cannot be used to throw items while Magic Room is in effect. The effect ends if the move is used again.
Magical Leaf	Grass	Special	60	—	20	Normal	—	120	A sure hit.
Magma Storm	Fire	Special	100	75	5	Normal	—	180	Inflicts damage over 4–5 turns. The target cannot flee during that time. If the targets are Frozen, they will be thawed.
Magnet Bomb	Steel	Physical	60	—	20	Normal	—	120	A sure hit.
Magnet Rise	Electric	Status	—	—	10	Self	—	Raises the user's evasion	The user becomes immune to Ground-type moves for 5 turns.
Magnetic Flux	Electric	Status	—	—	20	Your Party	—	Raises the user's Sp. Def	Raises the Defense and Sp. Def of allies with either the Plus or Minus Abilities.
Magnitude	Ground	Physical	—	100	30	Adjacent	—	140	This move's power varies among 10, 30, 50, 70, 90, 110, and 150. Does twice the damage if targets are underground due to using Dig. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Mat Block	Fighting	Status	—	—	10	Your Side	—	Raises the user's Defense	Protects the user and allies from damage-dealing moves used in the same turn. Only works on the first turn after the user is sent out. Does not protect against status moves.
Me First	Normal	Status	—	—	20	Varies	—	Raises the user's Speed by 2	Copies the target's chosen move and uses it with 50% greater power. Fails if it does not strike first.
Mean Look	Normal	Status	—	—	5	Normal	—	Raises the user's Sp. Def	The target cannot escape. If used during a Trainer battle, the opposing Trainer cannot switch Pokémon. Has no effect on Ghost-type Pokémon.
Meditate	Psychic	Status	—	—	40	Self	—	Raises the user's Attack	Raises the user's Attack by 1.
Mega Drain	Grass	Special	40	100	15	Normal	—	120	Restores HP by up to half of the damage dealt to the target.
Mega Kick	Normal	Physical	120	75	5	Normal	○	190	A regular attack.
Mega Punch	Normal	Physical	80	85	20	Normal	○	160	A regular attack.
Megahorn	Bug	Physical	120	85	10	Normal	○	190	A regular attack.
Memento	Dark	Status	—	100	10	Normal	—	Restores the HP of the next ally that enters the field	The user faints, but the target's Attack and Sp. Atk are lowered by 2.
Metal Burst	Steel	Physical	—	100	10	Varies	—	100	Targets the Pokémon that most recently damaged the user with a move. Inflicts 1.5 times the damage taken.
Metal Claw	Steel	Physical	50	95	35	Normal	○	100	A 10% chance of raising the user's Attack by 1.
Metal Sound	Steel	Status	—	85	40	Normal	—	Raises the user's Sp. Atk	Lowers the target's Sp. Def by 2. Strikes the target even if it is using Substitute.
Meteor Mash	Steel	Physical	90	90	10	Normal	○	175	Has a 20% chance of raising the user's Attack by 1.
Metronome	Normal	Status	—	—	10	Self	—	None	Uses one move randomly chosen from all possible moves.
Milk Drink	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP by up to half of the user's maximum HP.
Mimic	Normal	Status	—	—	10	Normal	—	Increases the user's accuracy	Copies the target's last-used move (copied move has a PP of 5). Fails if used before the opposing Pokémon uses a move.
Mind Blown	Fire	Special	150	100	5	Adjacent	—	200	The user attacks everything around it but loses half of its maximum HP. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Mind Reader	Normal	Status	—	—	5	Normal	—	Raises the user's Sp. Atk	The user's next move will be a sure hit.
Minimize	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Raises the user's evasion by 2.
Miracle Eye	Psychic	Status	—	—	40	Normal	—	Raises the user's Sp. Atk	Attacks land easily regardless of the target's evasion. Makes Dark-type Pokémon vulnerable to Psychic-type moves.
Mirror Coat	Psychic	Special	—	100	20	Varies	—	100	If the user is attacked with a special move, this move inflicts twice the damage done to the user. Always strikes last.
Mirror Move	Flying	Status	—	—	20	Normal	—	Raises the user's Attack by 2	Uses the last move that the target used.
Mirror Shot	Steel	Special	65	85	10	Normal	—	120	A 30% chance of lowering the target's accuracy by 1.
Mist	Ice	Status	—	—	30	Your Side	—	Restores the user's HP	Protects against opponents' stat-lowering moves and additional effects for 5 turns.
Mist Ball	Psychic	Special	70	100	5	Normal	—	140	Has a 50% chance of reducing the target's Sp. Atk by 1.
Misty Terrain	Fairy	Status	—	—	10	Both Sides	—	Raises the user's Sp. Def	Covers the field with mist for 5 turns. During that time, Pokémon on the ground take half damage from Dragon-type moves and cannot be afflicted with new status conditions or confusion.
Moonblast	Fairy	Special	95	100	15	Normal	—	175	A 30% chance of lowering the target's Sp. Atk by 1.
Moongeist Beam	Ghost	Special	100	100	5	Normal	—	180	Ignores the effects of the target's Ability.
Moonlight	Fairy	Status	—	—	5	Self	—	Resets negative stat changes	Recovers 1/2 of the user's maximum HP in normal weather conditions. Recovers 2/3 of the user's maximum HP in harsh or extremely harsh sunlight weather conditions. Recovers 1/4 of the user's maximum HP in rain/heavy rain/sandstorm/hail weather conditions.
Morning Sun	Normal	Status	—	—	5	Self	—	Resets negative stat changes	Recovers 1/2 of the user's maximum HP in normal weather conditions. Recovers 2/3 of the user's maximum HP in harsh or extremely harsh sunlight weather conditions. Recovers 1/4 of the user's maximum HP in rain/heavy rain/sandstorm/hail weather conditions.
Mud Bomb	Ground	Special	65	85	10	Normal	—	120	A 30% chance of lowering the target's accuracy by 1.
Mud Shot	Ground	Special	55	95	15	Normal	—	100	Lowers the target's Speed by 1.
Mud Sport	Ground	Status	—	—	15	Both Sides	—	Raises the user's Sp. Def	Lowers the power of Electric-type moves to 1/3 of normal for 5 turns.
Mud-Slap	Ground	Special	20	100	10	Normal	—	100	Lowers the target's accuracy by 1.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Muddy Water	Water	Special	90	85	10	Many Others	—	175	A 30% chance of lowering the targets' accuracy by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Multi-Attack	Normal	Physical	90	100	10	Normal	○	185	A regular attack. This move's type changes according to the memory disc that Silvally is holding.
Mystical Fire	Fire	Special	75	100	10	Normal	—	140	Lowers the target's Sp. Atk by 1.
Nasty Plot	Dark	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Sp. Atk by 2.
Natural Gift	Normal	Physical	—	100	15	Normal	—	160	This move's type and power change according to the Berry held by the user. The Berry is consumed when this move is used. This move fails if the user is not holding a Berry.
Nature Power	Normal	Status	—	—	20	Normal	—	Varies	This move varies depending on the environment: Cave: Power Gem. Dirt/Sand: Earth Power. Grass / Grassy Terrain: Energy Ball. Electric Terrain: Thunderbolt. Ice: Ice Beam. Indoors / Link Battle: Tri Attack. Misty Terrain: Moonblast. Psychic Terrain / Ultra Space: Psychic. Snow: Frost Breath. Volcano: Lava Plume. Water Surface / Puddles / Shoals: Hydro Pump.
Nature's Madness	Fairy	Special	—	90	10	Normal	—	100	Halves the target's HP.
Needle Arm	Grass	Physical	60	100	15	Normal	○	120	A 30% chance of making the target flinch (unable to use moves on that turn).
Night Daze	Dark	Special	85	95	10	Normal	—	160	A 40% chance of lowering the target's accuracy by 1.
Night Shade	Ghost	Special	—	100	15	Normal	—	100	Deals a fixed amount of damage equal to the user's level.
Night Slash	Dark	Physical	70	100	15	Normal	○	140	Critical hits land more easily.
Nightmare	Ghost	Status	—	100	15	Normal	—	Raises the user's Sp. Atk	Lowers the target's HP by 1/4 of maximum after each turn. Fails if the target is not Asleep.
Noble Roar	Normal	Status	—	100	30	Normal	—	Raises the user's Defense	Lowers the target's Attack and Sp. Atk by 1. Strikes the target even if it is using Substitute.
Nuzzle	Electric	Physical	20	100	20	Normal	○	100	Inflicts the Paralysis status condition on the target.
Oblivion Wing	Flying	Special	80	100	10	Normal	—	160	Restores HP by up to 3/4 of the damage dealt to the target.
Octazooka	Water	Special	65	85	10	Normal	—	120	A 50% chance of lowering the target's accuracy by 1.
Odor Sleuth	Normal	Status	—	—	40	Normal	—	Raises the user's Attack	Attacks land easily regardless of the target's evasion. Makes Ghost-type Pokémon vulnerable to Normal- and Fighting-type moves.
Ominous Wind	Ghost	Special	60	100	5	Normal	—	120	A 10% chance of raising the user's Attack, Defense, Speed, Sp. Atk, and Sp. Def stats by 1.
Origin Pulse	Water	Special	110	85	10	Many Others	—	185	Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Outrage	Dragon	Physical	120	100	10	1 Random	○	190	Attacks consecutively over 2–3 turns. Cannot choose other moves during this time. The user becomes Confused after using this move.
Overheat	Fire	Special	130	90	5	Normal	—	195	Lowers the user's Sp. Atk by 2. If the target is Frozen, it will be thawed.
Pain Split	Normal	Status	—	—	20	Normal	—	Raises the user's Defense	The user and target's HP are added, then divided equally between them.
Parabolic Charge	Electric	Special	65	100	20	Adjacent	—	120	Restores HP by up to half of the damage dealt. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Parting Shot	Dark	Status	—	100	20	Normal	—	Restores the HP of the next ally that enters the field	Lowers the target's Attack and Sp. Atk by 1. After attacking, user switches out with another Pokémon in the party. Strikes the target even if it is using Substitute.
Pay Day	Normal	Physical	40	100	20	Normal	—	100	Increases the amount of prize money received after battle (the user's level, multiplied by the number of attacks, multiplied by 5).
Payback	Dark	Physical	50	100	10	Normal	○	100	This move's power is doubled if the user strikes after the target.
Peck	Flying	Physical	35	100	35	Normal	○	100	A regular attack.
Perish Song	Normal	Status	—	—	5	Adjacent	—	Resets negative stat changes	All adjacent Pokémon in battle will faint after 3 turns, unless switched out. Strikes the target even if it is using Substitute.
Petal Blizzard	Grass	Physical	90	100	15	Adjacent	—	175	Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Petal Dance	Grass	Special	120	100	10	1 Random	○	190	Attacks consecutively over 2–3 turns. Cannot choose other moves during this time. The user becomes confused after using this move.
Phantom Force	Ghost	Physical	90	100	10	Normal	○	175	User disappears on the first turn and attacks on the second. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, Spiky Shield, or Substitute.
Photon Geyser	Psychic	Special	100	100	5	Normal	—	180	Ignores the effects of the target's Ability. If the user's Attack is higher than its Sp. Atk, this move will be a physical move. If the user's Sp. Atk is higher than its Attack, this move will be a special move.
Pin Missile	Bug	Physical	25	95	20	Normal	—	140	Attacks 2–5 times in a row in a single turn.
Play Nice	Normal	Status	—	—	20	Normal	—	Raises the user's Defense	A sure hit. Lowers the target's Attack by 1. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, Spiky Shield, or Substitute.
Play Rough	Fairy	Physical	90	90	10	Normal	○	175	A 10% chance of lowering the target's Attack by 1.
Pluck	Flying	Physical	60	100	20	Normal	○	120	If the target is holding a Berry, the user eats that Berry and uses its battle effect if it has one.
Poison Fang	Poison	Physical	50	100	15	Normal	○	100	A 50% chance of inflicting the Badly Poisoned status condition on the target. Damage from being Badly Poisoned increases with every turn.
Poison Gas	Poison	Status	—	90	40	Many Others	—	Raises the user's Defense	Inflicts the Poisoned status condition on the targets.
Poison Jab	Poison	Physical	80	100	20	Normal	○	160	A 30% chance of inflicting the Poisoned status condition on the target.
Poison Powder	Poison	Status	—	75	35	Normal	—	Raises the user's Defense	Inflicts the Poisoned status condition on the targets. Has no effect on Grass-type Pokémon.
Poison Sting	Poison	Physical	15	100	35	Normal	—	100	A 30% chance of inflicting the Poisoned status condition on the target.
Poison Tail	Poison	Physical	50	100	25	Normal	○	100	A 10% chance of inflicting the Poisoned status condition on the target. Critical hits land more easily.
Pollen Puff	Bug	Special	90	100	15	Normal	—	175	When targeting an ally, it restores HP by up to half of the target's maximum HP.
Pound	Normal	Physical	40	100	35	Normal	○	100	A regular attack.
Powder	Bug	Status	—	100	20	Normal	—	Raises the user's Sp. Def by 2	Always attacks first. Has no effect on Grass-type Pokémon. Deals damage equal to 1/4 of max HP if the target uses a Fire-type move in the same turn.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Powder Snow	Ice	Special	40	100	25	Many Others	—	100	A 10% chance of inflicting the Frozen status condition on the targets. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Power Gem	Rock	Special	80	100	20	Normal	—	160	A regular attack.
Power Split	Psychic	Status	—	—	10	Normal	—	Raises the user's Speed	The user and the target's Attack and Sp. Atk are added, then divided equally between them.
Power Swap	Psychic	Status	—	—	10	Normal	—	Raises the user's Speed	Swaps Attack and Sp. Atk changes between the user and the target.
Power Trick	Psychic	Status	—	—	10	Self	—	Raises the user's Attack	Swaps original Attack and Defense stats (does not swap stat changes).
Power Trip	Dark	Physical	20	100	10	Normal	○	160	With each level that the user's stats increase, the move's power increases by 20 (max 860).
Power Whip	Grass	Physical	120	85	10	Normal	○	190	A regular attack.
Power-Up Punch	Fighting	Physical	40	100	20	Normal	○	100	Raises the user's Attack by 1.
Precipice Blades	Ground	Physical	120	85	10	Many Others	—	190	Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Present	Normal	Physical	—	90	15	Normal	—	100	This move's power varies among 40 (40% chance), 80 (30% chance), and 120 (10% chance), or it has a 20% chance of healing the target by 1/4 of its maximum HP.
Prismatic Laser	Psychic	Special	160	100	10	Normal	—	200	The user can't move during the next turn.
Protect	Normal	Status	—	—	10	Self	—	Resets negative stat changes	The user evades all moves that turn. If used in succession, its chance of failing rises.
Psybeam	Psychic	Special	65	100	20	Normal	—	120	A 10% chance of making the target confused.
Psych Up	Normal	Status	—	—	10	Normal	—	Restores the user's HP	Copies the target's stat changes to the user.
Psychic	Psychic	Special	90	100	10	Normal	—	175	A 10% chance of lowering the target's Sp. Def by 1.
Psychic Fangs	Psychic	Physical	85	100	10	Normal	○	160	This move is not affected by Aurora Veil or Reflect. It removes the effect of Aurora Veil, Light Screen, and Reflect.
Psychic Terrain	Psychic	Status	—	—	10	Both Sides	—	Raises the user's Sp. Atk	Covers the field with psychic energy for 5 turns. During that time, Pokémon on the ground will be able to do 50% more damage with Psychic-type moves and will evade first-strike moves.
Psycho Boost	Psychic	Special	140	90	5	Normal	—	200	Lowers the user's Sp. Atk by 2.
Psycho Cut	Psychic	Physical	70	100	20	Normal	—	140	Critical hits land more easily.
Psycho Shift	Psychic	Status	—	100	10	Normal	—	Raises the user's Sp. Atk by 2	Shifts the user's Paralysis, Poisoned, Badly Poisoned, Burned, or Asleep status conditions to the target and heals the user.
Psyshock	Psychic	Special	80	100	10	Normal	—	160	Damage depends on the user's Sp. Atk and the target's Defense.
Psystrike	Psychic	Special	100	100	10	Normal	—	180	Damage depends on the user's Sp. Atk and the target's Defense.
Psywave	Psychic	Special	—	100	15	Normal	—	100	Inflicts damage equal to the user's level multiplied by a random value between 0.5 and 1.5.
Punishment	Dark	Physical	—	100	5	Normal	○	160	With each level that the target's stats increase, the move's power becomes greater (max 200).
Purify	Poison	Status	—	—	20	Normal	—	Raises all of the user's stats	Heals the target's status conditions. After healing the target's status conditions, it restores the user's HP by up to half of the user's maximum HP.
Pursuit	Dark	Physical	40	100	20	Normal	○	100	Does twice the usual damage if the target is switching out.
Quash	Dark	Status	—	100	15	Normal	—	Raises the user's Speed	The user suppresses the target and makes it move last that turn. Fails if the target has already used its move that turn.
Quick Attack	Normal	Physical	40	100	30	Normal	○	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.
Quick Guard	Fighting	Status	—	—	15	Your Side	—	Raises the user's Defense	Protects the user and its allies from first-strike moves.
Quiver Dance	Bug	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Sp. Atk, Sp. Def, and Speed by 1.
Rage	Normal	Physical	20	100	20	Normal	○	100	Attack rises by 1 with each hit the user takes.
Rage Powder	Bug	Status	—	—	20	Self	—	Resets negative stat changes	This move goes first. Opposing Pokémon aim only at the user. Has no effect on Grass-type opponents.
Rain Dance	Water	Status	—	—	5	Both Sides	—	Raises the user's Speed	Changes the weather condition to rain for 5 turns, strengthening Water-type moves by 50% and reducing the power of Fire-type moves by 50%.
Rapid Spin	Normal	Physical	20	100	40	Normal	○	100	Releases the user from moves such as Bind, Leech Seed, Spikes, and Wrap.
Razor Leaf	Grass	Physical	55	95	25	Many Others	—	100	Critical hits land more easily. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Razor Shell	Water	Physical	75	95	10	Normal	○	140	A 50% chance of lowering the target's Defense by 1.
Razor Wind	Normal	Special	80	100	10	Many Others	—	160	The user stores power on the first turn and attacks on the second. Critical hits land more easily. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Recover	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP by up to half of the user's maximum HP.
Recycle	Normal	Status	—	—	10	Self	—	Raises the user's Speed by 2	A held item that has been used can be used again.
Reflect	Psychic	Status	—	—	20	Your Side	—	Raises the user's Defense	Halves the damage to the Pokémon on your side from physical moves. Effect lasts 5 turns even if the user is switched out. Effect is weaker in Double Battles and Battle Royal.
Reflect Type	Normal	Status	—	—	15	Normal	—	Raises the user's Sp. Atk	The user becomes the same type as the target.
Refresh	Normal	Status	—	—	20	Self	—	Restores the user's HP	Heals Poisoned, Badly Poisoned, Paralysis, and Burned conditions.
Relic Song	Normal	Special	75	100	10	Many Others	—	140	10% chance of inflicting the Asleep status condition on the targets. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal. After using the move, Meloetta undergoes a Forme Change. Strikes the targets even if they are using Substitute.
Rest	Psychic	Status	—	—	10	Self	—	Resets negative stat changes	Fully restores HP, but makes the user Asleep for 2 turns.

Move	Type°	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Retaliate	Normal	Physical	70	100	5	Normal	○	140	This move's power is doubled if an ally fainted in the previous turn.
Return	Normal	Physical	—	100	20	Normal	○	160	This move's power is affected by friendship. The higher the user's friendship, the greater the move's power (max 102).
Revelation Dance	Normal	Special	90	100	15	Normal	—	175	This move's type becomes the same as the user's first type.
Revenge	Fighting	Physical	60	100	10	Normal	○	120	Attacks last. This move's power is doubled if the user has taken damage from the target that turn.
Reversal	Fighting	Physical	—	100	15	Normal	○	160	The lower the user's HP is, the greater the move's power becomes (max 200).
Roar	Normal	Status	—	—	20	Normal	—	Raises the user's Defense	Ends wild Pokémon battles. In a battle with a Trainer, this move forces the opposing Trainer to switch Pokémon. When there are no Pokémon to switch in, this move fails. Attacks last. If the opposing Pokémon's level is higher than the user's, this move fails. In a battle with more than one wild Pokémon, this move fails. Strikes the target even if it is using Substitute. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, Spiky Shield, or Substitute.
Roar of Time	Dragon	Special	150	90	5	Normal	—	200	The user can't move during the next turn.
Rock Blast	Rock	Physical	25	90	10	Normal	—	140	Attacks 2–5 times in a row in a single turn.
Rock Climb	Normal	Physical	90	85	20	Normal	○	175	A 20% chance of making the target confused.
Rock Polish	Rock	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Speed by 2.
Rock Slide	Rock	Physical	75	90	10	Many Others	—	140	A 30% chance of making the targets flinch (unable to use moves on that turn). Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Rock Smash	Fighting	Physical	40	100	15	Normal	○	100	A 50% chance of lowering the target's Defense by 1.
Rock Throw	Rock	Physical	50	90	15	Normal	—	100	A regular attack.
Rock Tomb	Rock	Physical	60	95	15	Normal	—	120	Lowers the target's Speed by 1.
Rock Wrecker	Rock	Physical	150	90	5	Normal	—	200	The user can't move during the next turn.
Role Play	Psychic	Status	—	—	10	Normal	—	Raises the user's Speed	Copies the target's Ability. Fails with certain Abilities, however.
Rolling Kick	Fighting	Physical	60	85	15	Normal	○	120	A 30% chance of making the target flinch (unable to use moves on that turn).
Rollout	Rock	Physical	30	90	20	Normal	○	100	Attacks consecutively over 5 turns or until it misses. Cannot choose other moves during this time. Damage dealt doubles with every successful hit (max 480). Does twice the damage if used after Defense Curl.
Roost	Flying	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP by up to half of the user's maximum HP, but takes away the Flying type from the user for that turn.
Rototiller	Ground	Status	—	—	10	Adjacent	—	Raises the user's Attack	Raises the Attack and Sp. Atk of Grass-type Pokémon by 1.
Round	Normal	Special	60	100	15	Normal	—	120	When multiple Pokémon use this move in a turn, the first one to use it is followed immediately by the others. Attack's power is doubled when following another Pokémon using the same move. Strikes the target even if it is using Substitute.
Sacred Fire	Fire	Physical	100	95	5	Normal	—	180	A 50% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed. This move can be used even if the user is Frozen. If the user is Frozen, this also thaws the user.
Sacred Sword	Fighting	Physical	90	100	15	Normal	○	175	Ignores the stat changes of the opposing Pokémon.
Safeguard	Normal	Status	—	—	25	Your Side	—	Raises the user's Speed	Protects the Pokémon on your side from status conditions and confusion for 5 turns. Effects last even if the user switches out.
Sand Attack	Ground	Status	—	100	15	Normal	—	Raises the user's evasion	Lowers the target's accuracy by 1.
Sand Tomb	Ground	Physical	35	85	15	Normal	—	100	Inflicts damage equal to 1/8 the target's max HP for 4–5 turns. The target cannot flee during that time.
Sandstorm	Rock	Status	—	—	10	Both Sides	—	Raises the user's Speed	Changes the weather condition to sandstorm for 5 turns. Raises the Sp. Def of Rock-type Pokémon by 50% for the length of the sandstorm. All Pokémon other than Rock, Steel, and Ground types take damage each turn equal to 1/16 of their max HP.
Scald	Water	Special	80	100	15	Normal	—	160	A 30% chance of inflicting the Burned status condition on the target. This move can be used even when the user is Frozen. Using this move will thaw the user, relieving the Frozen status condition.
Scary Face	Normal	Status	—	100	10	Normal	—	Raises the user's Speed	Lowers the target's speed by 2.
Scratch	Normal	Physical	40	100	35	Normal	○	100	A regular attack.
Screech	Normal	Status	—	85	40	Normal	—	Raises the user's Attack	Lowers the target's Defense by 2. Strikes the target even if it is using Substitute.
Searing Shot	Fire	Special	100	100	5	Adjacent	—	180	A 30% chance of inflicting the Burned status condition on the targets. If the targets are Frozen, they will be thawed. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Secret Power	Normal	Physical	70	100	20	Normal	—	140	A 30% chance of one of the following additional effects, depending on the environment: Cave: Target flinches. Dirt/Sand: Lowers accuracy by 1. Grass / Grassy Terrain: Asleep status condition. Indoors / Electric Terrain / Link Battle: Inflicts Paralysis status condition. Misty Terrain: Lowers Sp. Atk by 1. Psychic Terrain / Ultra Space: Lowers Defense by 1. Snow/Ice: Inflicts Frozen status condition. Swamp: Lowers Speed by 1. Volcano: Burned status condition. Water Surface / Puddles / Shoals: Lowers Attack by 1.
Secret Sword	Fighting	Special	85	100	10	Normal	—	160	Damage depends on the user's Sp. Atk and the target's Defense.
Seed Bomb	Grass	Physical	80	100	15	Normal	—	160	A regular attack.
Seed Flare	Grass	Special	120	85	5	Normal	—	190	A 40% chance of lowering the target's Sp. Def by 2.
Seismic Toss	Fighting	Physical	—	100	20	Normal	○	100	Deals a fixed amount of damage equal to the user's level.
Self-Destruct	Normal	Physical	200	100	5	Adjacent	—	200	The user faints after using it. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Shadow Ball	Ghost	Special	80	100	15	Normal	—	160	A 20% chance of lowering the target's Sp. Def by 1.
Shadow Bone	Ghost	Physical	85	100	10	Normal	—	160	A 20% chance of lowering the target's Defense by 1.
Shadow Claw	Ghost	Physical	70	100	15	Normal	○	140	Critical hits land more easily.
Shadow Force	Ghost	Physical	120	100	5	Normal	○	190	Makes the user invisible on the first turn and attacks on the second. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, Spiky Shield, or Substitute.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Shadow Punch	Ghost	Physical	60	—	20	Normal	○	120	A sure hit.
Shadow Sneak	Ghost	Physical	40	100	30	Normal	○	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.
Sharpen	Normal	Status	—	—	30	Self	—	Raises the user's Attack	Raises the user's Attack by 1.
Sheer Cold	Ice	Special	—	30	5	Normal	—	180	The target faints with one hit if the user's level is equal to or greater than the target's level. The higher the user's level is compared to the target's, the more accurate the move is. Accuracy is lowered when a Pokémon that is not an Ice type uses it. Does not hit Ice-type Pokémon.
Shell Smash	Normal	Status	—	—	15	Self	—	Resets negative stat changes	Lowers the user's Defense and Sp. Def by 1 and raises the user's Attack, Sp. Atk, and Speed by 2.
Shell Trap	Fire	Special	150	100	5	Many Others	—	200	Sets a trap at the start of the turn. When the user is hit by a physical attack during that turn, the trap explodes and deals damage.
Shift Gear	Steel	Status	—	—	10	Self	—	Resets negative stat changes	Raises the user's Speed by 2 and Attack by 1.
Shock Wave	Electric	Special	60	—	20	Normal	—	120	A sure hit.
Shore Up	Ground	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP by up to half of the user's maximum HP. Recovers 2/3 of the user's maximum HP in the sandstorm weather condition.
Signal Beam	Bug	Special	75	100	15	Normal	—	140	A 10% chance of making the target confused.
Silver Wind	Bug	Special	60	100	5	Normal	—	120	A 10% chance of raising the user's Attack, Defense, Speed, Sp. Atk, and Sp. Def stats by 1.
Simple Beam	Normal	Status	—	100	15	Normal	—	Raises the user's Sp. Atk	Changes the target's Ability to Simple. Fails with certain Abilities, however.
Sing	Normal	Status	—	55	15	Normal	—	Raises the user's Speed	Inflicts the Asleep status condition on the target. Strikes the target even if it is using Substitute.
Sketch	Normal	Status	—	—	1	Normal	—	Raises all of the user's stats	Copies the last move used by the target. The user then forgets Sketch and learns the new move.
Skill Swap	Psychic	Status	—	—	10	Normal	—	Raises the user's Speed	Swaps Abilities between the user and target. Fails with certain Abilities, however.
Skull Bash	Normal	Physical	130	100	10	Normal	○	195	Builds power on the first turn and attacks on the second. It raises the user's Defense stat by 1 on the first turn.
Sky Attack	Flying	Physical	140	90	5	Normal	—	200	Builds power on the first turn and attacks on the second. Critical hits land more easily. A 30% chance of making the target flinch (unable to use moves on that turn).
Sky Drop	Flying	Physical	60	100	10	Normal	○	120	The user takes the target into the sky, and then damages it by dropping it during the next turn. Does not damage Flying-type Pokémon. Pokémon weighing over 440.9 lbs. cannot be lifted.
Sky Uppercut	Fighting	Physical	85	90	15	Normal	○	160	It even hits Pokémon that are in the sky due to having used moves such as Fly and Bounce.
Slack Off	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP by up to half of the user's maximum HP.
Slam	Normal	Physical	80	75	20	Normal	○	160	A regular attack.
Slash	Normal	Physical	70	100	20	Normal	○	140	Critical hits land more easily.
Sleep Powder	Grass	Status	—	75	15	Normal	—	Raises the user's Speed	Inflicts the Asleep status condition on the target. Has no effect on Grass-type Pokémon.
Sleep Talk	Normal	Status	—	—	10	Self	—	Critical hits land more easily	Only works when the user is Asleep. Randomly uses one of the user's moves.
Sludge	Poison	Special	65	100	20	Normal	—	120	A 30% chance of inflicting the Poisoned status condition on the target.
Sludge Bomb	Poison	Special	90	100	10	Normal	—	175	A 30% chance of inflicting the Poisoned status condition on the target.
Sludge Wave	Poison	Special	95	100	10	Adjacent	—	175	A 10% chance of inflicting the Poisoned status condition on the target. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Smack Down	Rock	Physical	50	100	15	Normal	—	100	Ground-type moves will now hit a Pokémon with the Levitate Ability or a Flying-type Pokémon. They will also hit a Pokémon that is in the sky due to using a move such as Fly or Bounce.
Smart Strike	Steel	Physical	70	—	10	Normal	○	140	A sure hit.
Smelling Salts	Normal	Physical	70	100	10	Normal	○	140	Deals twice the usual damage to targets with Paralysis, but heals that status condition.
Smog	Poison	Special	30	70	20	Normal	—	100	A 40% chance of inflicting the Poisoned status condition on the target.
Smokescreen	Normal	Status	—	100	20	Normal	—	Raises the user's evasion	Lowers the target's accuracy by 1.
Snarl	Dark	Special	55	95	15	Many Others	—	100	Lowers the targets' Sp. Atk by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal. Strikes the targets even if they are using Substitute.
Snatch	Dark	Status	—	—	10	Self	—	Raises the user's Speed by 2	Steals the effects of recovery or stat-changing moves used by the target on that turn and applies them to the user.
Snore	Normal	Special	50	100	15	Normal	—	100	Only works when the user is Asleep. A 30% chance of making the target flinch (unable to use moves on that turn). Strikes the target even if it is using Substitute.
Soak	Water	Status	—	100	20	Normal	—	Raises the user's Sp. Atk	Changes the target's type to Water.
Soft-Boiled	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP by up to half of the user's maximum HP.
Solar Beam	Grass	Special	120	100	10	Normal	—	190	Builds power on the first turn and attacks on the second. In harsh or extremely harsh sunlight weather conditions, attacks on the first turn. In rain/heavy rain/sandstorm/hail weather conditions, the power is halved.
Solar Blade	Grass	Physical	125	100	10	Normal	○	190	Builds power on the first turn and attacks on the second. In harsh or extremely harsh sunlight weather conditions, attacks on the first turn. In rain / heavy rain / sandstorm / hail weather conditions, the power is halved.
Sonic Boom	Normal	Special	—	90	20	Normal	—	100	Deals a fixed 20 points of damage.
Spacial Rend	Dragon	Special	100	95	5	Normal	—	180	Critical hits land more easily.
Spark	Electric	Physical	65	100	20	Normal	○	120	A 30% chance of inflicting the Paralysis status condition on the target.
Sparkling Aria	Water	Special	90	100	10	Adjacent	—	175	Heals the Burned status condition from its targets. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Spectral Thief	Ghost	Physical	90	100	10	Normal	○	175	Steals the target's stat boosts and also deals damage.
Speed Swap	Psychic	Status	—	—	10	Normal	—	Raises the user's Speed	Switches the user's Speed with the target's Speed.
Spider Web	Bug	Status	—	—	10	Normal	—	Raises the user's Defense	The target cannot escape. If used during a Trainer battle, the opposing Trainer cannot switch Pokémon. Has no effect on Ghost-type Pokémon.
Spike Cannon	Normal	Physical	20	100	15	Normal	—	100	Attacks 2–5 times in a row in a single turn.
Spikes	Ground	Status	—	—	20	Other Side	—	Raises the user's Defense	Damages Pokémon as they are sent out to the opposing side. Power rises with each use, up to 3 times (1st time: 1/8 of maximum HP, 2nd time: 1/6 of maximum HP, and 3rd time: 1/4 of maximum HP). Ineffective against Flying-type Pokémon and Pokémon with the Levitate Ability.
Spiky Shield	Grass	Status	—	—	10	Self	—	Raises the user's Defense	The user takes no damage in the same turn this move is used. If an opposing Pokémon uses a move that makes direct contact, the attacker will be damaged for 1/8 of its maximum HP. Fails more easily when used repeatedly.
Spirit Shackle	Ghost	Physical	80	100	10	Normal	—	160	The target cannot escape. If used during a Trainer battle, the opposing Trainer cannot switch Pokémon. When used on a Ghost type, no additional effect takes place.
Spit Up	Normal	Special	—	100	10	Normal	—	100	The more times the user has used Stockpile, the greater the move's power becomes (max 300). Fails if the user has not used Stockpile first. Nullifies Defense and Sp. Def stat increases caused by Stockpile.
Spite	Ghost	Status	—	100	10	Normal	—	Restores the user's HP	Takes 4 points from the PP of the target's last used move.
Splash	Normal	Status	—	—	40	Self	—	Raises the user's Attack by 3	No effect.
Spore	Grass	Status	—	100	15	Normal	—	Resets negative stat changes	Inflicts the Asleep status condition on the target. Has no effect on Grass-type Pokémon.
Spotlight	Normal	Status	—	—	15	Normal	—	Raises the user's Sp. Def	Designates which Pokémon will be attacked.
Stealth Rock	Rock	Status	—	—	20	Other Side	—	Raises the user's Defense	Damages Pokémon as they are sent out to the opposing side. Damage is subject to type matchups.
Steam Eruption	Water	Special	110	95	5	Normal	—	185	A 10% chance of inflicting the Burned status condition on the target. If the target is Frozen, it will be thawed.
Steamroller	Bug	Physical	65	100	20	Normal	○	120	A 30% chance of making the targets flinch (unable to use moves on that turn). If the target has used Minimize, this move will be a sure hit and its power will be doubled.
Steel Wing	Steel	Physical	70	90	25	Normal	○	140	A 10% chance of raising the user's Defense by 1.
Sticky Web	Bug	Status	—	—	20	Other Side	—	Raises the user's Speed	Lowers the Speed by 1 of any Pokémon sent out to the opposing side. Ineffective against Flying-type Pokémon and Pokémon with the Levitate Ability.
Stockpile	Normal	Status	—	—	20	Self	—	Restores the user's HP	Raises the user's Defense and Sp. Def by 1. Can be used up to 3 times.
Stomp	Normal	Physical	65	100	20	Normal	○	120	A 30% chance of making the targets flinch (unable to use moves on that turn). If the target has used Minimize, this move will be a sure hit and its power will be doubled.
Stomping Tantrum	Ground	Physical	75	100	10	Normal	○	140	If the user's attack missed during the previous turn, this move's power is doubled.
Stone Edge	Rock	Physical	100	80	5	Normal	—	180	Critical hits land more easily.
Stored Power	Psychic	Special	20	100	10	Normal	—	160	With each level that the user's stats increase, the move's power increases by 20 (max 860).
Storm Throw	Fighting	Physical	60	100	10	Normal	○	120	Always delivers a critical hit.
Strength	Normal	Physical	80	100	15	Normal	○	160	A regular attack.
Strength Sap	Grass	Status	—	100	10	Normal	—	Raises the user's Defense	Lowers the target's Attack by 1. Restores the user's HP by an amount equal to the target's Attack.
String Shot	Bug	Status	—	95	40	Many Others	—	Raises the user's Speed	Lowers the targets' Speed by 2.
Struggle	Normal	Physical	50	—	1	Normal	○	—	This move becomes available when no other move can be used, such as when all other moves are out of PP. The user takes damage equal to 1/4 of its maximum HP. Inflicts damage regardless of type matchup.
Struggle Bug	Bug	Special	50	100	20	Many Others	—	100	Lowers the targets' Sp. Atk by 1. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Stun Spore	Grass	Status	—	75	30	Normal	—	Raises the user's Sp. Def	Inflicts the Paralysis status condition on the target. Has no effect on Grass-type Pokémon.
Submission	Fighting	Physical	80	80	20	Normal	○	160	The user takes 1/4 of the damage inflicted.
Substitute	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Uses 1/4 of maximum HP to create a copy of the user.
Sucker Punch	Dark	Physical	70	100	5	Normal	○	140	This move attacks first and deals damage only if the target's chosen move is an attack move.
Sunny Day	Fire	Status	—	—	5	Both Sides	—	Raises the user's Speed	Changes the weather condition to harsh sunlight for 5 turns, strengthening Fire-type moves by 50% and reducing the power of Water-type moves by 50%.
Sunsteel Strike	Steel	Physical	100	100	5	Normal	○	180	Ignores the effects of the target's Ability.
Super Fang	Normal	Physical	—	90	10	Normal	○	100	Halves the target's HP.
Superpower	Fighting	Physical	120	100	5	Normal	○	190	Lowers the user's Attack and Defense by 1.
Supersonic	Normal	Status	—	55	20	Normal	—	Raises the user's Speed	Makes the target confused. Strikes the target even if it is using Substitute.
Surf	Water	Special	90	100	15	Adjacent	—	175	Does twice the damage if the target is using Dive when attacked. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Swagger	Normal	Status	—	85	15	Normal	—	Resets negative stat changes	Makes the target confused, but also raises its Attack by 2.
Swallow	Normal	Status	—	—	10	Self	—	Resets negative stat changes	Restores HP, the amount of which is determined by how many times the user has used Stockpile. Fails if the user has not used Stockpile first. Nullifies Defense and Sp. Def stat increases caused by Stockpile.
Sweet Kiss	Fairy	Status	—	75	10	Normal	—	Raises the user's Sp. Atk	Makes the target confused.
Sweet Scent	Normal	Status	—	100	20	Many Others	—	Increases the user's accuracy	Lowers the targets' evasion by 2.
Swift	Normal	Special	60	—	20	Many Others	—	120	A sure hit. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Switcheroo	Dark	Status	—	100	10	Normal	—	Raises the user's Speed by 2	Swaps items between the user and the target.
Swords Dance	Normal	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Attack by 2.
Synchronoise	Psychic	Special	120	100	10	Adjacent	—	190	Inflicts damage on any Pokémon of the same type as the user. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Synthesis	Grass	Status	—	—	5	Self	—	Resets negative stat changes	Recovers 1/2 of the user's maximum HP in normal weather conditions. Recovers 2/3 of the user's maximum HP in harsh or extremely harsh sunlight weather conditions. Recovers 1/4 of the user's maximum HP in rain/heavy rain/sandstorm/hail weather conditions.
Tackle	Normal	Physical	40	100	35	Normal	◯	100	A regular attack.
Tail Glow	Bug	Status	—	—	20	Self	—	Resets negative stat changes	Raises the user's Sp. Atk by 3.
Tail Slap	Normal	Physical	25	85	10	Normal	◯	140	Attacks 2–5 times in a row in a single turn.
Tail Whip	Normal	Status	—	100	30	Many Others	—	Raises the user's Attack	Lowers the targets' Defense by 1.
Tailwind	Flying	Status	—	—	15	Your Side	—	Critical hits land more easily	Doubles the Speed of the Pokémon on your side for 4 turns.
Take Down	Normal	Physical	90	85	20	Normal	◯	175	The user takes 1/4 of the damage inflicted.
Taunt	Dark	Status	—	100	20	Normal	—	Raises the user's Attack	Prevents the target from using anything other than attack moves for 3 turns.
Tearful Look	Normal	Status	—	—	20	Normal	—	Raises the user's Defense	Lowers the target's Attack and Sp. Atk. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, or Spiky Shield.
Techno Blast	Normal	Special	120	100	5	Normal	—	190	A regular attack. This move's type changes according to the drive that Genesect is holding.
Teeter Dance	Normal	Status	—	100	20	Adjacent	—	Raises the user's Sp. Atk	Makes the target confused.
Telekinesis	Psychic	Status	—	—	15	Normal	—	Raises the user's Sp. Atk	Makes the target float for 3 turns. All moves land regardless of their accuracy except for Ground-type moves and one-hit knock-out moves such as Fissure, Guillotine, Horn Drill, and Sheer Cold.
Teleport	Psychic	Status	—	—	20	Self	—	Restores the user's HP	Ends wild Pokémon battles.
Thief	Dark	Physical	60	100	25	Normal	◯	120	When the target is holding an item and the user is not, the user can steal that item. When the target is not holding an item, this move will function as a normal attack.
Thousand Arrows	Ground	Physical	90	100	10	Many Others	—	180	Flying-type Pokémon or Pokémon with the Levitate Ability that are hit by this attack will now be hit by Ground-type moves. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Thousand Waves	Ground	Physical	90	100	10	Many Others	—	175	The targets cannot escape. If used during a Trainer battle, the opposing Trainer cannot switch Pokémon. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Thrash	Normal	Physical	120	100	10	1 Random	◯	190	Attacks consecutively over 2–3 turns. Cannot choose other moves during this time. The user becomes confused after using this move.
Throat Chop	Dark	Physical	80	100	15	Normal	◯	160	The target will not be able to use sound moves for 2 turns.
Thunder	Electric	Special	110	70	10	Normal	—	185	A 30% chance of inflicting the Paralysis status condition on the target. Is 100% accurate in the rain or heavy rain weather condition and 50% accurate in the harsh or extremely harsh sunlight weather condition. It hits even Pokémon that are in the sky due to using moves such as Fly and Bounce.
Thunder Fang	Electric	Physical	65	95	15	Normal	◯	120	A 10% chance of inflicting the Paralysis status condition or making the target flinch (unable to use moves on that turn).
Thunder Punch	Electric	Physical	75	100	15	Normal	◯	140	A 10% chance of inflicting the Paralysis status condition on the target.
Thunder Shock	Electric	Special	40	100	30	Normal	—	100	A 10% chance of inflicting the Paralysis status condition on the target.
Thunder Wave	Electric	Status	—	90	20	Normal	—	Raises the user's Sp. Def.	Inflicts the Paralysis status condition on the target. Does not work on Ground types.
Thunderbolt	Electric	Special	90	100	15	Normal	—	175	A 10% chance of inflicting the Paralysis status condition on the target.
Tickle	Normal	Status	—	100	20	Normal	—	Raises the user's Defense.	Lowers the target's Attack and Defense by 1.
Topsy-Turvy	Dark	Status	—	—	20	Normal	—	Raises the user's Attack.	Reverses the effects of any stat changes affecting the target.
Torment	Dark	Status	—	100	15	Normal	—	Raises the user's Defense.	Makes the target unable to use the same move twice in a row.
Toxic	Poison	Status	—	90	10	Normal	—	Raises the user's Defense.	Inflicts the Badly Poisoned status condition on the target. Damage from being Badly Poisoned increases with every turn. It never misses if used by a Poison-type Pokémon.
Toxic Spikes	Poison	Status	—	—	20	Other Side	—	Raises the user's Defense.	Lays a trap of poison spikes on the opposing side that inflict the Poisoned status condition on Pokémon that switch into battle. Using Toxic Spikes twice inflicts the Badly Poisoned condition. The damage from the Badly Poisoned condition increases every turn. Toxic Spikes' effects end when a Poison-type Pokémon switches into battle. Ineffective against Flying-type Pokémon and Pokémon with the Levitate Ability.
Toxic Thread	Poison	Status	—	100	20	Normal	—	Raises the user's Speed.	Inflicts the Poisoned status condition on the target and lowers its Speed by 1.
Transform	Normal	Status	—	—	10	Normal	—	Restores the user's HP.	The user transforms into the target. The user has the same moves and Ability as the target (all moves have 5 PP).
Tri Attack	Normal	Special	80	100	10	Normal	—	160	A 20% chance of inflicting the Paralysis, Burned, or Frozen status condition on the target.
Trick	Psychic	Status	—	100	10	Normal	—	Raises the user's Speed by 2.	Swaps items between the user and the target.
Trick Room	Psychic	Status	—	—	5	Both Sides	—	Increases the user's accuracy.	Always strikes last. For 5 turns, Pokémon with lower Speed go first. First-strike moves still go first. Self-canceling if used again while Trick Room is still in effect.
Trick-or-Treat	Ghost	Status	—	100	20	Normal	—	Raises all of the user's stats.	Gives the target the Ghost type in addition to its original type(s).
Triple Kick	Fighting	Physical	10	90	10	Normal	◯	120	Attacks 3 times in a row in a single turn. Power raises from 10 to 20 to 30 as long as it continues to hit.
Trop Kick	Grass	Physical	70	100	15	Normal	◯	140	Lowers the target's Attack by 1.
Trump Card	Normal	Special	—	—	5	Normal	◯	160	A sure hit. The lower the user's PP is, the greater the move's power becomes (max 200).

Move	Type	Kind	Pow.	Acc.	PP	Range	DA	Z-Move pow./ effects	Battle effects
Twineedle	Bug	Physical	25	100	20	Normal	—	100	Attacks twice in a row in a single turn. A 20% chance of inflicting the Poisoned status condition on the target.
Twister	Dragon	Special	40	100	20	Many Others	—	100	A 20% chance of making the targets flinch (unable to use moves on that turn). It even hits Pokémon that are in the sky due to using moves such as Fly and Bounce, dealing them twice the usual damage. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
U-turn	Bug	Physical	70	100	20	Normal	○	140	After attacking, the user switches out with another Pokémon in the party.
Uproar	Normal	Special	90	100	10	1 Random	—	175	The user makes an uproar for 3 turns. During that time, no Pokémon can fall Asleep. Strikes the target even if it is using Substitute.
V-create	Fire	Physical	180	95	5	Normal	○	220	Lowers the user's Defense, Sp. Def, and Speed by 1. If the target is Frozen, it will be thawed.
Vacuum Wave	Fighting	Special	40	100	30	Normal	—	100	Always strikes first. The user with the higher Speed goes first if similar moves are used.
Venom Drench	Poison	Status	—	100	20	Many Others	—	Raises the user's Defense.	Lowers the Attack, Sp. Atk, and Speed of opposing Pokémon afflicted with Poisoned or Badly Poisoned status conditions by 1.
Venoshock	Poison	Special	65	100	10	Normal	—	120	Does twice the damage to a target that has the Poison or Badly Poisoned status condition.
Vice Grip	Normal	Physical	55	100	30	Normal	○	100	A regular attack.
Vine Whip	Grass	Physical	45	100	25	Normal	○	100	A regular attack.
Vital Throw	Fighting	Physical	70	—	10	Normal	○	140	Always strikes later than normal, but has perfect accuracy.
Volt Switch	Electric	Special	70	100	20	Normal	—	140	After attacking, the user switches out with another Pokémon in the party.
Volt Tackle	Electric	Physical	120	100	15	Normal	○	190	The user takes 1/3 of the damage inflicted. A 10% chance of inflicting the Paralysis status condition on the target.
Wake-Up Slap	Fighting	Physical	70	100	10	Normal	○	140	Does twice the usual damage to a target that is Asleep, but heals that status condition.
Water Gun	Water	Special	40	100	25	Normal	—	100	A regular attack.
Water Pledge	Water	Special	80	100	10	Normal	—	160	When combined with Fire Pledge or Grass Pledge, the power and effect change. If combined with Fire Pledge, the power is 150 and it remains a Water-type move. This makes it more likely that your team's moves will have additional effects for 4 turns. If combined with Grass Pledge, the power is 150 and it becomes a Grass-type move. This lowers the Speed of opposing Pokémon for 4 turns.
Water Pulse	Water	Special	60	100	20	Normal	—	120	A 20% chance of making the target confused.
Water Shuriken	Water	Special	15	100	20	Normal	—	100	Always strikes first. The user with the higher Speed goes first if similar moves are used. Attacks 2–5 times in a row in a single turn. When used by Ash-Greninja that has undergone a form change due to its Battle Bond, the move's power is raised to 20 and it attacks 3 times in a row in a single turn.
Water Sport	Water	Status	—	—	15	Both Sides	—	Raises the user's Sp. Def.	Lowers the power of Fire-type moves to 1/3 of normal for 5 turns.
Water Spout	Water	Special	150	100	5	Many Others	—	200	If the user's HP is low, this move has lower power. Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.
Waterfall	Water	Physical	80	100	15	Normal	○	160	A 20% chance of making the target flinch (unable to use moves on that turn).
Weather Ball	Normal	Special	50	100	10	Normal	—	160	In special weather conditions, this move's type changes and its attack power doubles. Harsh sunlight / extremely harsh sunlight weather condition: Fire type. Rain / heavy rain weather condition: Water type. Hail weather condition: Ice type. Sandstorm weather condition: Rock type.
Whirlpool	Water	Special	35	85	15	Normal	—	100	Inflicts damage equal to 1/8 the target's max HP for 4–5 turns. The target cannot flee during that time. Does twice the damage if the target is using Dive when attacked.
Whirlwind	Normal	Status	—	—	20	Normal	—	Raises the user's Sp. Def.	Ends wild Pokémon battles. In a battle with a Trainer, this move forces the opposing Trainer to switch Pokémon. When there are no Pokémon to switch in, this move fails. Attacks last. If the opposing Pokémon's level is higher than the user's, this move fails. In a battle with more than one wild Pokémon, this move fails. Strikes the target even if it is using Baneful Bunker, Detect, King's Shield, Mat Block, Protect, Spiky Shield, or Substitute.
Wide Guard	Rock	Status	—	—	10	Your Side	—	Raises the user's Defense.	Protects your side from the effects of any moves used that turn that target multiple Pokémon.
Wild Charge	Electric	Physical	90	100	15	Normal	○	175	The user takes 1/4 of the damage inflicted.
Will-O-Wisp	Fire	Status	—	85	15	Normal	—	Raises the user's Attack.	Inflicts the Burned status condition on the target.
Wing Attack	Flying	Physical	60	100	35	Normal	○	120	A regular attack.
Wish	Normal	Status	—	—	10	Self	—	Raises the user's Sp. Def.	Restores 1/2 of maximum HP at the end of the next turn. Works even if the user has switched out.
Withdraw	Water	Status	—	—	40	Self	—	Raises the user's Defense.	Raises the user's Defense by 1.
Wonder Room	Psychic	Status	—	—	10	Both Sides	—	Raises the user's Sp. Def.	Each Pokémon's Defense and Sp. Def stats are swapped for 5 turns. The effect ends if the move is used again.
Wood Hammer	Grass	Physical	120	100	15	Normal	○	190	The user takes 1/3 of the damage inflicted.
Work Up	Normal	Status	—	—	30	Self	—	Raises the user's Attack.	Raises the user's Attack and Sp. Atk by 1.
Worry Seed	Grass	Status	—	100	10	Normal	—	Raises the user's Speed.	Changes the target's Ability to Insomnia. Fails with certain Abilities, however.
Wrap	Normal	Physical	15	90	20	Normal	○	100	Inflicts damage equal to 1/8 the target's max HP for 4–5 turns. The target cannot flee during that time.
Wring Out	Normal	Special	—	100	5	Normal	○	190	The more HP the target has left, the greater the move's power becomes (max 120).
X-Scissor	Bug	Physical	80	100	15	Normal	○	160	A regular attack.
Yawn	Normal	Status	—	—	10	Normal	—	Raises the user's Speed.	Inflicts the Asleep status condition on the target at the end of the next turn unless the target switches out.
Zap Cannon	Electric	Special	120	50	5	Normal	—	190	Inflicts the Paralysis status condition on the target.
Zen Headbutt	Psychic	Physical	80	90	15	Normal	○	160	A 20% chance of making the target flinch (unable to use moves on that turn).
Zing Zap	Electric	Physical	80	100	10	Normal	○	160	A 30% chance of making the target flinch (unable to use moves on that turn).

Z-Moves

Name	Type	Kind	Pow.	Acc.	Range	DA	Battle effects	Base move	Z-Crystal needed
Breakneck Blitz	Normal	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Normal-type move	Normalium Z
All-Out Pummeling	Fighting	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Fighting-type move	Fightinium Z
Supersonic Skystrike	Flying	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Flying-type move	Flyinium Z
Hydro Vortex	Water	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Water-type move	Waterium Z
Inferno Overdrive	Fire	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Fire-type move	Firium Z
Bloom Doom	Grass	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Grass-type move	Grassium Z
Continental Crush	Rock	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Rock-type move	Rockium Z
Catastropika	Electric	Physical	210	—	Normal	○	A regular attack	Volt Tackle	Pikanium Z
Splintered Stormshards	Rock	Physical	190	—	Normal	—	Removes any terrain effects from the field	Stone Edge	Lycanium Z
Corkscrew Crash	Steel	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Steel-type move	Steelium Z
Gigavolt Havoc	Electric	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Electric-type move	Electrium Z
Never-Ending Nightmare	Ghost	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Ghost-type move	Ghostium Z
Shattered Psyche	Psychic	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Psychic-type move	Psychium Z
Savage Spin-Out	Bug	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Bug-type move	Buginium Z
Black Hole Eclipse	Dark	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Dark-type move	Darkinium Z
Stoked Sparksurfer	Electric	Special	175	—	Normal	—	Inflicts the Paralysis status condition on the target	Thunderbolt	Aloraichium Z
Acid Downpour	Poison	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Poison-type move	Poisonium Z
Devastating Drake	Dragon	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Dragon-type move	Dragonium Z
Twinkle Tackle	Fairy	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Fairy-type move	Fairium Z
Tectonic Rage	Ground	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Ground-type move	Groundium Z
Searing Sunraze Smash	Steel	Physical	200	—	Normal	○	Ignores the effects of the target's Ability	Sunsteel Strike	Solganium Z
Menacing Moonraze Maelstrom	Ghost	Special	200	—	Normal	—	Ignores the effects of the target's Ability	Moongeist Beam	Lunalium Z
Light That Burns the Sky	Psychic	Physical/ Special	200	—	Normal	—	If the user's Attack is higher than its Sp. Atk, this move will be a physical move. If the user's Sp. Atk is higher than its Attack, this move will be a special move. Ignores any effects of the target's Ability.	Photon Geyser	Ultranecrozium Z
Subzero Slammer	Ice	Physical/Special	Varies	—	Normal	—	A regular attack	Any damage-dealing Ice-type move	Icium Z
Guardian of Alola	Fairy	Special	—	—	Normal	—	Deals damage equal to 3/4 of the target's current HP	Nature's Madness	Tapunium Z
Extreme Evoboost	Normal	Status	—	—	Self	—	Raises the user's Attack, Defense, Sp. Atk, Sp. Def, and Speed by 2 each	Last Resort	Eevium Z
Sinister Arrow Raid	Ghost	Physical	180	—	Normal	—	A regular attack	Spirit Shackle	Decidium Z
Malicious Moonsault	Dark	Physical	180	—	Normal	○	If the target has used Minimize, it will be a sure hit and its power will be doubled.	Darkest Lariat	Incinium Z
Oceanic Operetta	Water	Special	195	—	Normal	—	A regular attack	Sparkling Aria	Primarium Z
Let's Snuggle Forever	Fairy	Physical	190	—	Normal	○	A regular attack	Play Rough	Mimikium Z
Clangorous Soulblaze	Dragon	Special	185	—	Many Others	—	Its power is reduced by 25% when it hits multiple Pokémon in a Double Battle. Its power is reduced by 50% when it hits multiple Pokémon in a Battle Royal.	Clanging Scales	Kommonium Z
Soul-Stealing 7-Star Strike	Ghost	Physical	195	—	Normal	○	A regular attack	Spectral Thief	Marshadium Z
Genesis Supernova	Psychic	Special	185	—	Normal	—	Turns the field into Psychic Terrain	Psychic	Mewnium Z
Pulverizing Pancake	Normal	Physical	210	—	Normal	○	A regular attack	Giga Impact	Snorlium Z
10,000,000 Volt Thunderbolt	Electric	Special	195	—	Normal	—	Critical hits land more easily	Thunderbolt	Pikashunium Z

Move Tutors for specific Pokémon

Tutor location	Move name	Pokémon that can learn it	Special conditions
Hau'oli City Shopping Mall	Frenzy Plant	Venusaur, Meganium, Sceptile, Torterra, Serperior, Chesnaught, Decidueye	Must have max friendship
Hau'oli City Shopping Mall	Blast Burn	Charizard, Typhlosion, Blaziken, Infernape, Emboar, Delphox, Incineroar	Must have max friendship
Hau'oli City Shopping Mall	Hydro Cannon	Blastoise, Feraligatr, Swampert, Empoleon, Samurott, Greninja, Primarina	Must have max friendship
Hau'oli City Shopping Mall	Grass Pledge	Bulbasaur, Ivysaur, Venusaur, Chikorita, Bayleef, Meganium, Treecko, Grovyle, Sceptile, Turtwig, Grotle, Torterra, Snivy, Servine, Serperior, Pansage, Simisage, Chespin, Quilladin, Chesnaught, Rowlet, Dartrix, Decidueye, Silvally	Must have max friendship
Hau'oli City Shopping Mall	Fire Pledge	Charmander, Charmeleon, Charizard, Cyndaquil, Quilava, Typhlosion, Torchic, Combusken, Blaziken, Chimchar, Monferno, Infernape, Tepig, Pignite, Emboar, Pansear, Simisear, Fennekin, Braixen, Delphox, Litten, Torracat, Incineroar, Silvally	Must have max friendship
Hau'oli City Shopping Mall	Water Pledge	Squirtle, Wartortle, Blastoise, Totodile, Croconaw, Feraligatr, Mudkip, Marshtomp, Swampert, Piplup, Prinplup, Empoleon, Oshawott, Dewott, Samurott, Panpour, Simipour, Froakie, Frogadier, Greninja, Popplio, Brionne, Primarina, Silvally	Must have max friendship
Hano Grand Resort	Volt Tackle	Pikachu	—
Hano Grand Resort	Secret Sword	Keldeo	—
Hano Grand Resort	Relic Song	Meloetta	—
Seafolk Village	Draco Meteor	Any Dragon-type Pokémon	Must have max friendship
Seafolk Village	Dragon Ascent	Rayquaza	—

Move Deleter & Move Reminder

Who	Where	What
Move Deleter	Pokémon Center in Hau'oli City on Melemele Island	Can delete any move from your Pokémon, allowing it to know fewer than four moves at a time.
Move Reminder	Pokémon Center on Mount Lanakila on Ula'ula Island	Can remind your Pokémon of any move its species could usually learn by leveling up, as well as any Egg Move it previously knew but forgot.

BP Move Tutors

Big Wave Beach (Melemele Island)	
Move	**Required**
Bind	4 BP
Block	8 BP
Bug Bite	4 BP
Covet	4 BP
Defog*	8 BP
Electroweb	8 BP
Heal Bell	8 BP
Helping Hand	8 BP
Last Resort	12 BP
Low Kick	8 BP
Recycle	8 BP
Shock Wave	4 BP
Snatch	8 BP
Snore	4 BP
Uproar	8 BP
Worry Seed	8 BP

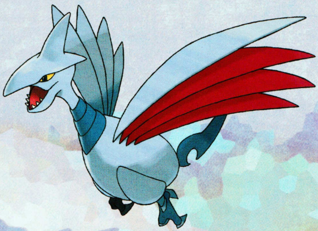
Heahea Beach (Akala Island)	
Move	**Required**
After You	8 BP
Ally Switch*	8 BP
Bounce	8 BP
Fire Punch	8 BP
Giga Drain	8 BP
Gravity	8 BP
Iron Defense	8 BP
Iron Tail	8 BP
Magnet Rise	8 BP
Role Play	8 BP
Signal Beam	8 BP
Spite	8 BP
Stealth Rock	8 BP
Synthesis	8 BP
Telekinesis*	8 BP
Water Pulse	4 BP

Ula'ula Beach (Ula'ula Island)	
Move	**Required**
Aqua Tail	12 BP
Drill Run	8 BP
Endeavor	16 BP
Focus Punch	16 BP
Ice Punch	8 BP
Icy Wind	12 BP
Iron Head	8 BP
Laser Focus*	12 BP
Magic Coat	8 BP
Magic Room	8 BP
Pain Split	8 BP
Seed Bomb	12 BP
Tailwind	8 BP
Thunder Punch	8 BP
Trick	8 BP
Wonder Room	8 BP
Zen Headbutt	8 BP

Battle Tree (Poni Island)	
Move	**Required**
Dragon Pulse	12 BP
Drain Punch	8 BP
Dual Chop	12 BP
Earth Power	12 BP
Foul Play	12 BP
Gastro Acid	8 BP
Gunk Shot	16 BP
Heat Wave	12 BP
Hyper Voice	12 BP

Battle Tree (Poni Island)	
Move	**Required**
Knock Off	12 BP
Liquidation*	16 BP
Outrage	16 BP
Skill Swap	8 BP
Sky Attack	16 BP
Stomping Tantrum*	12 BP
Super Fang	12 BP
Superpower	16 BP
Throat Chop*	16 BP

*Moves marked with an asterisk have not been available to learn from Move Tutors in the past.



How to obtain TMs

No.	Move	Type	How to obtain	Price
TM01	Work Up	Normal	Get from a Rising Star in the Trainers' School	—
TM02	Dragon Claw	Dragon	Find at the trial site in the Vast Poni Canyon	—
TM03	Psyshock	Psychic	Find at the Lake of the Moone ☀ / Lake of the Sunne ☾	—
TM04	Calm Mind	Psychic	Buy at the Seafolk Village Poké Mart	₽10,000
TM05	Roar	Normal	Find in Kala'e Bay	—
TM06	Toxic	Poison	Find at the dock in Aether Paradise	—
TM07	Hail	Ice	Buy at the Royal Avenue Poké Mart	₽50,000
TM08	Bulk Up	Fighting	Get from a Black Belt in Royal Avenue	—
TM09	Venoshock	Poison	Buy at the TM shop in Konikoni City	₽10,000
TM10	Hidden Power	Normal	Get from a Pokémon Breeder at the Pokémon Nursery	—
TM11	Sunny Day	Fire	Buy at the Royal Avenue Poké Mart	₽50,000
TM12	Taunt	Dark	Get from a man in a trailer on Route 13	—
TM13	Ice Beam	Ice	Find on Mount Lanakila	—
TM14	Blizzard	Ice	Buy at the Seafolk Village Poké Mart	₽30,000
TM15	Hyper Beam	Normal	Buy at the Seafolk Village Poké Mart	₽50,000
TM16	Light Screen	Psychic	Buy at the Heahea City Poké Mart	₽10,000
TM17	Protect	Normal	Buy at the Heahea City Poké Mart	₽10,000
TM18	Rain Dance	Water	Buy at the Royal Avenue Poké Mart	₽50,000
TM19	Roost	Flying	Get from an Ace Trainer after defeating all Trainers on Route 3	—
TM20	Safeguard	Normal	Buy at the Heahea City Poké Mart	₽10,000
TM21	Frustration	Normal	Get from an Oranguru in the malasada shop in Malie City	—
TM22	Solar Beam	Grass	Buy at the Seafolk Village Poké Mart	₽10,000
TM23	Smack Down	Rock	Find in the Farthest Hollow in Ten Carat Hill	—
TM24	Thunderbolt	Electric	Find in Big Wave Beach's Sandy Cave	—
TM25	Thunder	Electric	Buy at the Seafolk Village Poké Mart	₽30,000
TM26	Earthquake	Ground	Find at the entrance to Resolution Cave*	—
TM27	Return	Normal	Get from a Police Officer in the malasada shop in Malie City	—
TM28	Leech Life	Bug	Find in the Akala Outskirts	—
TM29	Psychic	Psychic	Get from Wicke in Aether Paradise	—
TM30	Shadow Ball	Ghost	Find on Route 14	—
TM31	Brick Break	Fighting	Find in Verdant Cavern	—
TM32	Double Team	Normal	Find on Route 7	—
TM33	Reflect	Psychic	Buy at the Heahea City Poké Mart	₽10,000
TM34	Sludge Wave	Poison	Buy at the Seafolk Village Poké Mart	₽10,000
TM35	Flamethrower	Fire	Find in the third cave in the Vast Poni Canyon	—
TM36	Sludge Bomb	Poison	Find in the Shady House	—
TM37	Sandstorm	Rock	Buy at the Royal Avenue Poké Mart	₽50,000
TM38	Fire Blast	Fire	Buy at the Seafolk Village Poké Mart	₽30,000
TM39	Rock Tomb	Rock	Find in Wela Volcano Park	—
TM40	Aerial Ace	Flying	Buy at the TM shop in Konikoni City	₽10,000
TM41	Torment	Dark	Find on Route 5 (south)	—
TM42	Facade	Normal	Buy at the Malie City Poké Mart	₽10,000
TM43	Flame Charge	Fire	Get from Colress on Route 8	—
TM44	Rest	Psychic	Get from a Hypno in the Thrifty Megamart	—
TM45	Attract	Normal	Get from the Machamp caddy in Hano Grand Hotel	—
TM46	Thief	Dark	Find in Verdant Cavern	—
TM47	Low Sweep	Fighting	Buy at the TM shop in Konikoni City	₽10,000
TM48	Round	Normal	Get from a Janitor in Hau'oli City Shopping Mall	—
TM49	Echoed Voice	Normal	Find in the Hau'oli City Shopping District	—
TM50	Overheat	Fire	Find in Poni Meadow*	—
TM51	Steel Wing	Steel	Buy at the TM shop in Konikoni City	₽10,000
TM52	Focus Blast	Fighting	Buy at the Seafolk Village Poké Mart	₽30,000
TM53	Energy Ball	Grass	Find on Route 8	—
TM54	False Swipe	Normal	Get from Kukui after Hala's grand trial	—
TM55	Scald	Water	Find on the Ancient Poni Path	—
TM56	Fling	Dark	Get from a mourning woman at the Hau'oli Cemetery	—
TM57	Charge Beam	Electric	Find in Brooklet Hill	—
TM58	Sky Drop	Flying	Get from an Ace Trainer after defeating all Trainers on Route 8	—
TM59	Brutal Swing	Dark	Find on Route 5 (north)	—
TM60	Quash	Dark	Get from an Ace Trainer after defeating all Trainers around Poni Plains*	—
TM61	Will-O-Wisp	Fire	Find in Konikoni City	—
TM62	Acrobatics	Flying	Find on Route 15	—
TM63	Embargo	Dark	Get from a Scientist in the Geothermal Power Plant	—
TM64	Explosion	Normal	Find in Ten Carat Hill	—
TM65	Shadow Claw	Ghost	Buy at the Malie City Poké Mart	₽10,000
TM66	Payback	Dark	Get from a Black Belt on Route 11	—
TM67	Smart Strike	Steel	Get from Kukui after completing Mallow's trial	—
TM68	Giga Impact	Normal	Buy at the Seafolk Village Poké Mart	₽50,000
TM69	Rock Polish	Rock	Buy at the Malie City Poké Mart	₽10,000
TM70	Aurora Veil	Ice	Buy at the Heahea City Poké Mart	₽30,000
TM71	Stone Edge	Rock	Buy at the Seafolk Village Poké Mart	₽30,000
TM72	Volt Switch	Electric	Find on Mount Hokulani	—
TM73	Thunder Wave	Electric	Find in Malie Garden	—
TM74	Gyro Ball	Steel	Find on Route 11	—
TM75	Swords Dance	Normal	Get from Actor Meredith	—
TM76	Fly	Flying	Get from a woman in Malie Library	—
TM77	Psych Up	Normal	Buy at the Malie City Poké Mart	₽10,000
TM78	Bulldoze	Ground	Buy at the TM shop in Konikoni City	₽10,000
TM79	Frost Breath	Ice	Find in Seaward Cave	—
TM80	Rock Slide	Rock	Find on Route 17	—
TM81	X-Scissor	Bug	Find on Route 16	—
TM82	Dragon Tail	Dragon	Get from a Collector after defeating all Trainers on Route 12	—
TM83	Infestation	Bug	Find on Route 3	—
TM84	Poison Jab	Poison	Find on Mount Lanakila	—
TM85	Dream Eater	Psychic	Find in Haina Desert (Area 4)	—
TM86	Grass Knot	Grass	Find in Lush Jungle	—
TM87	Swagger	Normal	Get from Guzma's mom in his house on Route 2	—
TM88	Sleep Talk	Normal	Find in Paniola Town	—
TM89	U-turn	Bug	Buy at the Malie City Poké Mart	₽10,000
TM90	Substitute	Normal	Get from Professor Kukui in the Pokémon Research Lab*	—
TM91	Flash Cannon	Steel	Find in Seafolk Village	—
TM92	Trick Room	Psychic	Get from Kahili at the Hano Grand Hotel*	—
TM93	Wild Charge	Electric	Find in the Vast Poni Canyon	—
TM94	Surf	Water	Get from Swimmer Girls on Poni Breaker Coast*	—
TM95	Snarl	Dark	Get from a Veteran after defeating all Trainers on Mount Hokulani	—
TM96	Nature Power	Normal	Get from a Trial Guide after defeating all Trainers on Route 5	—
TM97	Dark Pulse	Dark	Find on Poni Coast*	—
TM98	Waterfall	Water	Get from Swimmer Girls on Poni Breaker Coast*	—
TM99	Dazzling Gleam	Fairy	Find in the Vast Poni Canyon	—
TM100	Confide	Normal	Find in the Hau'oli Cemetery	—

Note: TMs marked with an asterisk (*) can only be obtained after entering the Hall of Fame.

Abilities

The following list tells you more about the effects of the various Abilities (and Hidden Abilities) that Pokémon can have. Check it out to find handy Abilities that you might want to try to incorporate into your team. And if you have a Pokémon with the Pickup Ability, or are considering getting one, turn to page 512 for the list of items that Pokémon may find with the Pickup Ability based on their level.

Ability	Effect in battle	Effect when the Pokémon is the lead in your party
Adaptability	The power boost received by using a move of the same type as the Pokémon will be 100% instead of 50%.	—
Aerilate	Changes the Pokémon's Normal-type moves to Flying type and increases their power by 20%.	—
Aftermath	Knocks off 1/4 of the opposing Pokémon's maximum HP when a direct attack causes the Pokémon to faint.	—
Air Lock	Eliminates effects of weather on Pokémon.	—
Analytic	The power of its move is increased by 30% when the Pokémon moves last.	—
Anger Point	Raises the Pokémon's Attack to the maximum when hit by a critical hit.	—
Anticipation	Warns if your opponent's Pokémon has supereffective moves or one-hit knock-out moves when the Pokémon enters battle.	—
Arena Trap	Prevents the opponent's Pokémon from fleeing or switching out. Ineffective against Flying- or Ghost-type Pokémon and Pokémon with the Levitate Ability.	Makes it easier to encounter wild Pokémon
Aroma Veil	Protects the team from Attract, Disable, Encore, Heal Block, Taunt, and Torment.	—
Aura Break	Reverses the effects of the Fairy Aura Ability and lowers the power of Fairy-type moves by 25%. Reverses the Dark Aura Ability and lowers the power of Dark-type moves by 25%.	—
Bad Dreams	Lowers the HP of any opposing Pokémon that are Asleep by 1/8 of their maximum HP every turn.	—
Battery	Raises the power of an ally's special moves by 30%.	—
Battle Armor	Opposing Pokémon's moves will not hit critically.	—
Battle Bond	The Pokémon changes form when it defeats a Pokémon. The move Water Shuriken becomes more powerful after this form change takes place.	—
Beast Boost	When the Pokémon knocks out another Pokémon with a move, its most prominent stat goes up 1.	—
Berserk	Raises Sp. Atk by 1 when the Pokémon takes a hit that causes its HP to become half or less.	—
Big Pecks	Prevents Defense from being lowered.	—
Blaze	Raises the power of the Pokémon's Fire-type moves by 50% when the its HP drops to 1/3 or less.	—
Bulletproof	Protects against Acid Spray, Aura Sphere, Barrage, Bullet Seed, Egg Bomb, Electro Ball, Energy Ball, Focus Blast, Gyro Ball, Ice Ball, Magnet Bomb, Mist Ball, Mud Bomb, Octazooka, Rock Wrecker, Searing Shot, Seed Bomb, Shadow Ball, Sludge Bomb, Weather Ball, and Zap Cannon.	—
Cheek Pouch	Eating a Berry not only grants its usual benefits, but also restores 1/3 of the Pokémon's maximum HP.	—
Chlorophyll	Doubles Speed in the harsh or extremely harsh sunlight weather conditions.	—
Clear Body	Protects against other Pokémon's stat-lowering moves and Abilities.	—
Cloud Nine	Eliminates effects of weather on Pokémon.	—
Color Change	Changes the Pokémon's type into the type of the move that just hit it.	—
Comatose	The Pokémon is permanently affected by the Asleep status condition. It can use moves while Asleep.	—
Competitive	When an opponent's move or Ability lowers the Pokémon's stats, the Pokémon's Sp. Atk rises by 2.	—
Compound Eyes	Raises accuracy by 30%.	Raises encounter rate with wild Pokémon holding items
Contrary	Makes stat changes have an opposite effect (increase instead of decrease and vice versa).	—
Corrosion	Makes the Pokémon able to inflict the Poisoned status condition on Steel types and Poison types.	—
Cursed Body	Provides a 30% chance of inflicting Disable on the move the opponent used to hit the Pokémon. (Cannot use that move for three turns.)	
Cute Charm	Provides a 30% chance of causing infatuation when hit with a direct attack.	Raises encounter rate of wild Pokémon of the opposite gender
Damp	Prevents Pokémon on either side from using Explosion or Self-Destruct. Nullifies the Aftermath Ability.	—
Dancer	The Pokémon immediately follows and uses the same move when another Pokémon in battle uses a dance move.	—
Dark Aura	Raises the power of Dark-type moves by 1/3. Affects all Pokémon in the field.	—
Dazzling	Prevents the opposing Pokémon from using priority attacking moves.	—
Defeatist	The Pokémon's Attack and Sp. Atk get halved when HP becomes half or less.	—
Defiant	When an opponent's move or Ability lowers the Pokémon's stats, the Pokémon's Attack rises by 2.	—
Delta Stream	Makes the weather strong winds when the Pokémon enters battle. This weather makes Flying-type Pokémon receive half the damage from supereffective moves against them.	—
Desolate Land	Makes the weather extremely harsh sunlight when the Pokémon enters battle. This weather raises the power of Fire-type moves by 50%, reduces that of Water-type moves to zero, and prevents the Frozen status condition.	—
Disguise	Once per battle, this Ability prevents damage when hit by a move. Then the Pokémon's form changes.	—
Download	When the Pokémon enters battle, this Ability raises its Attack by 1 if the opposing Pokémon's Defense is lower than its Sp. Def, and raises its Sp. Atk by 1 if the opposing Pokémon's Sp. Def is lower than its Defense. If the opponent's Defense and Sp. Def are the same, this Ability raises its Sp. Atk by 1.	—
Drizzle	Makes the weather rain for five turns when the Pokémon enters battle. Does nothing when the weather is extremely harsh sunlight, heavy rain, or strong winds.	—
Drought	Makes the weather harsh sunlight for five turns when the Pokémon enters battle. Does nothing when the weather is extremely harsh sunlight, heavy rain, or strong winds.	—

Ability	Effect in battle	Effect when the Pokémon is the lead in your party
Dry Skin	Restores HP by 1/4 of the Pokémon's maximum HP when the Pokémon is hit by a Water-type move. Restores HP by 1/8 of its maximum HP at the end of every turn in the rain or heavy rain weather condition. However, the damage the Pokémon receives from Fire-type moves increases by 25%. Takes damage of 1/8 of its maximum HP at the end of every turn in the harsh or extremely harsh sunlight weather condition.	—
Early Bird	Causes the Pokémon to wake quickly from the Asleep status condition.	—
Effect Spore	Provides a 30% chance of inflicting the Poisoned, Paralysis, or Asleep status conditions when hit with a direct attack. Grass-type Pokémon are immune to this effect.	—
Electric Surge	Turns the field into Electric Terrain for five turns when the Pokémon enters battle.	—
Emergency Exit	The Pokémon switches places with a party Pokémon automatically when its HP drops to half or less.	—
Fairy Aura	Raises the power of Fairy-type moves by 1/3. Affects all Pokémon in the field.	—
Filter	Decreases the damage received from supereffective moves by 25%.	—
Flame Body	Provides a 30% chance of inflicting the Burned status condition when hit with a direct attack.	Facilitates hatching Pokémon Eggs in your party
Flare Boost	Increases the power of special moves by 50% when Burned.	—
Flash Fire	When the Pokémon is hit by a Fire-type move, rather than taking damage, its Fire-type moves increase power by 50%.	—
Flower Gift	Raises Attack and Sp. Def of the Pokémon and its allies by 50% in the harsh or extremely harsh sunlight weather condition.	—
Flower Veil	Grass-type allies cannot have their stats lowered, and they are protected from being inflicted with status conditions.	—
Fluffy	Halves the damage taken from moves that make direct contact. Doubles the damage taken from Fire-type moves.	—
Forecast	Changes Castform's form and type. Harsh or extremely harsh sunlight weather conditions: changes to Fire type. Rain or heavy rain weather conditions: changes to Water type. Hail weather condition: changes to Ice type.	—
Forewarn	Reveals a move an opponent knows when the Pokémon enters battle. Damaging moves with high power are prioritized.	—
Friend Guard	Reduces damage done to allies by 25%.	—
Frisk	Checks an opponent's held item when the Pokémon enters battle.	—
Full Metal Body	Protects against other Pokémon's stat-lowering moves and Abilities.	—
Fur Coat	Halves the damage taken from physical moves.	—
Gale Wings	Gives priority to Flying-type moves when HP is full.	—
Galvanize	Changes the Pokémon's Normal-type moves to Electric type and increases their power by 20%.	—
Gluttony	Allows the Pokémon to use its held Berry sooner when it has low HP.	—
Gooey	Lowers the Speed of an attacker that makes direct contact by 1.	—
Grass Pelt	Raises Defense by 50% when the field is affected by Grassy Terrain.	—
Grassy Surge	Turns the field into Grassy Terrain for five turns when the Pokémon enters battle.	—
Guts	Attack stat rises by 50% when the Pokémon is affected by a status condition.	—
Harvest	At the end of every turn, provides a 50% chance of restoring the Berry the Pokémon used, and a 100% chance when the weather condition is harsh or extremely harsh sunlight.	—
Healer	At the end of every turn, it provides a 33% chance that an ally Pokémon's status condition will be healed.	—
Heatproof	Halves damage from Fire-type moves and from the Burned status condition.	—
Heavy Metal	Doubles the Pokémon's weight.	—
Honey Gather	If the Pokémon isn't holding an item, it will sometimes be left holding Honey after a battle (even if it didn't participate). Its chance of finding Honey increases with its level.	—
Huge Power	Doubles Attack.	—
Hustle	Raises Attack by 50%, but lowers the accuracy of the Pokémon's physical moves by 20%.	Makes it easier to encounter high-level wild Pokémon
Hydration	Cures status conditions at the end of each turn during the rain or heavy rain weather conditions.	—
Hyper Cutter	Prevents Attack from being lowered.	—
Ice Body	Restores HP by 1/16 of the Pokémon's maximum HP at the end of every turn in the hail weather condition rather than taking damage.	—
Illuminate	No effect.	Makes it easier to encounter wild Pokémon
Illusion	Appears in battle disguised as the last Pokémon in the party.	—
Immunity	Protects against the Poisoned status condition.	—
Imposter	Transforms itself into the Pokémon it is facing as it enters battle.	—
Infiltrator	Moves can hit ignoring the effects of Aurora Veil, Light Screen, Mist, Reflect, Safeguard, or Substitute.	—
Innards Out	Upon fainting, the Pokémon does damage to the attacker equal to its last remaining HP.	—
Inner Focus	The Pokémon doesn't flinch as an additional effect of a move.	—
Insomnia	Protects against the Asleep status condition.	—
Intimidate	When this Pokémon enters battle, it lowers the opposing Pokémon's Attack by 1.	Lowers encounter rate with low-level wild Pokémon
Iron Barbs	Reduces the HP of an opponent that hits the Pokémon with a direct attack by 1/8 of its maximum HP.	—
Iron Fist	Increases the power of Bullet Punch, Comet Punch, Dizzy Punch, Drain Punch, Dynamic Punch, Fire Punch, Focus Punch, Hammer Arm, Ice Punch, Mach Punch, Mega Punch, Meteor Mash, Power-Up Punch, Shadow Punch, Sky Uppercut, and Thunder Punch by 20%.	—
Justified	When the Pokémon is hit by a Dark-type move, Attack goes up by 1.	—
Keen Eye	Prevents accuracy from being lowered. Ignores evasiveness-raising moves.	Lowers encounter rate with low-level wild Pokémon
Klutz	The Pokémon can't use held items.	—

Ability	Effect in battle	Effect when the Pokémon is the lead in your party
Leaf Guard	Protects the Pokémon from status conditions when in the harsh or extremely harsh sunlight weather conditions.	—
Levitate	Gives full immunity from all Ground-type moves.	—
Light Metal	Halves the Pokémon's weight.	—
Lightning Rod	Draws all Electric-type moves to the Pokémon. When the Pokémon is hit by an Electric-type move, its Sp. Atk goes up by 1 and the move will have no effect on that Pokémon.	—
Limber	Protects against the Paralysis status condition.	—
Liquid Ooze	When an opposing Pokémon uses an HP-draining move, it damages the user instead.	—
Magic Bounce	Reflects status moves that lower stats or inflict status conditions.	—
Magic Guard	The Pokémon will not take damage from anything other than direct damage. Nullifies the Aftermath, Bad Dreams, Innards Out, Iron Barbs, Liquid Ooze, and Rough Skin Abilities, the hail and sandstorm weather conditions, and the Burned, Poisoned, and Badly Poisoned status conditions. The effects of Bind, Clamp, Curse, Fire Pledge, Fire Spin, Flame Burst, Infestation, Leech Seed, Magma Storm, Nightmare, Sand Tomb, Spikes, Stealth Rock, Whirlpool, and Wrap are negated, as are the item effects from Black Sludge, Life Orb, Rocky Helmet, and Sticky Barb. The Pokémon also receives no recoil or move-failure damage from attacks. Receives no damage from attacking a Pokémon that has used the Spiky Shield move or damage from using a Fire-type move after the Powder move has been used.	—
Magician	The Pokémon seizes the item of an opponent it hits with a move. Fails if the Pokémon is already holding an item.	—
Magma Armor	Prevents the Frozen status condition.	Facilitates hatching Pokémon Eggs in your party
Magnet Pull	Prevents Steel-type opponents from fleeing or switching out.	Raises encounter rate with wild Steel-type Pokémon
Marvel Scale	Defense stat increases by 50% when the Pokémon is affected by a status condition.	—
Mega Launcher	Raises the power of Aura Sphere, Dark Pulse, Dragon Pulse, Origin Pulse, and Water Pulse by 50%. Heal Pulse will restore 75% of the target's maximum HP.	—
Merciless	The Pokémon delivers critical hits as long as the target has the Poisoned status condition.	—
Minus	Raises Sp. Atk by 50% when another ally has the Ability Plus or Minus.	—
Misty Surge	Turns the field into Misty Terrain for five turns when the Pokémon enters battle.	—
Mold Breaker	Allows the Pokémon to use moves on targets regardless of their Abilities. Does not nullify Abilities that have effects after an attack. For example, the Pokémon can score a critical hit against a target with Battle Armor, but it will still take damage from Rough Skin.	—
Moody	Raises one stat by 2 and lowers another by 1 at the end of every turn.	—
Motor Drive	When the Pokémon is hit by an Electric-type move, its Speed goes up by 1 and damage and effects of the move are nullified.	—
Moxie	When the Pokémon knocks out another Pokémon with a move, its Attack goes up 1.	—
Multiscale	Halves damage when HP is full.	—
Multitype	Type changes according to the plate or Z-Crystal Arceus is holding.	—
Mummy	Changes the Ability of the opponent that hits the Pokémon with a direct attack to Mummy.	—
Natural Cure	Cures the Pokémon's status conditions when it switches out.	—
Neuroforce	Increases the power of supereffective moves by 25%.	—
No Guard	Moves used by or against the Pokémon always strike their targets.	Makes it easier to encounter wild Pokémon
Normalize	Changes all of the Pokémon's moves to Normal type and increases their power by 20%.	—
Oblivious	Protects against infatuation. Immune to Captivate and Taunt.	—
Overcoat	Protects the Pokémon from weather damage, such as hail and sandstorm. Protects it from Cotton Spore, Poison Powder, Powder, Rage Powder, Sleep Powder, Spore, and Stun Spore. Immune to the Effect Spore Ability.	—
Overgrow	Raises the power of Grass-type moves by 50% when the Pokémon's HP drops to 1/3 or less.	—
Own Tempo	Protects against confusion.	—
Parental Bond	Causes attacks to strike twice, with the second hit dealing only one fourth the normal damage. Does not affect moves that naturally strike multiple times or moves that strike multiple targets.	—
Pickpocket	Steals an item when hit with a direct attack. It fails if the Pokémon is already holding an item.	—
Pickup	At the end of every turn, the Pokémon picks up the item that the opposing Pokémon used that turn. Fails if the Pokémon is already holding an item.	If the Pokémon has no held item, it sometimes picks one up after battle (even if it didn't participate). It picks up different items depending on its level.
Pixilate	Changes the Pokémon's Normal-type moves to Fairy type and increases their power by 20%.	—
Plus	Raises Sp. Atk by 50% when another ally has the Ability Plus or Minus.	—
Poison Heal	Restores 1/8 of the Pokémon's maximum HP at the end of every turn if the Pokémon has the Poisoned or Badly Poisoned status condition rather than taking damage.	—
Poison Point	Provides a 30% chance of inflicting the Poisoned status condition when the Pokémon is hit by a direct attack.	—
Poison Touch	Provides a 30% chance of inflicting the Poisoned status condition when the Pokémon uses a direct attack.	—
Power Construct	The Pokémon changes its form to Complete Forme when the Pokémon's HP drops to half or less.	—
Power of Alchemy	Copies the Ability of a defeated ally.	—
Prankster	Gives priority to status moves. Fails if the target is a Dark type.	—
Pressure	When the Pokémon is hit by an opponent's move, it depletes 1 additional PP from that move.	Makes it easier to encounter high-level wild Pokémon
Primordial Sea	Makes the weather heavy rain when the Pokémon enters battle. This weather raises the power of Water-type moves by 50% and reduces that of Fire-type moves to zero.	—
Prism Armor	Decreases the damage received from supereffective moves by 25%.	—
Protean	Changes the Pokémon's type to the same type as the move it is about to use.	—

Ability	Effect in battle	Effect when the Pokémon is the lead in your party
Psychic Surge	Turns the field into Psychic Terrain for five turns when the Pokémon enters battle.	—
Pure Power	Doubles its Attack stat.	—
Queenly Majesty	Prevents the opposing Pokémon from using priority attacking moves.	—
Quick Feet	Increases Speed by 50% when the Pokémon is affected by status conditions.	Lowers wild Pokémon encounter rate
Rain Dish	Restores HP by 1/16 of the Pokémon's maximum HP at the end of every turn in the rain or heavy rain weather conditions.	—
Rattled	When the Pokémon is hit by a Ghost-, Dark-, or Bug-type move, Speed goes up by 1.	—
Receiver	Copies the Ability of a defeated ally.	—
Reckless	Raises the power of moves by 20% with recoil damage.	—
Refrigerate	Changes the Pokémon's Normal-type moves to Ice type and increases their power by 20%.	—
Regenerator	Restores 1/3 its maximum HP when withdrawn from battle.	—
Rivalry	If the target is the same gender, the Pokémon's Attack goes up by 25%. If the target is of the opposite gender, its Attack goes down by 25%. No effect when the gender is unknown.	—
RKS System	Type changes according to the memory disc the Pokémon is holding.	—
Rock Head	No recoil damage from moves like Take Down and Double-Edge.	—
Rough Skin	Knocks off 1/8 of the opposing Pokémon's maximum HP when the Pokémon makes a direct attack.	—
Run Away	Allows the Pokémon to always escape from a battle with a wild Pokémon.	—
Sand Force	Raises the power of Ground-, Rock-, and Steel-type moves by 30% in the sandstorm weather condition. Sandstorm does not damage the Pokémon.	—
Sand Rush	Doubles Speed in the sandstorm weather condition. Sandstorm does not damage the Pokémon.	—
Sand Stream	Makes the weather sandstorm for five turns when the Pokémon enters battle. Rock-type Pokémon's Sp. Def increases by 50% and Pokémon other than Rock, Steel, and Ground types take damage of 1/16 of the Pokémon's maximum HP during the weather sandstorm. Does nothing when the weather is extremely harsh sunlight, heavy rain, or strong winds.	—
Sand Veil	The accuracy of the opposing Pokémon's move decreases by 20% in the sandstorm weather condition. Sandstorm does not damage the Pokémon with this Ability.	Lowers encounter rate with wild Pokémon in the sandstorm weather condition
Sap Sipper	When the Pokémon is hit by a Grass-type move, its Attack goes up by 1, and the move will have no effect on that Pokémon.	—
Schooling	If the Pokémon's level is 20 or above, it takes another form. It changes back to its previous form when its HP drops to 1/4 or less.	—
Scrappy	Allows the Pokémon to hit Ghost-type Pokémon with Normal- and Fighting-type moves. (The type matchup changes from "It doesn't affect..." to normal.)	—
Serene Grace	Doubles chances of moves inflicting additional effects.	—
Shadow Shield	Halves damage when HP is full.	—
Shadow Tag	Prevents the opposing Pokémon from fleeing or switching out. If both your and the opposing Pokémon have this Ability, the effect is canceled. Does not affect Ghost types.	—
Shed Skin	At the end of every turn, provides a 33% chance of curing the Pokémon's status conditions.	—
Sheer Force	When moves with an additional effect are used, power increases by 30%, but the additional effect is lost.	—
Shell Armor	Opposing Pokémon's moves will not hit critically.	—
Shield Dust	Protects the Pokémon from additional effects of moves.	—
Shields Down	The Pokémon changes its form from a defensive one to an offensive one when its HP drops to half or less.	—
Simple	Doubles the effects of stat changes.	—
Skill Link	Moves that strike successively strike the maximum number of times (2-5 times means it always strikes 5 times).	—
Slow Start	Halves Attack and Speed for 5 turns after the Pokémon enters battle.	—
Slush Rush	Doubles Speed in the hail weather condition. Hail does not damage the Pokémon.	—
Sniper	Moves that deliver a critical hit deal 125% more damage.	—
Snow Cloak	The accuracy of the opposing Pokémon's move decreases by 20% in the hail weather condition. Hail does not damage Pokémon with this Ability.	Lowers encounter rate with wild Pokémon in the hail weather condition
Snow Warning	Makes the weather hail for five turns when the Pokémon enters battle. Pokémon other than Ice types take damage of 1/16 of the Pokémon's maximum HP during the weather hail. Does nothing when the weather is extremely harsh sunlight, heavy rain, or strong winds.	—
Solar Power	Raises Sp. Atk by 50%, but takes damage of 1/8 of the Pokémon's maximum HP at the end of every turn in the harsh or extremely harsh sunlight weather conditions.	—
Solid Rock	Decreases the damage received from supereffective moves by 25%.	—
Soul-Heart	Raises Sp. Atk by 1 every time another Pokémon faints.	—
Soundproof	Protects the Pokémon from sound-based moves: Boomburst, Bug Buzz, Chatter, Clanging Scales, Confide, Disarming Voice, Echoed Voice, Grass Whistle, Growl, Heal Bell, Hyper Voice, Metal Sound, Noble Roar, Parting Shot, Perish Song, Roar, Round, Screech, Sing, Snarl, Snore, Sparkling Aria, Supersonic, and Uproar.	—
Speed Boost	Raises Speed by 1 at the end of every turn.	—
Stakeout	The Pokémon deals double the damage to the new target if the original target is replaced by another of its party.	—
Stall	The Pokémon's moves are used last in the turn.	—
Stamina	Raises Defense by 1 every time the Pokémon takes move damage.	—
Stance Change	Changes from Shield Forme to Blade Forme when an attack move is used. Changes from Blade Forme to Shield Forme when King's Shield is used.	—
Static	A 30% chance of inflicting the Paralysis status condition when hit with a direct attack.	Raises encounter rate with wild Electric-type Pokémon
Steadfast	Raises Speed by 1 every time the Pokémon flinches.	—

Ability	Effect in battle	Effect when the Pokémon is the lead in your party
Steelworker	Increases the power of Steel-type moves by 50%.	—
Stench	Has a 10% chance of making the target flinch when the Pokémon uses a move to deal damage.	Lowers wild Pokémon encounter rate
Sticky Hold	Prevents the Pokémon's held item from being stolen.	Makes Pokémon bite more often when fishing
Storm Drain	Draws all Water-type moves to the Pokémon. When the Pokémon is hit by a Water-type move, its Sp. Atk goes up by 1 and the move will have no effect on that Pokémon.	—
Strong Jaw	Raises the power of Bite, Crunch, Fire Fang, Hyper Fang, Ice Fang, Poison Fang, and Thunder Fang by 50%.	—
Sturdy	Protects the Pokémon against one-hit KO moves like Horn Drill and Sheer Cold. Leaves the Pokémon with 1 HP if hit by a move that would knock it out when its HP is full.	—
Suction Cups	Nullifies moves like Dragon Tail, Roar, and Whirlwind, and items like a Red Card, which would force Pokémon to switch out.	Makes Pokémon bite more often when fishing
Super Luck	Heightens the critical-hit ratio of the Pokémon's moves.	—
Surge Surfer	Doubles Speed when the field is affected by Electric Terrain.	—
Swarm	Raises the power of Bug-type moves by 50% when the Pokémon's HP drops to 1/3 or less.	—
Sweet Veil	Protects the team against the Asleep status condition.	—
Swift Swim	Doubles Speed in the rain or heavy rain weather conditions.	—
Symbiosis	When an ally uses its item, the Pokémon gives its own item to that ally.	—
Synchronize	When the Pokémon receives the Poisoned, Paralysis, or Burned status condition, this inflicts the same condition.	Raises encounter rate with wild Pokémon with the same Nature
Tangled Feet	Raises evasion when the Pokémon is confused.	—
Tangling Hair	Lowers by 1 the Speed of an attacker that makes direct contact.	—
Technician	If the move's power is 60 or less, its power will increase by 50%. Also takes effect if a move's power is altered by itself or by another move.	—
Telepathy	Prevents damage from allies.	—
Teravolt	Use moves on targets regardless of their Abilities. Does not nullify Abilities that have effects after an attack. For example, the Pokémon can score a critical hit against the target with Battle Armor, but it will still take damage from Rough Skin.	—
Thick Fat	Halves damage from Fire- and Ice-type moves.	—
Tinted Lens	Nullifies the type disadvantage of the Pokémon's not-very-effective moves: half damage turns into regular damage, 1/4 damage turns into half damage.	—
Torrent	Raises the power of Water-type moves by 50% when the Pokémon's HP drops to 1/3 or less.	—
Tough Claws	Raises the power of direct attacks by 30%.	—
Toxic Boost	Increases the power of physical moves by 50% when it has the Poisoned or Badly Poisoned status condition.	—
Trace	Makes the Pokémon's Ability the same as the opponent's, except for certain Abilities like Trace.	—
Triage	Gives priority to healing moves.	—
Truant	Allows the Pokémon to use a move only once every other turn.	—
Turboblaze	Use moves on targets regardless of their Abilities. Does not nullify Abilities that have effects after an attack. For example, the Pokémon can score a critical hit against the target with Battle Armor, but it will still take damage from Rough Skin.	—
Unaware	Ignores the stat changes of the opposing Pokémon, except Speed.	—
Unburden	Doubles Speed if the Pokémon loses or consumes a held item. Its Speed returns to normal if the Pokémon holds another item. No effect if the Pokémon starts out with no held item.	—
Unnerve	Prevent the opposing Pokémon from eating Berries.	—
Victory Star	The accuracy of the Pokémon and its allies is 10% higher.	—
Vital Spirit	Protects against the Asleep status condition.	Makes it easier to encounter high-level wild Pokémon
Volt Absorb	When the Pokémon is hit by an Electric-type move, HP is restored by 25% of its maximum HP and the move will have no effect on that Pokémon.	—
Water Absorb	When the Pokémon is hit by a Water-type move, HP is restored by 25% of its maximum HP and the move will have no effect on that Pokémon.	—
Water Bubble	Halves damage from Fire-type moves. Prevents the Burned status condition.	—
Water Compaction	Raises Defense by 2 every time the Pokémon is hit by a Water-type move.	—
Water Veil	Prevents the Burned status condition.	—
Weak Armor	When the Pokémon is hit by a physical attack, Defense goes down by 1, but Speed goes up by 1.	—
White Smoke	Protects against other Pokémon's stat-lowering moves and Abilities.	Lowers wild Pokémon encounter rate
Wimp Out	The Pokémon switches places with a party Pokémon automatically when its HP drops to half or less during a Trainer battle. If a wild Pokémon has this Ability, it will flee battle when its HP drops to half or less.	—
Wonder Guard	Protects the Pokémon against all moves except supereffective ones.	—
Wonder Skin	Makes status moves more likely to miss.	—
Zen Mode	When over half its HP is lost, the Pokémon changes form.	—

Items obtained with the Pickup Ability

Pokémon with the Pickup Ability sometimes pick up items after a battle. The Pokémon won't be able to pick up a new item, however, if it's already holding another item. The kinds of items picked up vary, according to the level of the Pokémon with the Pickup Ability.

Item	Level of Pokémon with the Pickup Ability									
	Low Lv. →								High Lv.	
Antidote	◎	☆								
Balm Mushroom		▲	△							
Big Nugget				▲	△	△	△	△	△	△
Destiny Knot	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Elixir							△	△		
Escape Rope	◎	◎	◎	◎	◎	☆				
Ether				▲	▲	▲				
Full Heal	◎	◎	◎	◎	◎	◎	☆			
Full Restore			▲	▲	▲	△	△	△	◎	◎
Great Ball	◎	◎	◎	☆						
Heart Scale						▲	△	◎	◎	◎
Hyper Potion	△	△	△	◎	◎	◎	◎	☆		
Leftovers	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Max Elixir									▲	△

Item	Level of Pokémon with the Pickup Ability									
	Low Lv. →								High Lv.	
Max Revive								▲	◎	◎
Moon Stone		△	△	△	◎	◎	◎	◎	◎	◎
Nugget	△	△								
Pearl String			▲	△						
Potion	☆									
PP Up									▲	△
Prism Scale		△	△	△	△	△	△	△	△	△
Rare Candy			△	△	△	○	○	○	○	○
Repel	◎	◎	◎	◎	☆					
Revive		▲	▲	△	△	○	◎	◎	◎	☆
Sun Stone		△	△	△	◎	◎	◎	◎	◎	◎
Super Potion	◎	◎	☆							
Ultra Ball	△	△	△	△	◎	◎	◎	◎	☆	

very frequent ☆→◎→○→△→▲ very rare

Pokémon Natures

When you check the Summary screen of a Pokémon, you'll see that it has a Nature. Every individual Pokémon has a Nature, and its Nature can influence how its stats grow as it levels up. Most Natures will cause one stat to grow more quickly than normal, while causing another one to grow more slowly than normal. A few Natures don't have either effect, so they provide neither benefit nor drawback. When raising Pokémon, choosing the right Nature for the role you want it to play is essential.

Natures also affect what flavors a Pokémon likes and dislikes. Malasadas and certain Berries have various flavors, and each Pokémon has its favorite. Give a Pokémon a malasada in a flavor it likes, and it will become even more affectionate toward you. On the other hand, if a Pokémon uses certain Berries with flavors it doesn't like during battle, it can become confused!

The table on this page shows what Natures affect which stats, as well as what flavors Pokémon of each Nature like and dislike, so refer to this table when raising Pokémon or feeding them malasadas.

Nature	Increased stat	Decreased stat	Favorite flavor	Disliked flavor
Adamant	Attack	Sp. Atk	Spicy	Dry
Bashful	—	—	—	—
Bold	Defense	Attack	Sour	Spicy
Brave	Attack	Speed	Spicy	Sweet
Calm	Sp. Def	Attack	Bitter	Spicy
Careful	Sp. Def	Sp. Atk	Bitter	Dry
Docile	—	—	—	—
Gentle	Sp. Def	Defense	Bitter	Sour
Hardy	—	—	—	—
Hasty	Speed	Defense	Sweet	Sour
Impish	Defense	Sp. Atk	Sour	Dry
Jolly	Speed	Sp. Atk	Sweet	Dry
Lax	Defense	Sp. Def	Sour	Bitter
Lonely	Attack	Defense	Spicy	Sour
Mild	Sp. Atk	Defense	Dry	Sour
Modest	Sp. Atk	Attack	Dry	Spicy
Naive	Speed	Sp. Def	Sweet	Bitter
Naughty	Attack	Sp. Def	Spicy	Bitter
Quiet	Sp. Atk	Speed	Dry	Sweet
Quirky	—	—	—	—
Rash	Sp. Atk	Sp. Def	Dry	Bitter
Relaxed	Defense	Speed	Sour	Sweet
Sassy	Sp. Def	Speed	Bitter	Sweet
Serious	—	—	—	—
Timid	Speed	Attack	Sweet	Spicy

Pokémon Characteristics

In addition to having a Nature, each individual Pokémon also has a Characteristic. A Pokémon's Characteristic is a way to get some insight into which of the Pokémon's stats is likely to have the highest individual strength. Keep in mind that Characteristics only show what is highest among that Pokémon's individual strengths, and it has nothing to do with whether or not a strength is maximized. A Pokémon with relatively low individual strengths will still have a Characteristic based on which stat is highest among its own six stats.

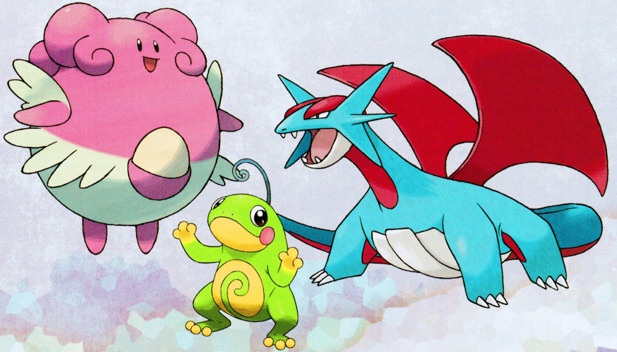
Stat that grows easily	Characteristic		
HP	Loves to eat	Nods off a lot	Likes to relax
	Takes plenty of siestas	Scatters things often	
ATTACK	Proud of its power	A little quick tempered	Quick tempered
	Likes to thrash about	Likes to fight	
DEFENSE	Sturdy body	Highly persistent	Good perseverance
	Capable of taking hits	Good endurance	
SP. ATK	Highly curious	Thoroughly cunning	Very finicky
	Mischievous	Often lost in thought	
SP. DEF	Strong willed	Strongly defiant	Somewhat stubborn
	Somewhat vain	Hates to lose	
SPEED	Likes to run	Impetuous and silly	Quick to flee
	Alert to sounds	Somewhat of a clown	

Base Points Received from Wild Pokémon

Each Pokémon you battle in the wild will yield some base points that increase your Pokémon's base stats. The table below tells you which stat is increased by the various Pokémon you can encounter in the wild in Alola.

Regional Dex no.	Pokémon name	HP	Attack	Defense	Sp. Atk	Sp. Def	Speed
010	Pikipek	—	○	—	—	—	—
011	Trumbeak	—	○	—	—	—	—
012	Toucannon	—	○	—	—	—	—
013	Yungoos	—	○	—	—	—	—
014	Gumshoos	—	○	—	—	—	—
015	Rattata	—	—	—	—	—	○
016	Raticate	—	—	—	—	—	○
017	Caterpie	○	—	—	—	—	—
018	Metapod	—	—	○	—	—	—
019	Butterfree	—	—	—	○	○	—
020	Ledyba	—	—	—	—	○	—
021	Ledian	—	—	—	—	○	—
022	Spinarak	—	○	—	—	—	—
023	Ariados	—	○	—	—	—	—
024	Buneary	—	—	—	—	—	○
025	Lopunny	—	—	—	—	—	○
026	Inkay	—	○	—	—	—	—
028	Zorua	—	—	—	○	—	—
029	Zoroark	—	—	—	○	—	—
030	Furfrou	—	—	—	—	—	○
031	Pichu	—	—	—	—	—	○
032	Pikachu	—	—	—	—	—	○
034	Grubbin	—	○	—	—	—	—
035	Charjabug	—	—	○	—	—	—
036	Vikavolt	—	—	—	○	—	—
037	Bonsly	—	—	○	—	—	—
038	Sudowoodo	—	—	○	—	—	—
039	Happiny	○	—	—	—	—	—
040	Chansey	○	—	—	—	—	—
041	Blissey	○	—	—	—	—	—
042	Munchlax	○	—	—	—	—	—
043	Snorlax	○	—	—	—	—	—
044	Slowpoke	○	—	—	—	—	—
045	Slowbro	—	—	○	—	—	—
046	Slowking	—	—	—	—	○	—
047	Wingull	—	—	—	—	—	○
048	Pelipper	—	—	○	—	—	—
049	Abra	—	—	—	○	—	—
052	Meowth	—	—	—	—	—	○
053	Persian	—	—	—	—	—	○
054	Magnemite	—	—	—	○	—	—
057	Grimer	○	—	—	—	—	—
059	Mime Jr.	—	—	—	—	○	—
060	Mr. Mime	—	—	—	—	○	—
061	Ekans	—	○	—	—	—	—
063	Dunsparce	○	—	—	—	—	—
064	Growlithe	—	○	—	—	—	—
066	Drowzee	—	—	—	—	○	—
067	Hypno	—	—	—	—	○	—
068	Makuhita	○	—	—	—	—	—
069	Hariyama	○	—	—	—	—	—
070	Smeargle	—	—	—	—	—	○
073	Gastly	—	—	—	○	—	—
074	Haunter	—	—	—	○	—	—
075	Gengar	—	—	—	○	—	—
076	Drifloon	○	—	—	—	—	—
078	Murkrow	—	—	—	—	—	○
080	Zubat	—	—	—	—	—	○
081	Golbat	—	—	—	—	—	○
082	Crobat	—	—	—	—	—	○
083	Noibat	—	—	—	—	—	○
084	Noivern	—	—	—	—	—	○
085	Diglett	—	—	—	—	—	○
086	Dugtrio	—	○	—	—	—	—
087	Spearow	—	—	—	—	—	○
088	Fearow	—	—	—	—	—	○
089	Rufflet	—	○	—	—	—	—
090	Braviary	—	○	—	—	—	—
091	Vullaby	—	—	○	—	—	—
092	Mandibuzz	—	—	—	○	—	—
093	Mankey	—	○	—	—	—	—
094	Primeape	—	○	—	—	—	—
095	Delibird	—	—	—	—	—	○
096	Hawlucha	—	○	—	—	—	—
097	Oricorio	—	—	—	○	—	—
098	Cutiefly	—	—	—	—	—	○
099	Ribombee	—	—	—	—	—	○
100	Flabébé	—	—	—	—	○	—
101	Floette	—	—	—	—	○	—
103	Petilil	—	—	—	○	—	—
105	Cottonee	—	—	—	—	—	○
107	Psyduck	—	—	—	○	—	—
108	Golduck	—	—	—	○	—	—
109	Smoochum	—	—	—	○	—	—
110	Jynx	—	—	—	○	—	—
111	Magikarp	—	—	—	—	—	○
112	Gyarados	—	○	—	—	—	—
113	Barboach	○	—	—	—	—	—
114	Whiscash	○	—	—	—	—	—
115	Seel	—	—	—	—	○	—
117	Machop	—	○	—	—	—	—
118	Machoke	—	○	—	—	—	—
120	Roggenrola	—	—	○	—	—	—
121	Boldore	—	○	○	—	—	—
123	Carbink	—	—	○	—	○	—
124	Sableye	—	○	○	—	—	—
125	Mawile	—	○	○	—	—	—
126	Rockruff	—	○	—	—	—	—
127	Lycanroc	—	○	—	—	—	—
128	Spinda	—	—	—	○	—	—
129	Tentacool	—	—	—	—	○	—
130	Tentacruel	—	—	—	—	○	—
131	Finneon	—	—	—	—	—	○
132	Lumineon	—	—	—	—	—	○
133	Wishiwashi	○	—	—	—	—	—
134	Luvdisc	—	—	—	—	—	○
135	Corsola	—	—	○	—	○	—
136	Mareanie	—	—	○	—	—	—
138	Shellder	—	—	○	—	—	—
140	Clamperl	—	—	○	—	—	—
141	Huntail	—	○	○	—	—	—
142	Gorebyss	—	—	—	○	—	—
143	Remoraid	—	—	—	○	—	—
144	Octillery	—	○	—	○	—	—
145	Mantyke	—	—	—	—	○	—
147	Bagon	—	○	—	—	—	—
148	Shelgon	—	—	○	—	—	—
149	Salamence	—	○	—	—	—	—
150	Lillipup	—	○	—	—	—	—
153	Eevee	—	—	—	—	○	—
157	Espeon	—	—	—	○	—	—
158	Umbreon	—	—	—	—	○	—
162	Mareep	—	—	—	○	—	—
165	Mudbray	—	○	—	—	—	—
166	Mudsdale	—	○	—	—	—	—
167	Igglybuff	○	—	—	—	—	—
168	Jigglypuff	○	—	—	—	—	—
170	Tauros	—	○	—	—	—	○
171	Miltank	—	—	○	—	—	—
172	Surskit	—	—	—	—	—	○
173	Masquerain	—	—	—	○	○	—
174	Dewpider	—	—	—	—	○	—

Regional Dex no.	Pokémon name	HP	Attack	Defense	Sp. Atk	Sp. Def	Speed
175	Araquanid	—	—	—	—	○	—
176	Fomantis	—	○	—	—	—	—
178	Morelull	—	—	—	—	○	—
179	Shiinotic	—	—	—	—	○	—
180	Paras	—	○	—	—	—	—
181	Parasect	—	○	○	—	—	—
182	Poliwag	—	—	—	—	—	○
183	Poliwhirl	—	—	—	—	—	○
184	Poliwrath	—	—	○	—	—	—
185	Politoed	—	—	—	—	○	—
186	Goldeen	—	○	—	—	—	—
187	Seaking	—	○	—	—	—	—
188	Basculin	—	—	—	—	—	○
189	Feebas	—	—	—	—	—	○
191	Alomomola	○	—	—	—	—	—
192	Fletchling	—	—	—	—	—	○
193	Fletchinder	—	—	—	—	—	○
195	Salandit	—	—	—	—	—	○
196	Salazzle	—	—	—	—	—	○
197	Cubone	—	—	○	—	—	—
199	Kangaskhan	○	—	—	—	—	—
200	Magby	—	—	—	—	—	○
201	Magmar	—	—	—	○	—	—
203	Larvesta	—	○	—	—	—	—
204	Volcarona	—	—	—	○	—	—
205	Stufful	—	○	—	—	—	—
206	Bewear	—	○	—	—	—	—
208	Steenee	—	—	—	—	—	○
210	Comfey	—	—	—	—	○	—
211	Pinsir	—	○	—	—	—	—
212	Hoothoot	○	—	—	—	—	—
213	Noctowl	○	—	—	—	—	—
214	Kecleon	—	—	—	—	○	—
215	Oranguru	—	—	—	—	○	—
216	Passimian	—	○	—	—	—	—
217	Goomy	—	—	—	—	○	—
218	Sliggoo	—	—	—	—	○	—
220	Castform	○	—	—	—	—	—
221	Wimpod	—	—	—	—	—	○
223	Staryu	—	—	—	—	—	○
224	Starmie	—	—	—	—	—	○
225	Sandygast	—	—	○	—	—	—
247	Larvitar	—	○	—	—	—	—
250	Phantump	—	○	—	—	—	—
252	Natu	—	—	—	○	—	—
253	Xatu	—	—	—	○	—	○
254	Nosepass	—	—	○	—	—	—
256	Pyukumuku	—	—	—	—	○	—
257	Chinchou	○	—	—	—	—	—
258	Lanturn	○	—	—	—	—	—
264	Trubbish	—	—	—	—	—	○
266	Minccino	—	—	—	—	—	○
268	Pineco	—	—	○	—	—	—
270	Skarmory	—	—	○	—	—	—
271	Ditto	○	—	—	—	—	—
272	Cleffa	—	—	—	—	○	—
273	Clefairy	○	—	—	—	—	—
275	Elgyem	—	—	—	○	—	—
277	Minior	—	—	○	—	○	—
278	Beldum	—	—	○	—	—	—
284	Pancham	—	○	—	—	—	—
285	Pangoro	—	○	—	—	—	—
286	Komala	—	○	—	—	—	—
287	Torkoal	—	—	○	—	—	—
288	Turtonator	—	—	○	—	—	—
290	Houndoom	—	—	—	○	—	—
291	Dedenne	—	—	—	—	—	○
292	Togedemaru	—	○	—	—	—	—
294	Manectric	—	—	—	—	—	○
295	Elekid	—	—	—	—	—	○
296	Electabuzz	—	—	—	—	—	○
299	Graveler	—	—	○	—	—	—
302	Krokorok	—	○	—	—	—	—
304	Trapinch	—	○	—	—	—	—
308	Gabite	—	○	—	—	—	—
310	Baltoy	—	—	—	—	○	—
312	Golett	—	○	—	—	—	—
314	Klefki	—	—	○	—	—	—
315	Mimikyu	—	—	—	—	○	—
316	Shuppet	—	○	—	—	—	—
318	Frillish	—	—	—	—	○	—
320	Bruxish	—	○	—	—	—	—
321	Drampa	—	—	—	○	—	—
322	Absol	—	○	—	—	—	—
323	Snorunt	○	—	—	—	—	—
324	Glalie	○	—	—	—	—	—
326	Sneasel	—	—	—	—	—	○
328	Sandshrew	—	—	○	—	—	—
330	Vulpix	—	—	—	—	—	○
332	Vanillite	—	—	—	○	—	—
333	Vanillish	—	—	—	○	—	—
334	Vanilluxe	—	—	—	○	—	—
335	Scraggy	—	○	—	—	—	—
337	Pawniard	—	○	—	—	—	—
338	Bisharp	—	○	—	—	—	—
340	Granbull	—	○	—	—	—	—
342	Gastrodon	○	—	—	—	—	—
343	Relicanth	○	—	○	—	—	—
344	Dhelmise	—	○	—	—	—	—
345	Carvanha	—	○	—	—	—	—
346	Sharpedo	—	○	—	—	—	—
348	Dragalge	—	—	—	—	○	—
350	Clawitzer	—	—	—	○	—	—
351	Wailmer	○	—	—	—	—	—
352	Wailord	○	—	—	—	—	—
353	Lapras	○	—	—	—	—	—
354	Tropius	○	—	—	—	—	—
355	Exeggcute	—	—	○	—	—	—
356	Exeggutor	—	—	—	○	—	—
357	Corphish	—	○	—	—	—	—
358	Crawdaunt	—	○	—	—	—	—
359	Mienfoo	—	○	—	—	—	—
361	Jangmo-o	—	—	○	—	—	—
362	Hakamo-o	—	—	○	—	—	—
363	Kommo-o	—	—	○	—	—	—
364	Emolga	—	—	—	—	—	○
365	Scyther	—	○	—	—	—	—
367	Heracross	—	○	—	—	—	—
368	Aipom	—	—	—	—	—	○
369	Ambipom	—	—	—	—	—	○
371	Pyroar	—	—	—	○	—	—
372	Misdreavus	—	—	—	—	○	—
374	Druddigon	—	○	—	—	—	—
375	Lickitung	○	—	—	—	—	—
377	Riolu	—	○	—	—	—	—
378	Lucario	—	○	—	○	—	—
379	Dratini	—	○	—	—	—	—
380	Dragonair	—	○	—	—	—	—
381	Dragonite	—	○	—	—	—	—



Items

The following lists provide details about the items you can collect and use during your Alolan adventure, including items you can use in battle, items you can give your Pokémon to hold, and Berries they can consume. When two prices are listed, the first one is the discounted price customers end up paying at the Thrifty Megamart on Royal Avenue after the coupon is applied. The second price is the one charged at other locations and at the Thrifty Megamart before the discount. Mega Stones, which help your Pokémon undergo Mega Evolution during battle, are covered on page 525. Z-Crystals, which you can collect to power up your Pokémon's moves into Z-Moves, can be found in the list on page 524. And all TMs (special reusable items that can be used outside of battle to teach Pokémon moves) can be found back in the list on page 506.

Item	Description	How to obtain	Price
Ability Capsule	Allows a Pokémon with two Abilities (excluding Hidden Abilities) to switch between these Abilities.	Get it for 100 BP at the Battle Royal Dome	100 BP
Absorb Bulb	Raises the holder's Sp. Atk by 1 when it is hit by a Water-type move. It goes away after use.	Sometimes held by wild Cottonee ☀ / Petilil 🌙	
Adamant Orb	When held by Dialga, it boosts the power of Dragon-and Steel-type moves by 20%.	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Adrenaline Orb	Using it makes wild Pokémon more likely to call for help. If held by a Pokémon, it boosts Speed when intimidated.	Buy at any Poké Mart (after completing three trials)	₽300
Aguav Berry	Restores some HP when in a pinch, but confuses Pokémon that don't like bitter flavors.	Berry tree on Route 4 / Sometimes found on the ground after being ambushed by Scyther in Poni Plains	
Air Balloon	The holder floats and Ground-type moves will no longer hit the holder. The balloon pops when the holder is hit by an attack.	Get for 32 BP at the Battle Tree / Receive from a girl in Malie Garden during the day (after completing three grand trials)	32 BP
Amulet Coin	Doubles the prize money from a battle if the Pokémon holding it joins in.	Find it in the field in Paniola Ranch	
Antidote	Cures the Poisoned status condition.	Buy at the Thrifty Megamart on Royal Avenue or at any Poké Mart	₽100/₽200
Apicot Berry	Raises the holder's Sp. Def when in a pinch.	Berry tree on Ula'ula Beach	
Armor Fossil	A Pokémon Fossil. When restored, it becomes Shieldon.	Buy at Olivia's shop in Konikoni City 🌙 / Isle Aphun in Poké Pelago	₽7,000
Aspear Berry	Allows a Pokémon to recover from being Frozen during battle.	Berry trees on Ula'ula Beach and Route 16 / Sometimes held by wild Crabrawler	
Assault Vest	Raises Sp. Def when held by 50%, but prevents the use of status moves.	Get for 48 BP at the Battle Tree	48 BP
Awakening	Cures the Asleep status condition.	Buy at the Thrifty Megamart on Royal Avenue or at any Poké Mart	₽50/₽100
Babiri Berry	Lessens the damage from one supereffective Steel-type attack when held.	Central Berry tree in the Poni Wilds	
Balm Mushroom	A fragrant mushroom. It can be sold at shops for a high price.	Pickup Ability	
Berry Juice	Restores the HP of one Pokémon by 20 points.	Buy at any Surf Spot with a BP shop / Lottery shops in Festival Plaza	1 BP
Big Malasada	The Alola region's local specialty—fried bread. It can be used once to heal all the status conditions and confusion of a Pokémon.	Buy at malasada shops around Alola	₽350
Big Mushroom	A big mushroom. It can be sold at shops for a high price.	Find it in the field in Hau'oli Cemetery, Route 2's Berry Fields, Heahea City / Sometimes held by wild Paras, Parasect, Morelull, and Shiinotic / Battle Buffet prize	
Big Nugget	A big nugget of pure gold. It can be sold at shops for a high price.	Defeat five Trainers at a bridge in Malie Garden (after defeating Team Skull Boss) / Lottery shops in Festival Plaza / Isle Aphun in Poké Pelago / Pickup Ability / Rarely found on the ground after battling Wimpod in the wild	
Big Pearl	A big pearl. It can be sold at shops for a high price.	Premium service at goody shops in Festival Plaza / Sometimes held by wild Shellder and Clamperl / Fish up at certain fishing spots / Often found on the ground after battling Wimpod in the wild	
Big Root	When the holder uses an HP-draining move, it increases the amount of HP recovered by 30%.	Find it in the field in Lush Jungle / Rarely found on the ground after being ambushed by Diglett or Dugtrio in dust clouds	
Binding Band	When held, the damage done to a target by moves like Bind or Wrap will be 1/6 of the target's maximum HP every turn.	Get for 48 BP at the Battle Royal Dome	48 BP
Black Belt	When held by a Pokémon, it boosts the power of Fighting-type moves by 20%.	Sometimes held by wild Makuhita	
Black Glasses	When held by a Pokémon, it boosts the power of Dark-type moves by 20%.	Find in the field on Hano Beach / Often held by wild Krokorok	
Black Sludge	If the holder is a Poison-type Pokémon, it restores 1/16 of its maximum HP every turn. If the holder is any other type, it loses 1/8 of its maximum HP every turn.	Sometimes held by wild Grimer	
Blue Orb	A shiny blue orb that is said to have a deep connection with a Hoenn legend. When held, it allows Kyogre to undergo Primal Reversion and become Primal Kyogre in battle.	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Blue Shard	Can be exchanged for Bottle Caps in Festival Plaza.	Isle Aphun in Poké Pelago	
Bluk Berry	A Berry that is dry when eaten.	Receive at the Thrifty Megamart on Royal Avenue	
Bottle Cap	A beautiful bottle cap that gives off a silver gleam. Some people are happy to receive one.	Lottery shops and haunted houses in Festival Plaza / Battle Tree reward / Fish up at normal and rare fishing spots on Poni Island	
Bright Powder	Lowers the opponent's accuracy.	Get for 48 BP at the Battle Royal Dome	48 BP
Bug Memory	When held by Silvally, its type changes to Bug type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Burn Drive	When held by Genesect, it changes Genesect's Techno Blast move so it becomes Fire type.	Receive from Colress on Route 8 (after becoming Champion)	
Burn Heal	Cures the Burned status condition.	Buy at the Thrifty Megamart on Royal Avenue or at any Poké Mart	₽150 / ₽300
Calcium	Raises the base Sp. Atk stat of a Pokémon.	Buy at the Poké Mart on Mount Hokulani or at any Surf Spot with a BP shop / Haunted houses and goody shops in Festival Plaza	₽10,000 / 2 BP
Carbos	Raises the base Speed stat of a Pokémon.	Buy at the Poké Mart on Mount Hokulani or at any Surf Spot with a BP shop / Haunted houses and goody shops in Festival Plaza	₽10,000 / 2 BP
Casteliacone	Heals all the status conditions and confusion of a single Pokémon.	Buy a drink at the Pokémon Center Café on a Wednesday / Goody shops in Festival Plaza	
Cell Battery	Increases Attack by 1 when the holder is hit with Electric-type moves. It goes away after use.	Sometimes held by wild Charjabug and Graveler / Find in the field in Aether Paradise during the Team RR events	

Item	Description	How to obtain	Price
Charcoal	When held by a Pokémon, it boosts the power of Fire-type moves by 20%.	Receive from a Bellhop in Heahea City / Sometimes held by wild Torkoal and Turtonator	
Charti Berry	Lessens the damage from one supereffective Rock-type attack when held.	Northwest Berry tree in the Poni Wilds / Sometimes found on the ground after being ambushed by Swellow in the Ultra Space Wilds	
Cheri Berry	Allows a Pokémon to cure its own Paralysis during battle.	Berry tree on Routes 3, 5, and 8, and on Ula'ula Beach	
Chesto Berry	Allows a Pokémon to wake itself from being Asleep during battle.	Berry tree on Routes 2, 3, and 8, and on Ula'ula Beach / Often found on the ground after being ambushed by Pineco on Route 10	
Chilan Berry	Lessens the damage from one Normal-type attack when held.	Northwest Berry tree in the Poni Wilds	
Chill Drive	When held by Genesect, it changes Genesect's Techno Blast move so it becomes Ice type.	Receive from Colress on Route 8 (after becoming Champion)	
Choice Band	The holder can use only one of its moves, but the power of physical moves increases by 50%.	Get for 48 BP at the Battle Tree	48 BP
Choice Scarf	The holder can use only one of its moves, but Speed increases by 50%.	Get for 48 BP at the Battle Tree	48 BP
Choice Specs	The holder can use only one of its moves, but the power of special moves increases by 50%.	Receive from a Veteran in Tapu Village / Get for 48 BP at the Battle Tree	48 BP
Chople Berry	Lessens the damage from one supereffective Fighting-type attack when held.	Northwest Berry tree in the Poni Wilds	
Claw Fossil	A Pokémon Fossil. When restored, it becomes Anorith.	Buy at Olivia's shop in Konikoni City ☀ / Isle Aphun in Poké Pelago	₽7,000
Cleanse Tag	Helps keep wild Pokémon away if the holder is the first one in the party.	Find in the field on Memorial Hill	
Clever Wing	Slightly increases the base Sp. Def stat of a single Pokémon. It can be used until the base stat reaches its maximum value.	Sometimes found on the ground after being ambushed by Skarmory on Route 10 or Sigilyph in the Ultra Space Wilds	
Coba Berry	Lessens the damage from one supereffective Flying-type attack when held.	Northeast Berry tree in the Poni Wilds / Sometimes found on the ground after being ambushed by Medicham in the Ultra Space Wilds	
Colbur Berry	Lessens the damage from one supereffective Dark-type attack when held.	Northwest Berry tree in the Poni Wilds	
Comet Shard	A shard that fell to the ground when a comet approached. It can be sold at shops for a high price.	Isle Aphun in Poké Pelago / Find after smashing rocks with Tauros Charge / Fish up at normal and rare fishing spots on Melemele Island	
Cover Fossil	A Pokémon Fossil. When restored, it becomes Tirtouga.	Buy at Olivia's shop in Konikoni City ☀ / Isle Aphun in Poké Pelago	₽7,000
Damp Rock	Extends the duration of the rainy weather by three turns when held.	Receive from a woman after taking a quiz at the community center in Malie City / Get for 48 BP at the Battle Royal Dome	48 BP
Dark Memory	When held by Silvally, its type changes to Dark type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Dawn Stone	It can evolve male Kirlia and female Snorunt.	Receive from a Youngster on Royal Avenue / Isle Aphun in Poké Pelago	
Deep Sea Scale	When held by Clamperl, it doubles Sp. Def. Trade Clamperl while it holds the Deep Sea Scale to evolve it into Gorebyss.	Get it for 32 BP at the Battle Tree / Visit Lana's house and defeat her (after becoming Champion) / Sometimes held by wild Chinchou, Lanturn, Gorebyss, Relicanth, and Basculin (Blue-Striped Form) ☾	32 BP
Deep Sea Tooth	When held by Clamperl, it doubles Sp. Atk. Trade Clamperl while it holds the Deep Sea Tooth to evolve it into Huntail.	Get it for 32 BP at the Battle Tree / Visit Lana's house and defeat her (after becoming Champion) / Sometimes held by wild Carvanha, Sharpedo, Huntail, and Basculin (Red-Striped Form) ☀	32 BP
Destiny Knot	When a Pokémon holding it is inflicted with infatuation, the Pokémon shares the condition with its attacker.	Get for 48 BP at the Battle Royal Dome / Help a male Swimmer ☀ or female Swimmer ☾ and receive it on Route 14 / Pickup Ability	48 BP
Dire Hit	Significantly raises the critical-hit ratio of the Pokémon on which it is used. It can be used only once and wears off if the Pokémon is withdrawn.	Buy at Poké Marts (Route 2, Hau'oli City, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽1,000
DNA Splicers	A pair of splicers that fuse Kyurem and Zekrom or Reshiram. It can also be used to separate the two again.	Receive from an Aether Employee in Aether Paradise (after becoming Champion)	
Dome Fossil	A Pokémon Fossil. When restored, it becomes Kabuto.	Buy at Olivia's shop in Konikoni City ☾ / Isle Aphun in Poké Pelago	₽7,000
Douse Drive	When held by Genesect, it changes Genesect's Techno Blast move so it becomes Water type.	Receive from Colress on Route 8 (after becoming Champion)	
Draco Plate	When held by a Pokémon, it boosts the power of Dragon-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Dragon type.)	Find as a hidden item in Hau'oli City after clearing three grand trials	
Dragon Fang	When held by a Pokémon, it boosts the power of Dragon-type moves by 20%.	Receive from a Cook in Mallow's family restaurant / Sometimes held by wild Bagon, Shelgon, Salamence, and Druddigon	
Dragon Memory	When held by Silvally, its type changes to Dragon type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Dragon Scale	Trade Seadra while it holds the Dragon Scale to evolve it into Kingdra.	Receive from Ryuki in Kantonian Gym (after obtaining the Surge Badge) / Get it for 32 BP at the Battle Tree / Sometimes held by wild Dratini, Dragonair, and Dragonite	32 BP
Dread Plate	When held by a Pokémon, it boosts the power of Dark-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Dark type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Dubious Disc	Trade Porygon2 while it holds the Dubious Disc to evolve it into Porygon-Z.	Receive from Faba after defeating him at Aether Paradise (after becoming Champion) / Get it for 32 BP at the Battle Tree	32 BP
Dusk Stone	It can evolve Doublade, Lampent, Misdreavus, and Murkrow.	Find in the field in the Poni Wilds / Get it at the flea market in Malie City after completing your third grand trial ☾ / Isle Aphun in Poké Pelago	
Earth Plate	When held by a Pokémon, it boosts the power of Ground-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Ground type.)	Find as a hidden item in the Hau'oli Outskirts after clearing three grand trials	
Eject Button	If the holder is hit by an attack, it switches places with a party Pokémon. It goes away after use.	Get it for helping Sophocles with Team RR / Get for 32 BP at the Battle Tree	32 BP
Electirizer	Trade Electabuzz while it holds the Electirizer to evolve it into Electivire.	Get it for 32 BP at the Battle Tree / Receive from a man in Seafolk Village / Sometimes held by wild Elekid and Electabuzz	32 BP
Electric Memory	When held by Silvally, its type changes to Electric type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Electric Seed	It boosts Defense of a Pokémon on Electric Terrain by 1 during battle. It can only be used once.	Find in the field past the Plank Bridge on Mahalo Trail (after becoming Champion) / Sometimes held by wild Togedemaru	
Elixir	Restores the PP of all of a Pokémon's moves by 10 points.	Find in the field on Route 12 / Pickup Ability	
Energy Powder	Restores the HP of one Pokémon by 60 points. Very bitter (lowers a Pokémon's friendship).	Buy at the herb vendor in Konikoni City	₽500
Energy Root	Restores the HP of one Pokémon by 120 points. Very bitter (lowers a Pokémon's friendship).	Find in the field on Route 4 / Find as a hidden item in Verdant Cavern / Buy at the herb vendor in Konikoni City	₽1,200
Escape Rope	Use it to escape instantly from a cave or a dungeon.	Buy at any Poké Mart	₽1,000
Ether	Restores the PP of a Pokémon's move by 10 points.	Premium service at goody shops in Festival Plaza / Pickup Ability / Buy at any Surf Spot with a BP shop	4 BP
Everstone	Prevents the Pokémon that holds it from evolving.	Visit Ilima's house and defeat him (after becoming Champion) / Get for 16 BP at the Battle Royal Dome / Often held by wild Roggenrola and Boldore	16 BP

Item	Description	How to obtain	Price
Eviolite	Raises Defense and Sp. Def by 50% when held by a Pokémon that can still evolve.	Find it in the field in Konikoni City	
Expert Belt	Raises the power of supereffective moves by 20%.	Find in the field in Seaward Cave / Get for 48 BP at the Battle Royal Dome	48 BP
Fairy Memory	When held by Silvally, its type changes to Fairy type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Festival Ticket	A ticket that allows you to host a mission in Festival Plaza.	Receive daily from the woman in Festival Plaza (after reaching Rank 4) / Haunted houses in Festival Plaza	
Fighting Memory	When held by Silvally, its type changes to Fighting type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Figy Berry	Restores some HP when in a pinch, but confuses Pokémon that don't like spicy flavors.	Berry tree on Route 4 / Sometimes found on the ground after being ambushed by Trapinch in Haina Desert	
Fire Memory	When held by Silvally, its type changes to Fire type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Fire Stone	It can evolve Eevee, Growlithe, Pansear, and Vulpix.	Receive at the Pokémon Nursery after hatching an Eevee / Buy at Olivia's jewelry shop in Konikoni City / Isle Aphun in Poké Pelago	₽3,000
Fist Plate	When held by a Pokémon, it boosts the power of Fighting-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Fighting type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Flame Orb	Inflicts the Burned status condition on the holder during battle.	Defeat all the Trainers in Ula'ula Meadow / Get for 16 BP at the Battle Tree	16 BP
Flame Plate	When held by a Pokémon, it boosts the power of Fire-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Fire type.)	Find as a hidden item in the Trainers' School after clearing three grand trials	
Float Stone	Halves the holder's weight.	Find in the field in Wela Volcano Park / Get for 48 BP at the Battle Royal Dome / Isle Aphun in Poké Pelago	48 BP
Flying Memory	When held by Silvally, its type changes to Flying type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Focus Band	Has a 10% chance of leaving the holder with 1 HP when it receives damage that would cause it to faint.	Receive from a Police Officer in Route 9 Police Station / Sometimes held by wild Machop and Machoke	
Focus Sash	A holder with full HP is left with 1 HP when it is hit by a move that would cause it to faint. Then the item disappears.	Defeat all the Trainers in the Poni Wilds / Get for 32 BP at the Battle Tree	32 BP
Fresh Water	Restores the HP of one Pokémon by 30 points.	Buy at vending machines in Hau'oli City, Heahea City, and Malie Community Center / Goody shops in Festival Plaza	
Full Heal	Cures all status conditions and confusion.	Buy at any Poké Mart (after completing five trials) or at any Surf Spot with a BP shop / Lottery shops, haunted houses, and goody shops in Festival Plaza	₽400 / 1 BP
Full Incense	When held by a Pokémon, it makes the holder move later.	Buy at the incense vendor in Konikoni City	₽5,000
Full Restore	Restores the HP of a Pokémon and cures status conditions and confusion.	Buy at any Poké Mart (after completing seven trials)	₽3,000
Ganlon Berry	Raises the holder's Defense when in a pinch.	Berry tree on Route 17	
Genius Wing	Slightly increases the base Sp. Atk stat of a single Pokémon. It can be used until the base stat reaches its maximum value.	Sometimes found on the ground after being ambushed by Braviary ☀ / Mandibuzz 🌙 in Poni Plains or Altaria and Swanna in the Ultra Space Wilds	
Ghost Memory	When held by Silvally, its type changes to Ghost type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Gold Bottle Cap	A beautiful bottle cap that gives off a golden gleam. Some people are happy to receive one.	Treasure Hunt lottery shop in Festival Plaza / Isle Aphun in Poké Pelago / Fish up at rare fishing spots on Poni Island / Defeat a boss in the Battle Agency / Battle Buffet prize	
Gracidea	A flower to convey gratitude. Shaymin will change its Forme if Gracidea is used on it (except at night).	Receive from a clerk in the Gracidea apparel shop in the Hau'oli City shopping mall	
Grass Memory	When held by Silvally, its type changes to Grass type.	Receive from Wicke on the Ancient Poni Path (after becoming Champion)	
Grassy Seed	It boosts Defense of a Pokémon on Grassy Terrain by 1 during battle. It can only be used once.	Find in the field in Malie Garden / Sometimes held by wild Steenee	
Green Shard	Can be exchanged for Bottle Caps in Festival Plaza.	Isle Aphun in Poké Pelago	
Grepa Berry	Increases a Pokémon's friendship and lowers its base Sp. Def.	Berry tree on Route 10	
Grip Claw	Extends the duration of moves like Bind and Wrap to seven turns.	Get from Guzma while completing your Fairy trial / Sometimes held by wild Sandshrew	
Griseous Orb	When held by Giratina, it changes it into its Origin Forme, and boosts the power of Dragon- and Ghost-type moves by 20%.	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Ground Memory	When held by Silvally, its type changes to Ground type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	
Guard Spec.	Prevents stat reduction among the Trainer's party Pokémon for five turns. It can be used only once.	Buy at Poké Marts (Hau'oli City, Route 2, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽1,500
Haban Berry	Lessens the damage from one supereffective Dragon-type attack when held.	Northeast Berry tree in the Poni Wilds	
Hard Stone	When held by a Pokémon, it boosts the power of Rock-type moves by 20%.	Haunted houses in Festival Plaza / Isle Aphun in Poké Pelago / Sometimes held by wild Roggenrola, Boldore, or Crustle	
Heal Powder	Cures all status conditions and confusion. Very bitter (lowers a Pokémon's friendship).	Buy at the herb vendor in Konikoni City	₽300
Health Wing	Slightly increases the base HP of a single Pokémon. It can be used until the base stat reaches its maximum value.	Find in the field in Tide Song Hotel / Sometimes found on the ground after being ambushed by Fearow on Route 10	
Heart Scale	A pretty, heart-shaped scale that is extremely rare. Highly sought-after by certain people.	Haunted houses in Festival Plaza / Often held by wild Luvdisc / Pickup Ability / Fish up at normal and rare fishing spots on Akala Island	
Heat Rock	When held by a Pokémon, it extends the duration of the harsh sunlight weather condition by three turns.	Receive from a woman after taking a quiz at the community center in Malie City / Get for 48 BP at the Battle Royal Dome	48 BP
Helix Fossil	A Pokémon Fossil. When restored, it becomes Omanyte.	Buy at Olivia's shop in Konikoni City ☀ / Isle Aphun in Poké Pelago	₽7,000
Hondew Berry	Increases a Pokémon's friendship and lowers its base Sp. Atk.	Berry tree on Route 10	
Honey	Attracts wild Pokémon where wild Pokémon can appear.	Buy at any Poké Mart (after completing two trials) / Battle Buffet prize	₽300
HP Up	Raises the base HP of a Pokémon.	Buy at the Poké Mart on Mount Hokulani or at any Surf Spot with a BP shop / Haunted houses and goody shops in Festival Plaza / Battle Buffet prize	₽10,000 / 2 BP
Hyper Potion	Restores the HP of one Pokémon by 120 points.	Buy at any Poké Mart (after completing four trials) / Haunted houses and goody shops in Festival Plaza / Pickup Ability	₽1,500
Iapapa Berry	Restores some HP when in a pinch, but confuses Pokémon that don't like sour flavors.	Berry tree on Route 4	
Ice Heal	Cures the Frozen status condition.	Buy at the Thrifty Megamart on Royal Avenue or at any Poké Mart	₽100
Ice Memory	When held by Silvally, its type changes to Ice type.	Receive from Wicke on Ancient Poni Path (after becoming Champion)	

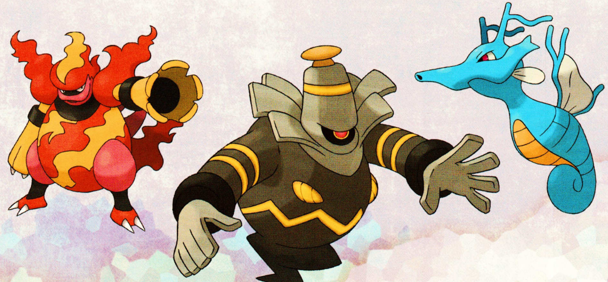
Item	Description	How to obtain	Price
Ice Stone	It can evolve Alolan Vulpix and Alolan Sandshrew.	Find in the field in Po Town / Isle Aphun in Poké Pelago	
Icicle Plate	When held by a Pokémon, it boosts the power of Ice-type moves by 20%. *(When held by Arceus, it shifts Arceus's type to Ice type.)*	*Find as a hidden item in Hau'oli City after clearing three grand trials*	
Icy Rock	When held by a Pokémon, it extends the duration of the hail weather condition by three turns.	Receive from a woman after taking a quiz at the community center in Malie City / Get for 48 BP at the Battle Royal Dome	48 BP
Insect Plate	When held by a Pokémon, it boosts the power of Bug-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Bug type.)	Find as a hidden item in Hau'oli City after clearing three grand trials	
Iron	Raises the base Defense stat of a Pokémon.	Buy at the Poké Mart on Mount Hokulani or at any Surf Spot with a BP shop / Haunted houses and goody shops in Festival Plaza	₽10,000 / 2 BP
Iron Ball	Halves the holder's Speed. If the holder has the Levitate Ability or is a Flying-type Pokémon, Ground-type moves can hit it.	Sometimes held by wild Mawile / Get for 16 BP at the Battle Tree	16 BP
Iron Plate	When held by a Pokémon, it boosts the power of Steel-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Steel type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Jaw Fossil	A Pokémon Fossil. When restored, it becomes Tyrunt.	Buy at Olivia's shop in Konikoni City ✹ / Isle Aphun in Poké Pelago	₽7,000
Kasib Berry	Lessens the damage from one supereffective Ghost-type attack when held.	Northeast Berry tree in the Poni Wilds	
Kebia Berry	Lessens the damage from one supereffective Poison-type attack when held.	Northeast Berry tree in the Poni Wilds	
Kee Berry	Increases the holder's Defense if hit with a physical move.	Berry tree on Route 10	
Kelpsy Berry	Increases a Pokémon's friendship and lowers its base Attack.	Berry tree on Route 10	
Key Stone	A stone filled with an unexplained power. It makes Pokémon that battle with a Mega Stone Mega Evolve.	Receive from Dexio (after becoming Champion)	
King's Rock	When the holder successfully inflicts damage, the target may also flinch. Trade Poliwhirl or Slowpoke while they hold a King's Rock to evolve them.	Receive from the principal in Trainers' School (after becoming Champion) / Get it for 32 BP at the Battle Tree / Sometimes held by wild Slowbro, Slowking, Hariyama, Hawlucha, Poliwhirl, Poliwrath, and Politoed	32 BP
Lagging Tail	When held by a Pokémon, it makes it move later.	Sometimes held by wild Lickitung and Slowpoke	
Lansat Berry	Raises the holder's critical-hit ratio when in a pinch.	Battle Tree reward	
Lava Cookie	Lavaridge Town's famous specialty. Cures all status conditions and confusion.	Buy a drink at the Pokémon Center Café on a Saturday / Goody shops in Festival Plaza	
Lax Incense	Boosts the holder's evasion.	Buy at the incense vendor in Konikoni City	₽5,000
Leaf Stone	It can evolve Exeggcute, Gloom, Nuzleaf, Pansage, and Weepinbell.	Buy at Olivia's jewelry shop in Konikoni City / Isle Aphun in Poké Pelago	₽3,000
Leftovers	It restores 1/16 of the holder's maximum HP every turn.	Often held by wild Munchlax or Snorlax / Pickup Ability / Get for 48 BP at the Battle Royal Dome	48 BP
Lemonade	Restores the HP of one Pokémon by 70 points.	Buy at the vending machine in Malie Community Center / Goody shops in Festival Plaza	₽350
Leppa Berry	Allows a Pokémon to restore 10 PP to a move during battle.	Berry tree on Route 2, 3, and 17, and on Ula'ula Beach	
Liechi Berry	Raises the holder's Attack when in a pinch.	Northeast Berry tree in the Poni Wilds	
Life Orb	Lowers the holder's HP each time it attacks, but raises the power of moves by 30%.	Receive from a Veteran on Mount Lanakila after defeating all strong Trainers in Alola / Get for 48 BP at the Battle Tree	48 BP
Light Ball	Doubles the power of both physical and special moves when held by Pikachu.	Find in the field in Resolution Cave / Sometimes held by wild Pikachu	
Light Clay	Extends the duration of moves like Reflect, Light Screen, and Aurora Veil by three turns.	Find in the field in Big Wave Beach's Sandy Cave / Isle Aphun in Poké Pelago / Sometimes held by wild Golett ✹ / Baltoy ☾, Mudbray, and Mudsdale	
Luck Incense	Doubles prize money from a battle if the holding Pokémon joins in.	Buy at the incense vendor in Konikoni City	₽11,000
Lucky Egg	Increases the number of Exp. Points received from battle by 50%.	Receive from Professor Kukui when your Pokédex is filled by a few dozen Pokémon (after becoming Champion)	
Lucky Punch	It is a pair of gloves that boosts Chansey's critical-hit ratio.	Receive from a Rising Star in the northeast houseboat in Seafolk Village / Often held by wild Chansey	
Lum Berry	Allows a Pokémon to recover from any status condition or confusion during battle.	Berry tree on Route 4, 5, 8, 16, and 17 / Receive from a Rising Star by battling his brother on Route 8	
Luminous Moss	Increases Sp. Def by 1 when the holder is hit with Water-type moves. It goes away after use.	Receive from a Beauty by helping her Corsola at Hau'oli City Beachfront / Sometimes held by wild Corsola	
Lumiose Galette	A popular pastry sold in Lumiose City. Cures all status conditions and confusion for one Pokémon.	Buy a drink at the Pokémon Center Café on a Monday	
Lustrous Orb	When held by Palkia, it boosts the power of Dragon- and Water-type moves by 20%.	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Magmarizer	Trade Magmar while it holds the Magmarizer to evolve it into Magmortar.	Receive from a man in Seafolk Village / Sometimes held by wild Magmar and Magby / Get it for 32 BP at the Battle Tree	32 BP
Magnet	When held by a Pokémon, it boosts the power of Electric-type moves by 20%.	Find in the field in Pikachu Valley / Sometimes held by wild Nosepass	
Mago Berry	Restores some HP when in a pinch but confuses Pokémon that don't like sweet flavors.	Berry tree on Route 4 / Receive at the Thrifty Megamart on Royal Avenue / Sometimes found on the ground after being ambushed by Aipom in Poni Plains	
Maranga Berry	Increases the holder's Sp. Def if hit with a special move.	Berry tree in Poni Plains	
Max Elixir	Completely restores the PP of all of a Pokémon's moves.	Lottery shops and haunted houses in Festival Plaza / Pickup Ability	
Max Ether	Completely restores the PP of a Pokémon's move.	Receive from Hau in Diglett's Tunnel / Lottery shops in Festival Plaza	
Max Potion	Completely restores the HP of a single Pokémon.	Buy at any Poké Mart (after completing six trials) or at any Surf Spot with a BP shop	₽2,500 / 2 BP
Max Repel	Prevents weak wild Pokémon from appearing. Lasts longer than Super Repel.	Buy at any Poké Mart (after completing five trials) / Goody shops in Festival Plaza	₽900
Max Revive	Revives a fainted Pokémon and fully restores its HP.	Buy at any Surf Spot with a BP shop / Lottery shops and premium service at goody shops in Festival Plaza / Battle Buffet prize / Pickup Ability	24 BP
Meadow Plate	When held by a Pokémon, it boosts the power of Grass-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Grass type.)	Find as a hidden item in Hau'oli City after clearing three grand trials	
Mental Herb	The holder shakes off the effects of moves such as Attract, Disable, Encore, Heal Block, Taunt, and Torment, as well as Abilities that inflict similar effects. It goes away after use.	Receive from a Preschooler in Malie City / Get for 24 BP at the Battle Tree / Sometimes held by wild Pancham, Pangoro and Lombre	24 BP
Metal Coat	When held by a Pokémon, it boosts the power of Steel-type moves by 20%. Trade Onix or Scyther while they hold a Metal Coat to evolve them.	Find in the field in Poni Gauntlet / Sometimes held by wild Magnemite, Skarmory, or Beldum	
Metal Powder	When held by Ditto, Defense doubles.	Sometimes held by wild Ditto	

Item	Description	How to obtain	Price
Metronome	When held, it raises the power of a move used consecutively by that Pokémon (up to a maximum increase of 100%).	Receive from the Veteran in the Grand Hano Resort / Get for 48 BP at the Battle Royal Dome	48 BP
Mind Plate	When held by a Pokémon, it boosts the power of Psychic-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Psychic type.)	Find as a hidden item in the Hau'oli Outskirts after clearing three grand trials	
Miracle Seed	When held by a Pokémon, it boosts the power of Grass-type moves by 20%.	Find in the field on Route 8 / Sometimes held by wild Fomantis	
Misty Seed	It boosts Sp. Def of a Pokémon on Misty Terrain by 1 during battle. It can only be used once.	Find in the field in Poni Gauntlet / Sometimes held by wild Comfey	
Moomoo Milk	Restores the HP of one Pokémon by 100 points.	Goody shops in Festival Plaza / Often held by wild Miltank / Loto-ID / Battle Tree reward	
Moon Stone	It can evolve Clefairy, Jigglypuff, Munna, Nidorina, Nidorino, and Skitty.	Find in the field on Route 13 / Get from an old man in Haina Desert for showing him Lunatone after becoming Champion ☾ / Isle Aphun in Poké Pelago / Sometimes held by wild Cleffa, Clefairy, and Jigglypuff / Pickup Ability	
Muscle Band	When held by a Pokémon, it boosts the power of physical moves by 10%.	Receive from a woman by finding her missing Stufful on Route 10 / Get for 48 BP at the Battle Royal Dome	48 BP
Muscle Wing	Slightly increases the base Attack stat of a single Pokémon. It can be used until the base stat reaches its maximum value.	Sometimes found on the ground after being ambushed by Braviary ✹ / Mandibuzz ☾ in Poni Plains or Altaria in the Ultra Space Wilds	
Mystic Water	When held by a Pokémon, it boosts the power of Water-type moves by 20%.	Receive from a Youngster in Paniola Ranch / Often held by wild Lapras	
Never-Melt Ice	When held by a Pokémon, it boosts the power of Ice-type moves by 20%.	Find in the field in Seaward Cave / Often held by wild Vanilluxe	
N-Lunarizer	Fuses Necrozma and Lunala to form Dawn Wings Necrozma. It can also be used to separate the two again.	Receive from Colress on Mount Lanakila	
Normal Gem	It boosts the power of a Normal-type move by 30% one time. It goes away after use.	Find as a hidden item on Route 15	
N-Solarizer	Fuses Necrozma and Solgaleo to form Dusk Mane Necrozma. It can also be used to separate the two again.	Receive from Colress on Mount Lanakila	
Nugget	A nugget of pure gold. It can be sold at shops for a high price.	Find in the field (Route 1, Ten Carat Hill, Malie City's Outer Cape, Vast Poni Canyon) / Lottery shops in Festival Plaza / Isle Aphun in Poké Pelago / Pickup Ability / Sometimes found on the ground after battling Wimpod in the wild	
Occa Berry	Lessens the damage from one supereffective Fire-type attack when held.	Northwest Berry tree in Poni Wilds / Berry tree in Poni Plains / Sometimes found on the ground after being ambushed by Abomasnow in the Ultra Space Wilds	
Odd Incense	When held by a Pokémon, it boosts the power of Psychic-type moves by 20%.	Buy at the incense vendor in Konikoni City	₽2,000
Old Gateau	The Old Chateau's hidden specialty. It can heal all the status conditions and confusion.	Buy a drink at the Pokémon Center Café on a Thursday / Goody shops in Festival Plaza	
Oran Berry	Allows a Pokémon to recover 10 HP during battle.	Berry tree in the Berry Fields, and on Route 2, 8, and 16 / Often held by wild Audino / Sometimes found on the ground after being ambushed by many Pokémon species, including Rattata and Yungoos	
Oval Charm	An oval charm said to increase the chance of Pokémon Eggs being found at the Nursery.	Receive from Morimoto at GAME FREAK's office in Heahea City after defeating him and the director (after becoming Champion)	
Oval Stone	Level up Happiny during the day while it holds the Oval Stone to evolve it into Chansey.	Isle Aphun in Poké Pelago / Often held by wild Happiny	
Paralyze Heal	Cures the Paralysis status condition.	Buy at the Thrifty Megamart on Royal Avenue or at any Poké Mart	₽150/₽300
Passho Berry	Lessens the damage from one supereffective Water-type attack when held.	Central Berry tree in the Poni Wilds / Berry tree in Poni Plains / Sometimes found on the ground after being ambushed by Magcargo in the Ultra Space Wilds	
Payapa Berry	Lessens the damage from one supereffective Psychic-type attack when held.	Central Berry tree in the Poni Wilds	
Pearl	A pretty pearl. It can be sold at shops for a low price.	Often held by wild Shellder and Clamperl / Fish up at normal fishing spots on all islands / Reward from Sophocles for developing Festival Plaza	
Pearl String	Very large pearls that sparkle in a pretty silver collar. It can be sold at shops for a high price.	Isle Aphun in Poké Pelago / Pickup Ability / Fish up at normal and rare fishing spots on Melemele Island	
Pecha Berry	Allows a Pokémon to cure its own Poisoned condition during battle.	Berry tree on Route 3, 4, 5, 8, 16, and 17 / Sometimes held by wild Yungoos, Gumshoos, Rattata, and Raticate	
Persim Berry	Allows a Pokémon to cure its own confusion during battle.	Berry tree in the Berry Fields, and on Route 2, 5, 8, and 16 / Sometimes held by wild Drampa / Often found on the ground after being ambushed by Grumpig in the Ultra Space Wilds or rarely after running into Kecleon in the Dividing Peak Tunnel	
Petaya Berry	Raises the holder's Sp. Atk when in a pinch.	Central Berry tree in the Poni Wilds	
Pinap Berry	A Berry that tastes sour when eaten.	Receive at the Thrifty Megamart on Royal Avenue	
Pink Nectar	It changes the form of Oricorio.	Sparkling spots near the flowering shrubs in the middle of Royal Avenue ○	
Pixie Plate	When held by a Pokémon, it boosts the power of Fairy-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Fairy type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Plume Fossil	A Pokémon Fossil. When restored, it becomes Archen.	Buy at Olivia's shop in Konikoni City ☾ / Isle Aphun in Poké Pelago	₽7,000
Poison Barb	When held by a Pokémon, it boosts the power of Poison-type moves by 20%.	Find in the field in Melemele Meadow / Sometimes held by wild Tentacool, Tentacruel, Mareanie, and Drapion	
Poison Memory	When held by Silvally, its type changes to Poison type.	Receive from Wicke on the Ancient Poni Path (after becoming Champion)	
Poké Toy	Ensures that the holder can successfully run from a wild Pokémon encounter.	Buy at any Poké Mart (after completing one trial) / Goody shops in Festival Plaza	₽100
Pomeg Berry	Increases a Pokémon's friendship and lowers its base HP.	Berry tree on Route 10	
Potion	Restores the HP of one Pokémon by 20 points.	Buy at the Thrifty Megamart on Royal Avenue or at any Poké Mart	₽100/₽200
Power Anklet	Halves the holder's Speed, but makes the Speed base stat easier to raise.	Find in the field in Poni Plains / Get for 16 BP at the Battle Royal Dome	16 BP
Power Band	Halves the holder's Speed, but makes the Sp. Def base stat easier to raise.	Find in the field in Poni Gauntlet / Get for 16 BP at the Battle Royal Dome	16 BP
Power Belt	Halves the holder's Speed, but makes the Defense base stat easier to raise.	Receive from a Black Belt in Royal Avenue (after clearing two grand trials) / Get for 16 BP at the Battle Royal Dome	16 BP
Power Bracer	Halves the holder's Speed, but makes the Attack base stat easier to raise.	Find in the field on Poni Coast / Get for 16 BP at the Battle Royal Dome	16 BP
Power Herb	The holder can immediately use a move that requires a one-turn charge. It goes away after use.	Find in the field in Poni Meadow / Sometimes held by wild Nuzleaf / Get for 24 BP at the Battle Tree	24BP
Power Lens	Halves the holder's Speed, but makes the Sp. Atk base stat easier to raise.	Find in the field in Poni Meadow / Get for 16 BP at the Battle Royal Dome	16 BP
Power Weight	Halves the holder's Speed, but makes the HP base stat easier to raise.	Find in the field in Resolution Cave / Get for 16 BP at the Battle Royal Dome	16 BP

Item	Description	How to obtain	Price
PP Max	Increases the max number of PP as high as it will go.	Find as hidden items in the field (Mount Lanakila, Vast Poni Canyon, Poni Plains) / Receive by solving puzzles at the Hokulani Observatory / Lottery shops in Festival Plaza / Loto-ID / Battle Tree reward	
PP Up	Increases the max number of PP by one level.	Buy at any Surf Spot with a BP shop / Lottery shops, haunted houses, and goody shops in Festival Plaza / Loto-ID / Battle Tree reward / Pickup Ability	48 BP
Pretty Wing	A beautiful feather. It can be sold at shops for a low price.	Often held by wild Wingull and Pelipper / Sometimes found on the ground after being ambushed by bird Pokémon on Route 3	
Prism Scale	Trade Feebas while it holds the Prism Scale to evolve it into Milotic.	Find in the field in Kala'e Bay / Pickup Ability / Fish up at normal and rare fishing spots on Ula'ula Island	
Prison Bottle	A bottle believed to have been used to seal away the power of a certain Pokémon long, long ago. This item is necessary to transform Hoopa Confined to Hoopa Unbound.	Receive from an Aether Employee in Aether Paradise (after becoming Champion)	
Protective Pads	These pads protect the holder from effects caused by making direct contact with the target.	Get for 48 BP at the Battle Tree	48 BP
Protector	Trade Rhydon while it holds the Protector to evolve it into Rhyperior.	Receive from Kiawe's father in his house in Paniola Town (after becoming Champion) / Get it for 32 BP at the Battle Tree	32 BP
Protein	Raises the base Attack stat of a Pokémon.	Buy at the Poké Mart on Mount Hokulani or at any Surf Spot with a BP shop / Haunted houses or goody shops in Festival Plaza	₽10,000 / 2 BP
Psychic Memory	When held by Silvally, its type changes to Psychic type.	Receive from Wicke on the Ancient Poni Path (after becoming Champion)	
Psychic Seed	It boosts the Sp. Def stat of a Pokémon on Psychic Terrain by 1 during battle. It can only be used once.	Receive from an old woman in Seafolk Village / Sometimes held by wild Exeggcute	
Pure Incense	Helps keep wild Pokémon away if the holder is the first one in the party.	Buy at the incense vendor in Konikoni City	₽6,000
Purple Nectar	It changes the form of Oricorio.	Sparkling spots in Poni Meadow	
Qualot Berry	Increases a Pokémon's friendship and lowers its base Defense.	Berry tree on Route 10	
Quick Claw	Allows the holder to strike first sometimes.	Receive from a woman in the Trainers' School / Sometimes held by wild Sneasel, Meowth, and Persian / Get for 48 BP at the Battle Royal Dome	48 BP
Quick Powder	When held by Ditto, Speed doubles.	Often held by wild Ditto	
Rage Candy Bar	Mahogany Town's famous snack. Heals all the status conditions and confusion of a Pokémon.	Buy a drink at the Pokémon Center Café on a Tuesday / Goody shops in Festival Plaza	
Rare Bone	A rare bone. It can be sold at shops for a high price.	Find in the field near Route 8's Fossil Restoration Center / Find as a hidden item in Malie Garden / Isle Aphun in Poké Pelago	
Rare Candy	Raises a Pokémon's level by 1.	Buy at any Surf Spot with a BP shop / Lottery shops in Festival Plaza / Loto-ID / Battle Tree reward / Pickup Ability / Increase your grade in the Battle Agency	48 BP
Rawst Berry	Allows a Pokémon to cure itself from the Burned condition during battle.	Berry tree on Route 5 and 17 / Sometimes held by wild Toucannon	
Razor Claw	Boosts the holder's critical-hit ratio.	Receive from a TM maniac in Tapu Village / Often held by wild Kommo-o	
Razor Fang	When the holder hits a target with an attack, there is a 10% chance the target will flinch.	Sometimes held by wild Bruxish	
Reaper Cloth	Trade Dusclops while it holds the Reaper Cloth to evolve it into Dusknoir.	Receive from the little girl in the Malie City Pokémon Center (after completing three grand trials) / Get it for 32 BP at the Battle Tree	32 BP
Red Card	If the holder is hit by an attack that makes direct contact, the opposing Trainer is forced to switch out the attacking Pokémon. It goes away after use.	Receive from Looker in Poni Plains (after dealing with Team RR) / Get for 32 BP at the Battle Tree	32 BP
Red Nectar	It changes the form of Oricorio.	Sparkling spots in Ula'ula Meadow	
Red Orb	A shiny red orb that is said to have a deep connection with a Hoenn legend. When held, it allows Groudon to undergo Primal Reversion and become Primal Groudon in battle.	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Red Shard	Can be exchanged for Bottle Caps in Festival Plaza.	Isle Aphun in Poké Pelago	
Repel	Prevents weak wild Pokémon from appearing for a while after its use.	Buy at the Thrifty Megamart on Royal Avenue or at any Poké Mart	₽200/₽400
Resist Wing	Slightly increases the base Defense stat of a single Pokémon. It can be used until the base stat reaches its maximum value.	Sometimes found on the ground after being ambushed by Skarmory on Route 10 or Sigilyph in the Ultra Space Wilds	
Reveal Glass	A looking glass necessary to change Tornadus, Thundurus, and Landorus from Incarnate Forme into Therian Forme.	Receive from Professor Burnet at the Dimensional Research Lab (after completing two grand trials)	
Revival Herb	Revives a fainted Pokémon. Very bitter (lowers a Pokémon's friendship).	Buy at the herb vendor in Konikoni City	₽2,800
Revive	Revives a fainted Pokémon and restores half of its HP.	Buy at any Poké Mart (after completing two trials) / Goody shops in Festival Plaza / Isle Aphun in Poké Pelago / Pickup Ability	₽2,000
Rindo Berry	Lessens the damage from one supereffective Grass-type attack when held.	Northeast Berry tree in the Poni Wilds / Berry tree in Poni Plains / Sometimes found on the ground after being ambushed by Quagsire in the Ultra Space Wilds	
Ring Target	Moves that would otherwise have no effect will hit the holder.	Get for 16 BP at the Battle Tree	16 BP
Rock Incense	When held by a Pokémon, it boosts the power of Rock-type moves by 20%.	Buy at the incense vendor in Konikoni City	₽2,000
Rock Memory	When held by Silvally, its type changes to Rock type.	Receive from Wicke on the Ancient Poni Path (after becoming Champion)	
Rocky Helmet	When the bearer is hit with an attack that makes direct contact, it damages the attacker for 1/6 of its maximum HP.	Get for 48 BP at the Battle Tree	48 BP
Root Fossil	A Pokémon Fossil. When restored, it becomes Lileep.	Buy at Olivia's shop in Konikoni City 🌙 / Isle Aphun in Poké Pelago	₽7,000
Rose Incense	When held by a Pokémon, it boosts the power of Grass-type moves by 20%.	Buy at the incense vendor in Konikoni City	₽2,000
Roseli Berry	Lessens the damage from one supereffective Fairy-type attack when held.	Central Berry tree in the Poni Wilds	
Sachet	Trade Spritzee while it holds the Sachet to evolve it into Aromatisse.	Receive from the Punk Girl at Mallow's family restaurant in Konikoni City (after becoming Champion) / Get it for 32 BP at the Battle Tree	32 BP
Sacred Ash	Revives fainted Pokémon in a party and fully restores their HP.	Haunted houses in Festival Plaza / Often held by Ho-Oh	
Safety Goggles	Protect the holder from weather-related damage, from certain moves (Cotton Spore, Poison Powder, Powder, Rage Powder, Sleep Powder, Spore, and Stun Spore), and from the Effect Spore Ability.	Receive from the Hiker in Haina Desert at night (after completing three grand trials) / Get for 48 BP at the Battle Tree	48 BP
Sail Fossil	A Pokémon Fossil. When restored, it becomes Amaura.	Buy at Olivia's shop in Konikoni City 🌙 / Isle Aphun in Poké Pelago	₽7,000
Salac Berry	Raises the holder's Speed when in a pinch.	Northwest Berry tree in the Poni Wilds	
Scope Lens	Boosts the holder's critical-hit ratio.	Receive from a man after defeating Tauros in Paniola Ranch / Get for 48 BP at the Battle Royal Dome	48 BP

Item	Description	How to obtain	Price
Sea Incense	When held by a Pokémon, it boosts the power of Water-type moves by 20%.	Buy at the incense vendor in Konikoni City	₽2,000
Shalour Sable	Shalour City's famous shortbread. Cures all the status conditions and confusion for one Pokémon.	Buy a drink at the Pokémon Center Café on a Friday / Goody shops in Festival Plaza	
Sharp Beak	When held by a Pokémon, it boosts the power of Flying-type moves by 20%.	Found in the field on Route 3 / Sometimes held by wild Spearow or Fearow	
Shed Shell	Always allows the holder to be switched out.	Sometimes held by wild Scraggy, Goomy, and Sliggoo	
Shell Bell	Restores the holder's HP by up to 1/8 of the damage dealt to the target.	Receive from a Delibird in the Hau'oli City Hall (after completing one grand trial) / Fish up at rare fishing spots on Akala Island / Get for 48 BP at the Battle Royal Dome	48 BP
Shiny Charm	A shiny charm said to increase the chance of finding a Shiny Pokémon in the wild.	Receive from the game director after completing the Alola Pokédex and showing it to him at GAME FREAK's office in Heahea City	
Shiny Stone	It can evolve Floette, Minccino, Togetic, and Roselia.	Get it at the flea market in Malie City after completing your third grand trial ✹ / Find in the field on the Ancient Poni Path / Isle Aphun in Poké Pelago	₽3,000
Shock Drive	When held by Genesect, it changes Genesect's Techno Blast move so it becomes Electric type.	Receive from Colress on Route 8 (after becoming Champion)	
Shuca Berry	Lessens the damage from one supereffective Ground-type attack when held.	Northwest Berry tree in the Poni Wilds / Berry tree in Poni Plains / Sometimes found on the ground after being ambushed by Heliolisk in the Ultra Space Wilds	
Silk Scarf	When held by a Pokémon, it boosts the power of Normal-type moves by 20%.	Receive from the woman outside the apparel shop in Hau'oli City / Sometimes held by wild Trubbish	
Silver Powder	When held by a Pokémon, it boosts the power of Bug-type moves by 20%.	Find it in the field in Route 2's Berry Fields / Often held by wild Volcarona	
Sitrus Berry	Allows a Pokémon to recover 1/4 of its maximum HP during battle if HP drops below half.	Berry tree on Route 2, 3, 8, 16, and 17 / Sometimes held by wild Trumbeak and Audino / Sometimes found on the ground after being ambushed by many Pokémon species, including Rattata and Yungoos	
Skull Fossil	A Pokémon Fossil. When restored, it becomes Cranidos.	Buy at Olivia's shop in Konikoni City ✹ / Isle Aphun in Poké Pelago	₽7,000
Sky Plate	When held by a Pokémon, it boosts the power of Flying-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Flying type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Smoke Ball	Allows the holder to successfully run away from wild Pokémon.	Find in the field in Po Town / Receive from an old woman in Seafolk Village / Sometimes held by wild Salandit	
Smooth Rock	Extends the duration of the sandstorm weather condition by three turns when held.	Receive from a woman after taking a quiz at the community center in Malie City / Get for 48 BP at the Battle Royal Dome	48 BP
Snowball	Increases Attack by 1 when the holder is hit with an Ice-type move. It goes away after use.	Sometimes held by wild Snorunt or Vulpix	
Soda Pop	Restores the HP of one Pokémon by 50 points.	Buy at vending machines in Malie City / Receive from a Trial Guide by helping him out on Route 2 / Goody shops in Festival Plaza	
Soft Sand	When held by a Pokémon, it boosts the power of Ground-type moves by 20%.	Find in the field in the Melemele Sea / Sometimes held by wild Diglett, Dugtrio, Trapinch, and Stunfisk	
Soothe Bell	The holder's friendship improves more quickly.	Receive from the Pokémon Breeder on Route 3 / Get for 48 BP at the Battle Royal Dome	48 BP
Soul Dew	When held by Latios or Latias, it boosts the power of Dragon- and Psychic-type moves by 20%.	Receive from Wicke in Aether Paradise (after dealing with Team RR)	
Spell Tag	When held by a Pokémon, it boosts the power of Ghost-type moves by 20%.	Find in the field on Memorial Hill / Sometimes held by wild Shuppet and Sandygast	
Splash Plate	When held by a Pokémon, it boosts the power of Water-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Water type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Spooky Plate	When held by a Pokémon, it boosts the power of Ghost-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Ghost type.)	Find as a hidden item in the Hau'oli Cemetery after clearing three grand trials	
Star Piece	A red gem. It can be sold at shops for a high price.	Isle Aphun in Poké Pelago / Find after smashing rocks with Tauros Charge / Sometimes held by wild Staryu, Starmie, and Minior	
Stardust	Lovely, red-colored sand. It can be sold at shops for a low price.	Isle Aphun in Poké Pelago / Find after smashing rocks with Tauros Charge / Often held by wild Staryu or Starmie	
Starf Berry	Sharply raises one random stat when in a pinch.	Win 200 times in a row at the Battle Tree	
Steel Memory	When held by Silvally, its type changes to Steel type.	Receive from Wicke on the Ancient Poni Path (after becoming Champion)	
Stick	When held by Farfetch'd, it raises the critical-hit ratio of its moves.	Receive from an Aether Employee in Aether Paradise	
Sticky Barb	Damages the holder by 1/8 of its maximum HP every turn. It latches on to the attacker that touches the holder if the attacker doesn't have an item.	Fish up at normal fishing spots on Poni Island	
Stone Plate	When held by a Pokémon, it boosts the power of Rock-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Rock type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Strange Souvenir	An ornament depicting a mysterious Pokémon that has been venerated as a guardian deity for an extremely long time in the Alola region.	Receive from a Gentleman in Malie Community Center / Buy from a Team Skull Grunt for ₽100 in Malie Community Center / Buy at Thrifty Megamart	₽1,500
Sun Stone	It can evolve Cottonee, Gloom, Helioptile, Petilil, and Sunkern.	Find in the field on Blush Mountain / Get from an old man in Haina Desert for showing him Solrock after becoming Champion ✹ / Isle Aphun in Poké Pelago / Pickup Ability	
Super Potion	Restores the HP of one Pokémon by 60 points.	Buy at any Poké Mart (after completing one trial)	₽700
Super Repel	Prevents weak wild Pokémon from appearing. Lasts longer than Repel.	Buy at any Poké Mart (after completing three trials)	₽700
Sweet Heart	Restores the HP of one Pokémon by 20 points.	Buy a drink at the Pokémon Center Café on a Sunday / Receive from your fans on Mount Lanakila (after defending your Champion title twice)	
Swift Wing	Slightly increases the base Speed stat of a single Pokémon. It can be used until the base stat reaches its maximum value.	Find in the field in the Tide Song Hotel / Sometimes found on the ground after being ambushed by Fearow on Route 10 or Swanna in the Ultra Space Wilds	
Tamato Berry	Increases a Pokémon's friendship and lowers its base Speed.	Berry tree on Route 10	
Tanga Berry	Lessens the damage from one supereffective Bug-type attack when held.	Northeast Berry tree in the Poni Wilds / Sometimes found on the ground after being ambushed by Grumpig in the Ultra Space Wilds	
Terrain Extender	An item to be held by a Pokémon. It extends the effects of terrain by three turns.	Find in the field in Resolution Cave / Get for 48 BP at the Battle Tree	48 BP
Thick Club	When held by Cubone or Marowak, the power of physical moves is doubled.	Sometimes held by wild Cubone	
Thunder Stone	It can evolve Eelektrik, Eevee, and Pikachu.	Receive from Looker on Route 9 / Receive at the Pokémon Nursery after hatching an Eevee / Buy at Olivia's jewelry shop in Konikoni City / Isle Aphun in Poké Pelago	₽3,000

Item	Description	How to obtain	Price
Tiny Mushroom	A tiny mushroom. It can be sold at shops for a low price.	Find in the field in Hau'oli City or on Route 11 / Often held by wild Paras, Parasect, Morelull, and Shiinotic	
Toxic Orb	Inflicts the Badly Poisoned status condition on the holder during battle.	Find in the field in Resolution Cave / Get for 16 BP at the Battle Tree	16 BP
Toxic Plate	When held by a Pokémon, it boosts the power of Poison-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Poison type.)	Find as a hidden item in Hau'oli City after clearing three grand trials	
Twisted Spoon	When held by a Pokémon, it boosts the power of Psychic-type moves by 20%.	Receive from the Janitor after defeating him and his son in Malie City Outer Cape / Sometimes held by wild Abra	
Up-Grade	Trade Porygon while it holds the Up-Grade to evolve it into Porygon2.	Receive from an Aether Employee in Aether House (after dealing with Team RR) / Get it for 32 BP at the Battle Tree	32 BP
Wacan Berry	Lessens the damage from one supereffective Electric-type attack when held.	Central Berry tree in the Poni Wilds / Berry tree in Poni Plains / Sometimes found on the ground after being ambushed by Floatzel in the Ultra Space Wilds	
Water Memory	When held by Silvally, its type changes to Water type.	Receive from Wicke on the Ancient Poni Path (after becoming Champion)	
Water Stone	It can evolve Eevee, Lombre, Panpour, Poliwhirl, Shellder, and Staryu.	Find in the field on Route 8 / Receive at the Pokémon Nursery after hatching an Eevee / Buy at Olivia's jewelry shop in Konikoni City / Isle Aphun in Poké Pelago	₽3,000
Wave Incense	When held by a Pokémon, it boosts the power of Water-type moves by 20%.	Buy at the incense vendor in Konikoni City	₽2,000
Weakness Policy	Increases Attack and Sp. Atk by 2 if the holder is hit with a move that it's weak to.	Get for 32 BP at the Battle Tree	32 BP
Whipped Dream	Trade Swirlix while it holds a Whipped Dream to evolve it into Slurpuff.	Receive from the Punk Girl at Mallow's family restaurant in Konikoni City (after becoming Champion) / Get it for 32 BP at the Battle Tree	32 BP
White Herb	Restores lowered stats. It goes away after use.	Find in the field on Big Wave Beach / Get for 24 BP at the Battle Tree	24 BP
Wide Lens	Raises the holder's accuracy by 10%.	Sometimes held by wild Sableye in Alola / Sometimes found on the ground after being ambushed by Yanmega in the Ultra Space Wilds	
Wiki Berry	Restores some HP when in a pinch but confuses Pokémon that don't like dry flavors.	Berry tree on Route 4	
Wise Glasses	When held by a Pokémon, it boosts the power of special moves by 10%.	Receive from a Preschooler after solving the seven mysteries in the Trainers' School (after completing one grand trial) / Get for 48 BP at the Battle Royal Dome	48 BP
X Accuracy	Raises the accuracy of a Pokémon by 2 during battle.	Buy at Poké Marts (Hau'oli City, Route 2, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽1,000
X Attack	Raises the Attack stat of a Pokémon by 2 during battle.	Buy at Poké Marts (Hau'oli City, Route 2, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽1,000
X Defense	Raises the Defense stat of a Pokémon by 2 during battle.	Buy at Poké Marts (Hau'oli City, Route 2, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽2,000
X Sp. Atk	Raises the Sp. Atk stat of a Pokémon by 2 during battle.	Buy at Poké Marts (Hau'oli City, Route 2, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽1,000
X Sp. Def	Raises the Sp. Def stat of a Pokémon by 2 during battle.	Buy at Poké Marts (Hau'oli City, Route 2, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽2,000
X Speed	Raises the Speed of a Pokémon by 2 during battle.	Buy at Poké Marts (Hau'oli City, Route 2, Route 5, Route 8, Konikoni City, Tapu Village, Mount Lanakila) / Goody shops in Festival Plaza	₽1,000
Yache Berry	Lessens the damage from one supereffective Ice-type attack when held.	Central Berry tree in the Poni Wilds / Berry tree in Poni Plains	
Yellow Nectar	It changes the form of Oricorio.	Sparkling spots in Melemele Meadow ☽	
Yellow Shard	Can be exchanged for Bottle Caps in Festival Plaza.	Isle Aphun in Poké Pelago	
Zap Plate	When held by a Pokémon, it boosts the power of Electric-type moves by 20%. (When held by Arceus, it shifts Arceus's type to Electric type.)	Buy at Antiquities of the Ages in the Hau'oli City shopping mall	₽10,000
Zinc	Raises the base Sp. Def stat of a Pokémon.	Buy at any Surf Spot with a BP shop / Haunted houses and goody shops in Festival Plaza	2 BP
Zoom Lens	Raises the holder's accuracy by 20% when it moves after the opposing Pokémon.	Receive from a Scientist in the Dimensional Research Lab in Heahea City / Get for 48 BP at the Battle Royal Dome	48 BP
Zygarde Cube	Stores Zygarde Cores and Cells, and allows Zygarde to learn additional moves.	Receive from Sina on Route 16 after catching Zygarde in Resolution Cave	



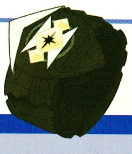
Poké Balls

	Name	Description	Main way to obtain in Alola	Effect in battle	Price
	Poké Ball	Standard Poké Ball with a decent success rate	Buy it at the Thrifty Megamart on Royal Avenue or at any Poké Mart		₽100/ ₽200
	Great Ball	High-performance Poké Ball with a high success rate	Buy it at the Thrifty Megamart on Royal Avenue or at any Poké Mart (after completing one trial)		₽300/ ₽600
	Ultra Ball	Ultra high-performance Poké Ball with a very high success rate	Buy it at any Poké Mart (after completing four trials)		₽800
	Master Ball	Guaranteed to catch any Pokémon	Receive one from Gladion / First prize at a Big Dreams lottery shop		—
	Luxury Ball	Quickly makes the caught Pokémon feel friendly toward you	Buy it at the Route 2 Poké Mart		₽1,000
	Heal Ball	Restores HP and removes status conditions for the caught Pokémon	Buy it at the Thrifty Megamart on Royal Avenue or at the Route 2 Poké Mart		₽150/ ₽300
	Nest Ball	Best for catching low-level Pokémon	Buy it at the Thrifty Megamart on Royal Avenue or at the Route 2 Poké Mart		₽500/ ₽1,000
	Repeat Ball	Best for catching a Pokémon species you've caught before	Buy it at the Paniola Town Poké Mart		₽1,000
	Net Ball	Best for catching Water- or Bug-type Pokémon	Buy it at the Paniola Town Poké Mart		₽1,000
	Dive Ball	Best for catching Pokémon that live underwater	Buy it at the Route 8 Poké Mart		₽1,000
	Dusk Ball	Best for catching Pokémon at night or in dark places like caves	Buy it at the Route 8 Poké Mart		₽1,000

	Name	Description	Main way to obtain in Alola	Effect in battle	Price
	Quick Ball	Best for using at the very outset of a battle	Buy it at the Route 8 Poké Mart		₽1,000
	Timer Ball	Best for using when a battle has lasted many turns	Buy it at the Thrifty Megamart on Royal Avenue or at the Paniola Town Poké Mart		₽500/ ₽1,000
	Premier Ball	Rare Poké Ball made to celebrate an event of some sort	Buy 10 or more Poké Balls at a time		—
	Fast Ball	Best for catching Pokémon that normally run away	Find one on Mount Hokulani		—
	Level Ball	Best for catching Pokémon with a lower level than your Pokémon	Find one on Mount Hokulani		—
	Lure Ball	Best for catching Pokémon found through fishing	Receive one from Samson Oak		—
	Heavy Ball	Best for catching Pokémon that weigh a lot	Find one on Mount Hokulani		—
	Love Ball	Best for catching Pokémon that are the opposite gender of your lead Pokémon	Receive one from Samson Oak		—
	Friend Ball	Immediately makes the caught Pokémon feel friendly toward you	Receive one from Samson Oak		—
	Moon Ball	Best for catching Pokémon that evolve with a Moon Stone	Receive one from Samson Oak		—
	Beast Ball	Best for catching Ultra Beasts; has a low success rate for catching others	Receive from Lusamine / Buy in Aether Paradise after resolving the situation in Ultra Megalopolis		₽1,000

Note: There are other Poké Balls that have been obtainable in past Pokémon games. You can get some previously obtainable Poké Balls by bringing Pokémon from the Nintendo 3DS system Virtual Console games *Pokémon Gold* and *Pokémon Silver* and showing them to a staff member at the GAME FREAK office in Heahea City.

Collect all the Z-Crystals



There are many ways for you to obtain Z-Crystals. A good portion can be obtained by completing trials, and some are given to you from people around Alola. But there are some Z-Crystals that are not so easily found. Below is a handy table to help you find any you might have missed.

Z-Crystal	Type-specific move	How to obtain
Normalium Z	Breakneck Blitz	Clear Ilima's trial
Fightinium Z	All-Out Pummeling	Clear Hala's grand trial
Flyinium Z	Supersonic Skystrike	Find it on the pedestal in Ten Carat Hill
Waterium Z	Hydro Vortex	Clear Lana's trial
Firium Z	Inferno Overdrive	Clear Kiawe's trial
Grassium Z	Bloom Doom	Clear Mallow's trial
Rockium Z	Continental Crush	Complete Olivia's grand trial
Pikanium Z	Catastropika	Receive for helping out the Pikachu called Chuuster in the plaza of the Hano Grand Resort
Lycanium Z	Splintered Stormshards	Receive from Hau after battling him on Ula'ula Island
Steelium Z	Corkscrew Crash	Receive from Molayne at Mt. Hokulani's observatory
Electrium Z	Gigavolt Havoc	Complete Sophocles's trial
Ghostium Z	Never-Ending Nightmare	Complete Acerola's trial
Psychium Z	Shattered Psyche	Find it on the pedestal in Haina Desert
Buginium Z	Savage Spin-Out	Pick it up from the box full of Buginium Z after defeating Guzma in the Shady House
Darkinium Z	Black Hole Eclipse	Complete Nanu's grand trial
Aloraichium Z	Stoked Sparksurfer	Receive from a woman in Seafolk Village when you have an Alolan Raichu in your party
Poisonium Z	Acid Downpour	Receive from Plumeria after defeating the Team Skull Grunts blocking the way to the Vast Poni Canyon
Dragonium Z	Devastating Drake	Clear the abandoned trial in the Vast Poni Canyon
Fairium Z	Twinkle Tackle	Clear Mina's trial
Groundium Z	Tectonic Rage	Clear Hapu's grand trial
Solganium Z	Searing Sunraze Smash	Receive from Lillie after catching Solgaleo ✹ / Receive when you find a Cosmog in a reverse world ☾
Lunalium Z	Menacing Moonraze Maelstrom	Receive when you find a Cosmog in a reverse world ✹ / Receive from Lillie after catching Lunala ☾
Ultranecrozium Z	Light That Burns the Sky	Pick it up after you catch Necrozma
Icium Z	Subzero Slammer	Find it on the pedestal on Mount Lanakila
Tapunium Z	Guardian of Alola	Pick it up after becoming Champion and battling a guardian deity
Eevium Z	Extreme Evoboost	Track down eight Eevee Evolution users after becoming Champion
Decidium Z	Sinister Arrow Raid	Receive from Kukui after defeating Guzma in Malie Garden / Defeat Hala after becoming Champion
Incinium Z	Malicious Moonsault	Receive from Kukui after defeating Guzma in Malie Garden / Defeat Hala after becoming Champion
Primarium Z	Oceanic Operetta	Receive from Kukui after defeating Guzma in Malie Garden / Defeat Hala after becoming Champion
Mimikium Z	Let's Snuggle Forever	Receive for befriending Mimikyu in the abandoned Thrifty Megamart after your third grand trial
Kommonium Z	Clangorous Soulblaze	Find it on the pedestal in the Plains Grotto
Marshadium Z	Soul-Stealing 7-Star Strike	Receive from the jewelry shop owner in Tide Song Hotel when Marshadow is in your party
Mewnium Z	Genesis Supernova	Receive from the jewelry shop owner in Tide Song Hotel when Mew is in your party
Snorlium Z	Pulverizing Pancake	Receive from the jewelry shop owner in Tide Song Hotel when Snorlax is in your party
Pikashunium Z	10,000,000 Volt Thunderbolt	Receive from the Pikachu in Pikachu Valley once you've obtained a Pikachu wearing its Trainer's cap

Mega Stones

	Mega Stone	How to obtain
	Abomasite	Get it at the Battle Tree in exchange for 64 BP
	Absolite	Get it at the Battle Tree in exchange for 64 BP
	Aerodactylite	Get it at the Battle Tree in exchange for 64 BP
	Aggronite	Get it at the Battle Tree in exchange for 64 BP
	Alakazite	Get it for defeating Dexio in Poni Plains after becoming Champion / Get it at the Battle Tree in exchange for 64 BP
	Altarianite	Get it at the Battle Tree in exchange for 64 BP
	Ampharosite	Get it at the Battle Tree in exchange for 64 BP
	Audinite	Get it at the Battle Tree in exchange for 64 BP
	Banettite	Get it at the Battle Tree in exchange for 64 BP
	Beedrillite	Get it at the Battle Tree in exchange for 64 BP
	Blastoisinite	Defeat Battle Legend Red in the Battle Tree (Single Battle format), then speak with him when you find him southwest of the entrance
	Blazikenite	Get it at the Battle Tree in exchange for 64 BP
	Cameruptite	Get it at the Battle Tree in exchange for 64 BP
	Charizardite X	Defeat Battle Legend Red in the Battle Tree (Single Battle format), then speak with him when you find him southwest of the entrance
	Charizardite Y	Defeat Battle Legend Red in the Battle Tree (Single Battle format), then speak with him when you find him southwest of the entrance
	Diancite	Get it from a man in Olivia's shop in Konikoni City for showing a Diancie
	Galladite	Get it at the Battle Tree in exchange for 64 BP
	Garchompite	Get it at the Battle Tree in exchange for 64 BP
	Gardevoirite	Get it at the Battle Tree in exchange for 64 BP
	Gengarite	Get it at the Battle Tree in exchange for 64 BP
	Glalitite	Get it at the Battle Tree in exchange for 64 BP
	Gyaradosite	Get it at the Battle Tree in exchange for 64 BP
	Heracronite	Get it at the Battle Tree in exchange for 64 BP
	Houndoominite	Get it at the Battle Tree in exchange for 64 BP
	Kangaskhanite	Get it at the Battle Tree in exchange for 64 BP
	Latiasite	Get it at the Battle Tree in exchange for 64 BP
	Latiosite	Get it at the Battle Tree in exchange for 64 BP
	Lopunnite	Get it at the Battle Tree in exchange for 64 BP
	Lucarionite	Get it at the Battle Tree in exchange for 64 BP
	Manectite	Get it at the Battle Tree in exchange for 64 BP
	Mawilite	Get it at the Battle Tree in exchange for 64 BP
	Medichamite	Get it at the Battle Tree in exchange for 64 BP
	Metagrossite	Get it at the Battle Tree in exchange for 64 BP
	Mewtwonite X	Get it at the Battle Tree in exchange for 64 BP
	Mewtwonite Y	Get it at the Battle Tree in exchange for 64 BP
	Pidgeotite	Get it at the Battle Tree in exchange for 64 BP
	Pinsirite	Get it at the Battle Tree in exchange for 64 BP
	Sablenite	Get it at the Battle Tree in exchange for 64 BP
	Salamencite	Get it at the Battle Tree in exchange for 64 BP
	Sceptilite	Get it at the Battle Tree in exchange for 64 BP
	Scizorite	Get it at the Battle Tree in exchange for 64 BP
	Sharpedonite	Get it at the Battle Tree in exchange for 64 BP
	Slowbronite	Get it at the Battle Tree in exchange for 64 BP
	Steelixite	Get it at the Battle Tree in exchange for 64 BP
	Swampertite	Get it at the Battle Tree in exchange for 64 BP
	Tyranitarite	Get it at the Battle Tree in exchange for 64 BP
	Venusaurite	Defeat Battle Legend Red in the Battle Tree (Single Battle format), then speak with him when you find him southwest of the entrance

Pokémon Moves Reverse Lookup

The tables on the following pages allow you to look up which Pokémon can learn each of the moves available in the Alola region. Pokémon are listed in alphabetical order and prefaced by their National Pokédex number, so you can easily find their Pokédex entries to learn more about them. If you hope to pass down unusual Egg Moves and become an expert in finding Pokémon Eggs, these tables will be essential!

In the brackets following each Pokémon's name, you can quickly see how the Pokémon can learn a specific move. If you find a number, that means the Pokémon can learn the move when it reaches that level. Otherwise, refer to the key below:

TM = Move can be learned from a Technical Machine	BP = Move can be learned from a BP Move Tutor (p. 505)
T = Move can be taught by a Move Tutor (p. 505)	E = Move can be passed on as an Egg Move
EV = Move can be learned upon evolving	ZC = Move can be learned from the Zygarde Cube

Note that different forms of a species may be listed seperately, as sometimes different forms can learn different moves. For Pokémon that can be found as regional variants in Alola, you will find that their forms as found in other regions are marked with ◆. To obtain these forms, you will generally need to have brought them from another game.

Type	Move Name	Pokémon					
Grass	Absorb	617 Accelgor [1]	591 Amoonguss [1]	168 Ariados [1, 5]	267 Beautifly [12]	286 Breloom [1]	406 Budew [1]
		331 Cacnea [4]	332 Cacturne [1, 4]	797 Celesteela [1]	546 Cottonee [1]	169 Crobat [1]	742 Cutiefly [1]
		781 Dhelmise [1]	590 Foongus [1]	592 Frillish [5]	596 Galvantula [1]	044 Gloom [1]	042 Golbat [1]
		706 Goodra [1, 5]	704 Goomy [5]	388 Grotle [1, 9]	253 Grovyle [1, 5]	187 Hoppip [1]	593 Jellicent [1, 5]
		595 Joltik [1]	189 Jumpluff [1]	140 Kabuto [6]	141 Kabutops [1, 6]	402 Kricketune [14]	636 Larvesta [10]
		271 Lombre [6]	270 Lotad [6]	556 Maractus [1]	755 Morelull [1]	290 Nincada [5]	291 Ninjask [1, 5]
		714 Noibat [5]	715 Noivern [1, 5]	043 Oddish [1]	770 Palossand [1]	046 Paras [11]	047 Parasect [1, 11]
		548 Petilil [1]	743 Ribombee [1]	315 Roselia [1]	769 Sandygast [1]	254 Sceptile [1, 5]	292 Shedinja [1, 5]
		616 Shelmet [1]	756 Shiinotic [1]	285 Shroomish [1]	188 Skiploom [1]	705 Sliggoo [1, 5]	167 Spinarak [5]
		192 Sunflora [1]	191 Sunkern [1]	114 Tangela [10]	465 Tangrowth [10]	389 Torterra [1, 9]	252 Treecko [5]
		387 Turtwig [9]	637 Volcarona [1, 10]	041 Zubat [1]			
Rock	Accelerock	745 Lycanroc (Dusk Form) [1]	745 Lycanroc (Midday Form) [1, EV]				
Poison	Acid	024 Arbok [20]	069 Bellsprout [23]	331 Cacnea [E]	346 Cradily [1, 5]	691 Dragalge [15]	603 Eelektrik [19]
		604 Eelektross [1]	023 Ekans [20]	044 Gloom [1, 9]	345 Lileep [5]	607 Litwick [E]	804 Naganadel [1]
		793 Nihilego [1]	043 Oddish [9]	803 Poipole [1]	537 Seismitoad [1, EV]	616 Shelmet [4]	213 Shuckle [E]
		690 Skrelp [15]	072 Tentacool [10]	073 Tentacruel [1, 10]	070 Weepinbell [24]		
Poison	Acid Armor	615 Cryogonal [17]	592 Frillish [E]	704 Goomy [E]	088 Grimer [43]	316 Gulpin [E]	607 Litwick [E]
		490 Manaphy [31]	089 Muk [46]	489 Phione [31]	422 Shellos [E]	616 Shelmet [32]	690 Skrelp [E]
		218 Slugma [E]	577 Solosis [E]	583 Vanillish [31]	582 Vanillite [31]	584 Vanilluxe [31]	134 Vaporeon [29]
Poison	Acid Spray	617 Accelgor [1, 4]	024 Arbok [32]	069 Bellsprout [E]	455 Carnivine [E]	603 Eelektrik [49]	023 Ekans [28]
		597 Ferroseed [E]	569 Garbodor [12]	088 Grimer (Alola Form) [15]	088 Grimer ◆ [E]	316 Gulpin [17]	089 Muk (Alola Form) [15]
		793 Nihilego [47]	211 Qwilfish [E]	223 Remoraid [E]	559 Scraggy [E]	435 Skuntank [19]	434 Stunky [19]
		317 Swalot [17]	072 Tentacool [22]	073 Tentacruel [22]	568 Trubbish [12]	194 Wooper [E]	
Flying	Acrobatics (TM62)	190 Aipom [TM]	424 Ambipom [TM]	566 Archen [28, TM]	567 Archeops [28, TM]	482 Azelf [TM]	267 Beautifly [TM]
		015 Beedrill [TM]	257 Blaziken [TM]	729 Brionne [TM]	012 Butterfree [TM]	797 Celesteela [TM]	737 Charjabug [19, TM]
		390 Chimchar [39, TM]	764 Comfey [TM]	169 Crobat [TM]	615 Cryogonal [TM]	742 Cutiefly [TM]	724 Decidueye [TM]
		426 Drifblim [TM]	425 Drifloon [TM]	269 Dustox [TM]	603 Eelektrik [TM]	604 Eelektross [TM]	587 Emolga [30, TM]
		083 Farfetch'd [37, TM]	662 Fletchinder [42, TM]	661 Fletchling [39, TM]	656 Froakie [TM]	657 Frogadier [TM]	207 Gligar [22, TM]
		472 Gliscor [22, TM]	042 Golbat [TM]	658 Greninja [TM]	253 Grovyle [TM]	736 Grubbin [19, TM]	701 Hawlucha [TM]
		187 Hoppip [28, TM]	635 Hydreigon [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [52, TM]	189 Jumpluff [34, TM]
		775 Komala [TM]	636 Larvesta [TM]	166 Ledian [TM]	165 Ledyba [TM]	725 Litten [TM]	792 Lunala [TM]
		337 Lunatone [TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	802 Marshadow [TM]	648 Meloetta [26, TM]
		481 Mesprit [TM]	151 Mew [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	774 Minior [TM]	391 Monferno [46, TM]
		414 Mothim [TM]	804 Naganadel [TM]	714 Noibat [TM]	715 Noivern [TM]	741 Oricorio [TM]	515 Panpour [31, TM]

Type	Move Name	Pokémon					
Flying	Acrobatics (TM62)	511 Pansage [31, TM]	513 Pansear [31, TM]	766 Passimian [TM]	728 Popplio [TM]	730 Primarina [TM]	057 Primeape [TM]
		743 Ribombee [TM]	758 Salazzle [TM]	254 Sceptile [TM]	212 Scizor [TM]	516 Simipour [TM]	512 Simisage [TM]
		514 Simisear [TM]	188 Skiploom [32, TM]	338 Solrock [TM]	528 Swoobat [TM]	663 Talonflame [44, TM]	785 Tapu Koko [TM]
		641 Tornadus [TM]	726 Torracat [TM]	252 Treecko [TM]	763 Tsareena [TM]	480 Uxie [TM]	049 Venomoth [TM]
		416 Vespiquen [TM]	738 Vikavolt [19, TM]	666 Vivillon [TM]	313 Volbeat [TM]	637 Volcarona [TM]	527 Woobat [TM]
		717 Yveltal [TM]	041 Zubat [TM]				
Normal	Acupressure	761 Bounsweet [E]	453 Croagunk [E]	085 Dodrio [34]	084 Doduo [33]	452 Drapion [13]	556 Maractus [29]
		308 Medicham [33]	307 Meditite [33]	213 Shuckle [E]	451 Skorupi [13]	072 Tentacool [E]	
Flying	Aerial Ace (TM40)	359 Absol [TM]	681 Aegislash [1, TM]	142 Aerodactyl [TM]	306 Aggron [TM]	190 Aipom [TM]	334 Altaria [TM]
		424 Ambipom [TM]	347 Anorith [TM]	059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]
		348 Armaldo [TM]	304 Aron [TM]	144 Articuno [TM]	610 Axew [TM]	371 Bagon [TM]	689 Barbaracle [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	760 Bewear [TM]	688 Binacle [TM]	625 Bisharp [TM]
		257 Blaziken [TM]	626 Bouffalant [TM]	628 Braviary [23, TM]	779 Bruxish [TM]	012 Butterfree [TM]	251 Celebi [TM]
		006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	652 Chesnaught [TM]	650 Chespin [TM]
		390 Chimchar [TM]	638 Cobalion [TM]	256 Combusken [TM]	341 Corphish [TM]	342 Crawdaunt [TM]	169 Crobat [TM]
		159 Croconaw [TM]	558 Crustle [TM]	613 Cubchoo [TM]	104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]
		491 Darkrai [TM]	702 Dedenne [TM]	225 Delibird [TM]	386 Deoxys [TM]	502 Dewott [TM]	781 Dhelmise [TM]
		483 Dialga [TM]	050 Diglett [TM]	085 Dodrio [TM]	084 Doduo [TM]	680 Doublade [22, TM]	149 Dragonite [TM]
		452 Drapion [TM]	529 Drilbur [TM]	621 Druddigon [TM]	580 Ducklett [15, TM]	051 Dugtrio [TM]	632 Durant [TM]
		269 Dustox [TM]	557 Dwebble [TM]	587 Emolga [TM]	395 Empoleon [TM]	589 Escavalier [TM]	530 Excadrill [TM]
		083 Farfetch'd [9, TM]	022 Fearow [15, TM]	160 Feraligatr [TM]	598 Ferrothorn [TM]	662 Fletchinder [TM]	661 Fletchling [TM]
		330 Flygon [TM]	611 Fraxure [TM]	656 Froakie [TM]	657 Frogadier [TM]	444 Gabite [TM]	475 Gallade [17, TM]
		445 Garchomp [TM]	649 Genesect [TM]	443 Gible [TM]	487 Giratina [TM]	431 Glameow [TM]	207 Gligar [TM]
		472 Gliscor [TM]	673 Gogoat [1, EV, TM]	042 Golbat [TM]	055 Golduck [TM]	768 Golisopod [TM]	658 Greninja [TM]
		383 Groudon [TM]	253 Grovyle [TM]	058 Growlithe [TM]	783 Hakamo-o [TM]	701 Hawlucha [16, TM]	612 Haxorus [TM]
		631 Heatmor [TM]	214 Heracross [10, TM]	507 Herdier [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [22, TM]
		250 Ho-Oh [TM]	163 Hoothoot [TM]	187 Hoppip [TM]	314 Illumise [TM]	392 Infernape [TM]	686 Inkay [TM]
		782 Jangmo-o [TM]	385 Jirachi [TM]	189 Jumpluff [TM]	140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]
		588 Karrablast [TM]	798 Kartana [23, TM]	352 Kecleon [TM]	647 Keldeo [TM]	784 Kommo-o [TM]	402 Kricketune [TM]
		553 Krookodile [TM]	305 Lairon [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]
		166 Ledian [TM]	165 Ledyba [TM]	510 Liepard [TM]	506 Lillipup [TM]	249 Lugia [TM]	792 Lunala [TM]
		754 Lurantis [TM]	687 Malamar [TM]	630 Mandibuzz [TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]
		556 Maractus [TM]	105 Marowak [TM]	284 Masquerain [TM]	052 Meowth [TM]	376 Metagross [TM]	375 Metang [TM]
		151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	200 Misdreavus [TM]	429 Mismagius [TM]
		146 Moltres [TM]	391 Monferno [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	198 Murkrow [TM]	804 Naganadel [TM]
		177 Natu [TM]	800 Necrozma [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	030 Nidorina [TM]	290 Nincada [TM]
		291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	741 Oricorio [TM]	501 Oshawott [TM]
		484 Palkia [TM]	674 Pancham [TM]	675 Pangoro [TM]	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]
		624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]
		519 Pidove [TM]	731 Pikipek [TM]	393 Piplup [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]
		057 Primeape [TM]	394 Prinplup [TM]	054 Psyduck [TM]	509 Purrloin [TM]	432 Purugly [TM]	156 Quilava [TM]
		651 Quilladin [TM]	384 Rayquaza [TM]	486 Regigigas [TM]	379 Registeel [TM]	743 Ribombee [TM]	627 Rufflet [23, TM]
		302 Sableye [TM]	373 Salamence [TM]	503 Samurott [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	254 Sceptile [TM]
		212 Scizor [TM]	123 Scyther [TM]	497 Serperior [TM]	496 Servine [TM]	292 Shedinja [TM]	372 Shelgon [TM]
		275 Shiftry [TM]	561 Sigilyph [TM]	773 Silvally [20, TM]	227 Skarmory [TM]	188 Skiploom [TM]	451 Skorupi [TM]
		289 Slaking [TM]	287 Slakoth [TM]	080 Slowbro [TM]	215 Sneasel [TM]	495 Snivy [TM]	021 Spearow [15, TM]
		398 Staraptor [28, TM]	397 Staravia [28, TM]	396 Starly [25, TM]	508 Stoutland [TM]	759 Stufful [TM]	333 Swablu [TM]
		581 Swanna [15, TM]	277 Swellow [21, TM]	528 Swoobat [TM]	276 Taillow [21, TM]	663 Talonflame [TM]	465 Tangrowth [TM]
		785 Tapu Koko [TM]	216 Teddiursa [TM]	639 Terrakion [TM]	468 Togekiss [TM]	176 Togetic [TM]	255 Torchic [TM]
		641 Tornadus [TM]	158 Totodile [TM]	733 Toucannon [TM]	520 Tranquill [TM]	252 Treecko [TM]	357 Tropius [TM]
		732 Trumbeak [TM]	772 Type: Null [20, TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	696 Tyrunt [TM]
		521 Unfezant [TM]	217 Ursaring [TM]	049 Venomoth [TM]	416 Vespiquen [TM]	288 Vigoroth [TM]	640 Virizion [TM]
		666 Vivillon [TM]	313 Volbeat [TM]	637 Volcarona [TM]	629 Vullaby [TM]	461 Weavile [TM]	278 Wingull [29, TM]
		527 Woobat [TM]	178 Xatu [TM]	193 Yanma [TM]	469 Yanmega [TM]	717 Yveltal [TM]	335 Zangoose [TM]
		145 Zapdos [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]		
Flying	Aeroblast	249 Lugia [43]					

Type	Move Name	Pokémon					
Normal	**After You**	681 Aegislash [BP]	591 Amoonguss [BP]	181 Ampharos [BP]	683 Aromatisse [BP]	531 Audino [41, BP]	713 Avalugg [BP]
		606 Beheeyem [BP]	182 Bellossom [BP]	712 Bergmite [BP]	806 Blacephalon [BP]	438 Bonsly [BP]	779 Bruxish [BP]
		427 Buneary [43, BP]	323 Camerupt [BP]	703 Carbink [BP]	573 Cinccino [BP]	036 Clefable [BP]	035 Clefairy [58, BP]
		173 Cleffa [BP]	563 Cofagrigus [BP]	764 Comfey [E, BP]	742 Cutiefly [BP]	719 Diancie [BP]	680 Doublade [BP]
		578 Duosion [BP]	605 Elgyem [BP]	180 Flaaffy [BP]	669 Flabébé [BP]	670 Floette [BP]	671 Florges [BP]
		590 Foongus [BP]	044 Gloom [BP]	507 Herdier [BP]	679 Honedge [BP]	352 Kecleon [BP]	549 Lilligant [BP]
		506 Lillipup [E, BP]	428 Lopunny [43, BP]	219 Magcargo [BP]	801 Magearna [BP]	556 Maractus [1, 57, BP]	747 Mareanie [BP]
		179 Mareep [E, BP]	151 Mew [BP]	241 Miltank [BP]	778 Mimikyu [BP]	572 Minccino [49, BP]	755 Morelull [BP]
		446 Munchlax [E, BP]	517 Munna [BP]	518 Musharna [BP]	322 Numel [BP]	043 Oddish [E, BP]	765 Oranguru [4, BP]
		770 Palossand [BP]	536 Palpitoad [BP]	046 Paras [BP]	047 Parasect [BP]	504 Patrat [23, BP]	548 Petilil [44, BP]
		195 Quagsire [BP]	579 Reuniclus [BP]	743 Ribombee [BP]	769 Sandygast [BP]	537 Seismitoad [BP]	756 Shiinotic [BP]
		213 Shuckle [BP]	289 Slaking [BP]	287 Slakoth [E, BP]	080 Slowbro [BP]	199 Slowking [BP]	079 Slowpoke [BP]
		218 Slugma [BP]	685 Slurpuff [BP]	143 Snorlax [E, BP]	577 Solosis [BP]	682 Spritzee [BP]	508 Stoutland [BP]
		185 Sudowoodo [BP]	192 Sunflora [BP]	191 Sunkern [BP]	684 Swirlix [E, BP]	528 Swoobat [BP]	777 Togedemaru [BP]
		468 Togekiss [1, BP]	175 Togepi [53, BP]	176 Togetic [53, BP]	324 Torkoal [BP]	748 Toxapex [BP]	535 Tympole [E, BP]
		288 Vigoroth [BP]	045 Vileplume [BP]	505 Watchog [25, BP]	527 Woobat [BP]	194 Wooper [E, BP]	562 Yamask [BP]
Psychic	**Agility**	617 Accelgor [32]	142 Aerodactyl [17]	190 Aipom [29, E]	424 Ambipom [29]	566 Archen [21]	567 Archeops [21]
		168 Ariados [37]	144 Articuno [36]	550 Basculin [E]	015 Beedrill [38]	522 Blitzle [36]	418 Buizel [41]
		427 Buneary [33]	659 Bunnelby [1]	318 Carvanha [39]	441 Chatot [E]	170 Chinchou [E]	585 Deerling [E]
		386 Deoxys (Speed Forme) [55]	660 Diggersby [1]	085 Dodrio [26]	084 Doduo [26]	148 Dragonair [25]	149 Dragonite [25]
		147 Dratini [25]	206 Dunsparce [E]	632 Durant [6]	587 Emolga [46]	083 Farfetch'd [31]	022 Fearow [27]
		160 Feraligatr [1]	456 Finneon [E]	662 Fletchinder [13]	661 Fletchling [13]	419 Floatzel [51]	162 Furret [1, EV]
		596 Galvantula [40]	203 Girafarig [23]	207 Gligar [E]	118 Goldeen [29]	368 Gorebyss [9]	253 Grovyle [28]
		058 Growlithe [30]	701 Hawlucha [E]	694 Helioptile [E]	107 Hitmonchan [1, 6]	237 Hitmontop [37]	163 Hoothoot [E]
		116 Horsea [36]	135 Jolteon [29]	595 Joltik [37]	230 Kingdra [38]	098 Krabby [E]	166 Ledian [33]
		165 Ledyba [29]	428 Lopunny [33]	370 Luvdisc [7]	226 Mantine [32]	458 Mantyke [32]	179 Mareep [E]
		376 Metagross [41]	375 Metang [41]	312 Minun [37]	146 Moltres [15]	291 Ninjask [17]	714 Noibat [18]
		715 Noivern [18]	741 Oricorio [46]	046 Paras [E]	795 Pheromosa [37]	018 Pidgeot [32]	017 Pidgeotto [32]
		016 Pidgey [29]	025 Pikachu [45]	393 Piplup [E]	311 Plusle [37]	077 Ponyta [37]	137 Porygon [12]
		233 Porygon2 [12]	474 Porygon-Z [12]	078 Rapidash [37]	447 Riolu [E]	254 Sceptile [28]	212 Scizor [17]
		545 Scolipede [33]	123 Scyther [17]	117 Seadra [38]	119 Seaking [29]	540 Sewaddle [E]	319 Sharpedo [45]
		227 Skarmory [31]	451 Skorupi [E]	215 Sneasel [20]	021 Spearow [25]	167 Spinarak [33]	398 Staraptor [41]
		397 Staravia [38]	396 Starly [33]	283 Surskit [22]	333 Swablu [E]	277 Swellow [33]	276 Taillow [29]
		663 Talonflame [13]	785 Tapu Koko [53]	642 Thundurus [31]	255 Torchic [E]	641 Tornadus [31]	252 Treecko [25]
		543 Venipede [29]	048 Venonat [E]	738 Vikavolt [49]	037 Vulpix (Alola Form) [E]	544 Whirlipede [32]	278 Wingull [36, E]
		145 Zapdos [43]	523 Zebstrika [42]	571 Zoroark [39]	570 Zorua [37]		
Flying	**Air Cutter**	267 Beautifly [20]	004 Charmander [E]	441 Chatot [E]	169 Crobat [19]	580 Ducklett [E]	083 Farfetch'd [21]
		042 Golbat [19]	798 Kartana [1]	284 Masquerain [22]	804 Naganadel [1, EV]	714 Noibat [23]	715 Noivern [23]
		741 Oricorio [13]	016 Pidgey [E]	519 Pidove [15]	561 Sigilyph [21]	227 Skarmory [12]	528 Swoobat [21]
		641 Tornadus [19]	520 Tranquill [15]	521 Unfezant [15]	278 Wingull [22]	527 Woobat [21]	041 Zubat [19]
Flying	**Air Slash**	628 Braviary [41]	012 Butterfree [43]	797 Celesteela [1]	006 Charizard [1]	169 Crobat [48]	580 Ducklett [27]
		206 Dunsparce [43]	587 Emolga [E]	083 Farfetch'd [49]	042 Golbat [48]	163 Hoothoot [31]	798 Kartana [59]
		166 Ledian [42]	165 Ledyba [36]	792 Lunala [19]	630 Mandibuzz [41]	226 Mantine [36]	458 Mantyke [36]
		284 Masquerain [38]	146 Moltres [50]	414 Mothim [41]	804 Naganadel [53]	164 Noctowl [35]	714 Noibat [48]
		715 Noivern [53]	741 Oricorio [36]	501 Oshawott [E]	018 Pidgeot [62]	017 Pidgeotto [57]	016 Pidgey [49, E]
		519 Pidove [29]	384 Rayquaza [30]	479 Rotom (Fan Rotom) [*]	627 Rufflet [41]	123 Scyther [50]	540 Sewaddle [E]
		492 Shaymin (Sky Forme) [64]	561 Sigilyph [41]	773 Silvally [60]	227 Skarmory [45]	581 Swanna [27]	277 Swellow [1, 39]
		528 Swoobat [32]	276 Taillow [33]	468 Togekiss [1]	641 Tornadus [37]	520 Tranquill [32]	357 Tropius [36]
		772 Type: Null [60]	521 Unfezant [33]	416 Vespiquen [37]	738 Vikavolt [1]	629 Vullaby [41]	278 Wingull [40]
		527 Woobat [32]	178 Xatu [1, EV]	193 Yanma [54]	469 Yanmega [1, 54]	717 Yveltal [10]	041 Zubat [41]
Psychic	**Ally Switch**	063 Abra [E, BP]	065 Alakazam [36, BP]	566 Archen [E, BP]	567 Archeops [BP]	683 Aromatisse [BP]	531 Audino [BP]
		482 Azelf [BP]	343 Baltoy [BP]	354 Banette [BP]	606 Beheeyem [BP]	242 Blissey [BP]	654 Braixen [BP]
		437 Bronzong [BP]	436 Bronzor [BP]	779 Bruxish [BP]	703 Carbink [BP]	251 Celebi [BP]	609 Chandelure [BP]
		113 Chansey [BP]	358 Chimecho [BP]	433 Chingling [BP]	344 Claydol [BP]	563 Cofagrigus [BP]	764 Comfey [BP]
		488 Cresselia [BP]	742 Cutiefly [BP]	702 Dedenne [BP]	655 Delphox [BP]	386 Deoxys [BP]	781 Dhelmise [BP]

*When Rotom becomes Fan Rotom, it learns the move Air Slash. It forgets the move when it changes back to Rotom.

Type	Move Name	Pokémon					
Psychic	Ally Switch	426 Drifblim [BP]	425 Drifloon [BP]	096 Drowzee [BP]	578 Duosion [BP]	356 Dusclops [BP]	477 Dusknoir [BP]
		355 Duskull [BP]	605 Elgyem [E, BP]	196 Espeon [BP]	677 Espurr [BP]	669 Flabébé [BP]	670 Floette [BP]
		671 Florges [BP]	205 Forretress [BP]	478 Froslass [BP]	475 Gallade [BP]	282 Gardevoir [BP]	092 Gastly [BP]
		649 Genesect [BP]	094 Gengar [BP]	203 Girafarig [BP]	076 Golem (Alola Form) [BP]	622 Golett [BP]	623 Golurk [BP]
		574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	711 Gourgeist [BP]	075 Graveler (Alola Form) [BP]	326 Grumpig [BP]
		093 Haunter [BP]	701 Hawlucha [E, BP]	695 Heliolisk [BP]	694 Helioptile [BP]	720 Hoopa [1, BP]	097 Hypno [BP]
		686 Inkay [BP]	039 Jigglypuff [BP]	124 Jynx [BP]	064 Kadabra [36, BP]	099 Kingler [BP]	281 Kirlia [BP]
		600 Klang [BP]	601 Klinklang [BP]	098 Krabby [E, BP]	608 Lampent [BP]	380 Latias [BP]	381 Latios [BP]
		607 Litwick [BP]	337 Lunatone [BP]	462 Magnezone [BP]	687 Malamar [BP]	105 Marowak (Alola Form) [BP]	648 Meloetta [BP]
		678 Meowstic [BP]	481 Mesprit [BP]	376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]	619 Mienfoo [E, BP]
		620 Mienshao [BP]	439 Mime Jr. [BP]	200 Misdreavus [BP]	429 Mismagius [BP]	122 Mr. Mime [BP]	517 Munna [BP]
		518 Musharna [BP]	804 Naganadel [BP]	177 Natu [E, BP]	800 Necrozma [BP]	793 Nihilego [BP]	765 Oranguru [BP]
		708 Phantump [BP]	077 Ponyta [E, BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	476 Probopass [BP]
		710 Pumpkaboo [BP]	026 Raichu (Alola Form) [BP]	280 Ralts [E, BP]	078 Rapidash [BP]	579 Reuniclus [BP]	743 Ribombee [BP]
		479 Rotom [BP]	302 Sableye [BP]	292 Shedinja [BP]	353 Shuppet [BP]	199 Slowking [BP]	577 Solosis [BP]
		338 Solrock [BP]	442 Spiritomb [BP]	325 Spoink [BP]	682 Spritzee [BP]	805 Stakataka [BP]	121 Starmie [BP]
		528 Swoobat [BP]	786 Tapu Lele [BP]	709 Trevenant [BP]	480 Uxie [BP]	583 Vanillish [BP]	582 Vanillite [BP]
		584 Vanilluxe [BP]	040 Wigglytuff [BP]	527 Woobat [BP]	413 Wormadam [BP]	178 Xatu [BP]	562 Yamask [E, BP]
		523 Zebstrika [BP]					
Psychic	Amnesia	531 Audino [E]	339 Barboach [15]	400 Bibarel [48]	399 Bidoof [41]	626 Bouffalant [E]	001 Bulbasaur [E]
		323 Camerupt [19]	351 Castform [E]	170 Chinchou [E]	173 Cleffa [E]	764 Comfey [E]	222 Corsola [E]
		739 Crabrawler [E]	346 Cradily [36]	386 Deoxys (Defense Forme) [55]	426 Drifblim [46]	425 Drifloon [40]	162 Furret [42]
		569 Garbodor [46]	203 Girafarig [E]	055 Golduck [41]	368 Gorebyss [16]	316 Gulpin [12]	631 Heatmor [47]
		187 Hoppip [E]	098 Krabby [E]	636 Larvesta [80]	108 Lickitung [E]	345 Lileep [36]	219 Magcargo [36]
		226 Mantine [E]	458 Mantyke [E]	183 Marill [E]	052 Meowth [E]	151 Mew [60]	150 Mewtwo [79]
		755 Morelull [E]	446 Munchlax [9]	032 Nidoran♂ [E]	322 Numel [19]	513 Pansear [25]	221 Piloswine [58]
		728 Popplio [E]	054 Psyduck [37]	195 Quagsire [24]	378 Regice [37]	379 Registeel [37]	369 Relicanth [E]
		027 Sandshrew (Alola Form) [E]	769 Sandygast [E]	559 Scraggy [E]	273 Seedot [E]	161 Sentret [36]	422 Shellos [E]
		289 Slaking [17]	287 Slakoth [17]	080 Slowbro [43]	079 Slowpoke [41]	218 Slugma [36]	143 Snorlax [9]
		325 Spoink [E]	317 Swalot [12]	220 Swinub [48]	528 Swoobat [29]	114 Tangela [E]	324 Torkoal [40]
		568 Trubbish [40]	387 Turtwig [E]	480 Uxie [46]	637 Volcarona [1]	320 Wailmer [37]	321 Wailord [37]
		340 Whiscash [15]	527 Woobat [29]	194 Wooper [23]			
Steel	Anchor Shot	781 Dhelmise [32]					
Rock	Ancient Power	142 Aerodactyl [25]	698 Amaura [26]	347 Anorith [21]	566 Archen [18]	567 Archeops [18]	348 Armaldo [21]
		144 Articuno [29]	699 Aurorus [26]	343 Baltoy [19]	689 Barbaracle [28]	411 Bastiodon [28]	688 Binacle [28]
		703 Carbink [31]	565 Carracosta [18]	318 Carvanha [E]	251 Celebi [28]	004 Charmander [E]	152 Chikorita [E]
		344 Claydol [19]	341 Corphish [E]	222 Corsola [17]	346 Cradily [17]	408 Cranidos [33]	615 Cryogonal [21]
		104 Cubone [E]	483 Dialga [10]	719 Diancie [27]	050 Diglett [E]	206 Dunsparce [18, E]	102 Exeggcute [E]
		487 Giratina [10]	383 Groudon [1]	485 Heatran [1]	250 Ho-Oh [57]	140 Kabuto [46]	141 Kabutops [54]
		352 Kecleon [21]	098 Krabby [E]	382 Kyogre [1]	646 Kyurem [15]	131 Lapras [E]	246 Larvitar [E]
		345 Lileep [17]	249 Lugia [57]	219 Magcargo [22]	473 Mamoswine [1]	303 Mawile [E]	151 Mew [50]
		774 Minior [17]	146 Moltres [29]	258 Mudkip [E]	322 Numel [E]	138 Omanyte [37]	139 Omastar [37]
		484 Palkia [10]	231 Phanpy [E]	221 Piloswine [1]	409 Rampardos [36]	384 Rayquaza [15]	378 Regice [31]
		377 Regirock [31]	379 Registeel [31]	369 Relicanth [21]	643 Reshiram [15]	769 Sandygast [E]	410 Shieldon [28]
		561 Sigilyph [E]	218 Slugma [22]	220 Swinub [E]	114 Tangela [38]	465 Tangrowth [40]	564 Tirtouga [18]
		175 Togepi [33]	176 Togetic [33]	158 Totodile [E]	697 Tyrantrum [26]	696 Tyrunt [26]	194 Wooper [E]
		193 Yanma [33]	469 Yanmega [33]	145 Zapdos [29]	644 Zekrom [15]		
Water	Aqua Jet	594 Alomomola [9]	347 Anorith [E]	550 Basculin [9]	614 Beartic [1]	400 Bibarel [1]	729 Brionne [14]
		779 Bruxish [17]	418 Buizel [24]	565 Carracosta [15]	318 Carvanha [11]	692 Clauncher [43, E]	693 Clawitzer [49]
		341 Corphish [E]	087 Dewgong [31]	502 Dewott [34]	147 Dratini [E]	580 Ducklett [E]	395 Empoleon [1, EV]
		419 Floatzel [24]	055 Golduck [1]	140 Kabuto [31]	141 Kabutops [31]	647 Keldeo [1]	370 Luvdisc [E]
		183 Marill [E]	501 Oshawott [29]	728 Popplio [14]	730 Primarina [14]	211 Qwilfish [E]	503 Samurott [34]
		086 Seel [31]	319 Sharpedo [11]	007 Squirtle [E]	283 Surskit [30, E]	564 Tirtouga [15]	158 Totodile [E]
		767 Wimpod [E]					

Type	Move Name	Pokémon					
Water	Aqua Ring	594 Alomomola [5]	752 Araquanid [26]	184 Azumarill [31]	418 Buizel [E]	170 Chinchou [42]	366 Clamperl [E]
		222 Corsola [38, E]	087 Dewgong [23]	751 Dewpider [24]	580 Ducklett [24]	456 Finneon [33]	118 Goldeen [21]
		368 Gorebyss [19]	382 Kyogre [30]	171 Lanturn [47]	457 Lumineon [35]	370 Luvdisc [40, E]	490 Manaphy [54]
		226 Mantine [39]	458 Mantyke [39]	183 Marill [28]	350 Milotic [17]	484 Palkia [24]	536 Palpitoad [20]
		515 Panpour [E]	489 Phione [54]	393 Piplup [E]	728 Popplio [E]	119 Seaking [21]	086 Seel [23]
		537 Seismitoad [20]	090 Shellder [E]	363 Spheal [E]	007 Squirtle [E]	581 Swanna [24]	788 Tapu Fini [53]
		072 Tentacool [E]	535 Tympole [20]	134 Vaporeon [25]	320 Wailmer [E]	278 Wingull [E]	746 Wishiwashi [17]
Water	Aqua Tail	142 Aerodactyl [BP]	306 Aggron [BP]	698 Amaura [BP]	024 Arbok [BP]	493 Arceus [BP]	566 Archen [BP]
		567 Archeops [BP]	348 Armaldo [BP]	699 Aurorus [BP]	610 Axew [BP]	184 Azumarill [21, BP]	339 Barboach [28, BP]
		550 Basculin [20, BP]	400 Bibarel [BP]	399 Bidoof [E, BP]	009 Blastoise [33, BP]	729 Brionne [BP]	779 Bruxish [33, BP]
		418 Buizel [38, E, BP]	565 Carracosta [45, BP]	573 Cinccino [BP]	692 Clauncher [BP]	693 Clawitzer [BP]	159 Croconaw [51, BP]
		633 Deino [BP]	087 Dewgong [49, BP]	502 Dewott [42, BP]	691 Dragalge [35, BP]	148 Dragonair [39, BP]	149 Dragonite [39, BP]
		452 Drapion [BP]	147 Dratini [35, BP]	621 Druddigon [BP]	206 Dunsparce [BP]	603 Eelektrik [BP]	604 Eelektross [BP]
		023 Ekans [BP]	160 Feraligatr [63, BP]	456 Finneon [E, BP]	419 Floatzel [46, BP]	611 Fraxure [BP]	162 Furret [BP]
		445 Garchomp [BP]	487 Giratina [BP]	471 Glaceon [BP]	207 Gligar [BP]	472 Gliscor [BP]	118 Goldeen [E, BP]
		055 Golduck [28, BP]	706 Goodra [1, EV, BP]	368 Gorebyss [39, BP]	130 Gyarados [30, BP]	783 Hakamo-o [BP]	612 Haxorus [BP]
		367 Huntail [39, BP]	635 Hydreigon [BP]	782 Jangmo-o [BP]	141 Kabutops [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]
		647 Keldeo [37, BP]	784 Kommo-o [BP]	552 Krokorok [BP]	553 Krookodile [BP]	382 Kyogre [15, BP]	171 Lanturn [BP]
		131 Lapras [BP]	463 Lickilicky [BP]	108 Lickitung [BP]	249 Lugia [BP]	457 Lumineon [BP]	226 Mantine [BP]
		183 Marill [20, BP]	259 Marshtomp [BP]	151 Mew [BP]	150 Mewtwo [BP]	350 Milotic [31, BP]	572 Minccino [E, BP]
		258 Mudkip [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	038 Ninetales (Alola Form) [BP]	501 Oshawott [35, BP]	484 Palkia [42, BP]
		515 Panpour [E, BP]	504 Patrat [BP]	728 Popplio [BP]	730 Primarina [BP]	054 Psyduck [28, BP]	195 Quagsire [BP]
		211 Qwilfish [45, BP]	384 Rayquaza [BP]	369 Relicanth [E, BP]	112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]
		373 Salamence [BP]	503 Samurott [46, BP]	551 Sandile [BP]	027 Sandshrew (Alola Form) [BP]	028 Sandslash (Alola Form) [BP]	545 Scolipede [BP]
		119 Seaking [BP]	364 Sealeo [BP]	086 Seel [43, BP]	161 Sentret [BP]	497 Serperior [BP]	496 Servine [BP]
		336 Seviper [BP]	516 Simipour [BP]	451 Skorupi [BP]	690 Skrelp [35, BP]	080 Slowbro [BP]	199 Slowking [BP]
		079 Slowpoke [BP]	495 Snivy [BP]	363 Spheal [BP]	007 Squirtle [28, BP]	208 Steelix [BP]	618 Stunfisk [BP]
		260 Swampert [BP]	564 Tirtouga [41, BP]	158 Totodile [43, BP]	248 Tyranitar [BP]	134 Vaporeon [BP]	037 Vulpix (Alola Form) [BP]
		365 Walrein [BP]	008 Wartortle [33, BP]	505 Watchog [BP]	340 Whiscash [28, BP]	746 Wishiwashi [38, BP]	194 Wooper [BP]
		634 Zweilous [BP]					
Fighting	Arm Thrust	500 Emboar [1]	297 Hariyama [1, 7]	214 Heracross [1]	296 Makuhita [7]	674 Pancham [7]	675 Pangoro [1, 7]
		499 Pignite [1, EV]					
Grass	Aromatherapy	683 Aromatisse [25]	153 Bayleef [50]	113 Chansey [E]	420 Cherubi [E]	152 Chikorita [42, E]	173 Cleffa [E]
		764 Comfey [43]	742 Cutiefly [36]	585 Deerling [28]	669 Flabébé [33]	670 Floette [38]	671 Florges [1]
		753 Fomantis [E]	440 Happiny [E]	187 Hoppip [E]	314 Illumise [E]	154 Meganium [60]	046 Paras [43]
		047 Parasect [51]	548 Petilil [28]	743 Ribombee [42]	315 Roselia [43]	586 Sawsbuck [28]	492 Shaymin (Land Forme) [64]
		685 Slurpuff [26]	682 Spritzee [25]	762 Steenee [41]	684 Swirlix [26]	786 Tapu Lele [1]	763 Tsareena [41]
		045 Vileplume [1]	666 Vivillon [31]	716 Xerneas [1]			
Fairy	Aromatic Mist	683 Aromatisse [1]	761 Bounsweet [33]	728 Popplio [E]	762 Steenee [33]	786 Tapu Lele [1]	763 Tsareena [33]
Normal	Assist	390 Chimchar [E]	096 Drowzee [E]	677 Espurr [E]	431 Glameow [29]	510 Liepard [1, 6]	052 Meowth [E]
		509 Purrloin [6]	432 Purugly [29]	161 Sentret [E]	300 Skitty [31]	215 Sneasel [E]	327 Spinda [E]
Dark	Assurance	359 Absol [E]	142 Aerodactyl [E]	610 Axew [7]	015 Beedrill [26]	625 Bisharp [33]	318 Carvanha [15]
		408 Cranidos [24]	613 Cubchoo [E]	633 Deino [E]	084 Doduo [E]	232 Donphan [15]	500 Emboar [38]
		022 Fearow [23]	611 Fraxure [1, 7]	203 Girafarig [10]	431 Glameow [E]	088 Grimer (Alola Form) [E]	612 Haxorus [1, 7]
		109 Koffing [12]	552 Krokorok [16]	553 Krookodile [16]	246 Larvitar [E]	510 Liepard [31]	056 Mankey [26]
		802 Marshadow [1]	052 Meowth [41]	262 Mightyena [24]	198 Murkrow [25, E]	501 Oshawott [E]	504 Patrat [E]
		624 Pawniard [33]	053 Persian [49]	499 Pignite [36]	261 Poochyena [22]	057 Primeape [26]	509 Purrloin [28]
		409 Rampardos [24]	020 Raticate [19]	019 Rattata [19]	551 Sandile [16]	336 Seviper [E]	319 Sharpedo [15]
		227 Skarmory [E]	021 Spearow [22]	528 Swoobat [1, 12]	498 Tepig [31]	197 Umbreon [25]	461 Weavile [1]
		110 Weezing [12]	527 Woobat [12]				
Ghost	Astonish	190 Aipom [8]	334 Altaria [1, 3]	424 Ambipom [1, 8]	591 Amoonguss [1, 8]	806 Blacephalon [1]	779 Bruxish [4]
		358 Chimecho [1, 7]	433 Chingling [7]	563 Cofagrigus [1]	346 Cradily [1]	453 Croagunk [1]	169 Crobat [1, 7]
		723 Dartrix [11]	724 Decidueye [11]	633 Deino [E]	781 Dhelmise [1]	050 Diglett (Alola Form) [7]	050 Diglett ◆ [7, E]
		426 Drifblim [1, 4]	425 Drifloon [4]	051 Dugtrio [7]	206 Dunsparce [E]	356 Dusclops [1, 9]	477 Dusknoir [1, 9]
		355 Duskull [9]	605 Elgyem [E]	587 Emolga [E]	295 Exploud [1, 9]	590 Foongus [8]	478 Froslass [19]

Type	Move Name	Pokémon					
Ghost	**Astonish**	092 Gastly [E]	203 Girafarig [1]	042 Golbat [1, 7]	622 Golett [1]	623 Golurk [1]	711 Gourgeist [1]
		430 Honchkrow [1]	720 Hoopa [6]	352 Kecleon [1]	707 Klefki [8]	608 Lampent [1]	345 Lileep [1]
		607 Litwick [1]	271 Lombre [1]	270 Lotad [1]	294 Loudred [1, 9]	272 Ludicolo [1]	303 Mawile [1]
		778 Mimikyu [1]	200 Misdreavus [10]	429 Mismagius [1]	755 Morelull [4]	198 Murkrow [1]	770 Palossand [1, 5]
		515 Panpour [E]	511 Pansage [E]	513 Pansear [E]	708 Phantump [5]	261 Poochyena [E]	710 Pumpkaboo [1]
		211 Qwilfish [E]	479 Rotom [1]	722 Rowlet [11]	302 Sableye [9]	769 Sandygast [5]	756 Shiinotic [1, 4]
		353 Shuppet [E]	577 Solosis [E]	021 Spearow [E]	234 Stantler [7]	396 Starly [E]	618 Stunfisk [E]
		434 Stunky [E]	333 Swablu [3]	786 Tapu Lele [1]	642 Thundurus [1]	641 Tornadus [1]	454 Toxicroak [1]
		709 Trevenant [1, 5]	583 Vanillish [1, 7]	582 Vanillite [7]	584 Vanilluxe [1, 7]	320 Wailmer [16]	321 Wailord [16]
		293 Whismur [8]	562 Yamask [1]	041 Zubat [7]			
Bug	**Attack Order**	416 Vespiquen [45]					
Normal	**Attract (TM45)**	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]	683 Aromatisse [29, TM]
		304 Aron [TM]	531 Audino [21, TM]	699 Aurorus [TM]	713 Avalugg [TM]	610 Axew [TM]	184 Azumarill [TM]
		298 Azurill [TM]	371 Bagon [TM]	354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]
		411 Bastiodon [TM]	153 Bayleef [TM]	614 Beartic [TM]	267 Beautifly [27, TM]	015 Beedrill [TM]	606 Beheeyem [TM]
		182 Bellossom [TM]	069 Bellsprout [TM]	712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]
		688 Binacle [TM]	625 Bisharp [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]
		525 Boldore [TM]	438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]
		286 Breloom [TM]	729 Brionne [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]	001 Bulbasaur [TM]
		427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	331 Cacnea [TM]	332 Cacturne [TM]	323 Camerupt [TM]
		455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]	351 Castform [TM]	609 Chandelure [TM]	113 Chansey [TM]
		006 Charizard [TM]	737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]
		420 Cherubi [TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]
		170 Chinchou [TM]	433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	563 Cofagrigus [TM]	256 Combusken [TM]
		764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]	740 Crabominable [TM]
		739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]	453 Croagunk [TM]
		169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]	104 Cubone [TM]
		742 Cutiefly [TM]	155 Cyndaquil [TM]	555 Darmanitan [TM]	723 Dartrix [TM]	554 Darumaka [TM]	724 Decidueye [TM]
		702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [1, TM]	225 Delibird [TM]	655 Delphox [TM]
		087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]	781 Dhelmise [TM]	660 Diggersby [TM]	050 Diglett [TM]
		085 Dodrio [TM]	084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]
		149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]
		529 Drilbur [TM]	096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]
		557 Dwebble [TM]	603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]
		466 Electivire [TM]	309 Electrike [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]	102 Exeggcute [TM]
		103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]	653 Fennekin [TM]
		160 Feraligatr [TM]	456 Finneon [10, TM]	180 Flaaffy [TM]	669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]
		661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]	671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]
		590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]	592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]
		478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]	444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]
		569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	092 Gastly [TM]	423 Gastrodon [TM]	094 Gengar [TM]
		074 Geodude [TM]	443 Gible [TM]	526 Gigalith [TM]	203 Girafarig [TM]	471 Glaceon [TM]	362 Glalie [TM]
		431 Glameow [44, TM]	207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]
		118 Goldeen [TM]	055 Golduck [TM]	076 Golem [TM]	768 Golisopod [TM]	706 Goodra [TM]	704 Goomy [TM]
		368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	210 Granbull [TM]
		075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	253 Grovyle [TM]	058 Growlithe [TM]
		736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]	533 Gurdurr [TM]	130 Gyarados [TM]
		783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]
		631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]	694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]
		449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]

Type	Move Name	Pokémon					
Normal	Attract (TM45)	679 Honedge [TM]	163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]
		367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]
		392 Infernape [TM]	686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	352 Kecleon [TM]	230 Kingdra [TM]	099 Kingler [TM]
		281 Kirlia [TM]	707 Klefki [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]
		402 Kricketune [TM]	552 Krokorok [TM]	553 Krookodile [TM]	305 Lairon [TM]	608 Lampent [TM]	645 Landorus [TM]
		171 Lanturn [TM]	131 Lapras [TM]	246 Larvitar [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]
		542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]
		345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]	667 Litleo [TM]	725 Litten [TM]
		607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [TM]	448 Lucario [TM]
		272 Ludicolo [TM]	457 Lumineon [1, 10, TM]	754 Lurantis [TM]	370 Luvdisc [20, TM]	404 Luxio [TM]	405 Luxray [TM]
		745 Lycanroc [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]
		126 Magmar [TM]	467 Magmortar [TM]	296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]	630 Mandibuzz [TM]
		310 Manectric [TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]
		179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]
		308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]	678 Meowstic [TM]	052 Meowth [TM]	151 Mew [TM]
		619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [34, TM]	241 Miltank [TM]	439 Mime Jr. [TM]
		778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]
		391 Monferno [TM]	755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]
		750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]
		177 Natu [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]
		033 Nidorino [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]
		299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]
		139 Omastar [TM]	095 Onix [TM]	741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	770 Palossand [TM]
		536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]
		046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]
		053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]	172 Pichu [TM]	018 Pidgeot [TM]
		017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]	731 Pikipek [TM]
		221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	186 Politoed [TM]
		060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [TM]	728 Popplio [TM]
		730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]
		247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [52, TM]	668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]
		156 Quilava [TM]	651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	280 Ralts [TM]	409 Rampardos [TM]
		078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	369 Relicanth [TM]	223 Remoraid [TM]	579 Reuniclus [TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]
		524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]
		373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]
		028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]
		545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]
		364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]
		496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	372 Shelgon [TM]	090 Shellder [TM]
		422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [TM]
		285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	516 Simipour [TM]	512 Simisage [TM]
		514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [10, TM]	451 Skorupi [TM]
		690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]
		199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]
		495 Snivy [TM]	143 Snorlax [TM]	361 Snorunt [TM]	459 Snover [TM]	209 Snubbull [TM]	577 Solosis [TM]
		021 Spearow [TM]	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]
		682 Spritzee [29, TM]	007 Squirtle [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]
		208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]
		185 Sudowoodo [TM]	192 Sunflora [TM]	191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]
		317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]
		528 Swoobat [25, TM]	700 Sylveon [TM]	276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]
		128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]	538 Throh [TM]
		642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]
		176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]	726 Torracat [TM]	389 Torterra [TM]

Type	Move Name	Pokémon					
Normal	Attract (TM45)	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]	520 Tranquill [TM]	328 Trapinch [TM]
		252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]	732 Trumbeak [TM]	763 Tsareena [TM]
		776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]
		236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]	521 Unfezant [TM]	217 Ursaring [TM]	583 Vanillish [TM]
		582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]
		003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]
		045 Vileplume [TM]	666 Vivillon [TM]	313 Volbeat [TM]	629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]
		321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]	505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]
		110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]	340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]
		767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [25, TM]	194 Wooper [TM]	413 Wormadam [41, TM]
		178 Xatu [TM]	562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	335 Zangoose [TM]
		523 Zebstrika [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]	634 Zweilous [TM]
Fighting	Aura Sphere	693 Clawitzer [1, EV]	483 Dialga [37]	487 Giratina [37]	448 Lucario [1, EV]	801 Magearna [81]	151 Mew [100]
		150 Mewtwo [70]	619 Mienfoo [61]	620 Mienshao [1, 70]	484 Palkia [37]	007 Squirtle [E]	468 Togekiss [1]
Ice	Aurora Beam	698 Amaura [20]	699 Aurorus [20]	091 Cloyster [1]	488 Cresselia [29]	615 Cryogonal [13]	225 Delibird [E]
		087 Dewgong [27]	751 Dewpider [E]	456 Finneon [E]	116 Horsea [E]	140 Kabuto [E]	801 Magearna [17]
		224 Octillery [1, 14]	138 Omanyte [E]	223 Remoraid [14, E]	364 Sealeo [21]	086 Seel [27]	090 Shellder [37]
		363 Spheal [21]	245 Suicune [29]	072 Tentacool [E]	134 Vaporeon [20]	037 Vulpix (Alola Form) [28]	365 Walrein [19]
		716 Xerneas [10]					
Ice	Aurora Veil (TM70)	144 Articuno [TM]	615 Cryogonal [TM]	225 Delibird [TM]	478 Froslass [TM]	471 Glaceon [TM]	124 Jynx [TM]
		151 Mew [TM]	038 Ninetales (Alola Form) [TM]	378 Regice [TM]	027 Sandshrew (Alola Form) [TM]	028 Sandslash (Alola Form) [TM]	238 Smoochum [TM]
		037 Vulpix (Alola Form) [TM]					
Steel	Autotomize	681 Aegislash [1]	306 Aggron [51]	304 Aron [43]	797 Celesteela [43]	680 Doublade [18]	205 Forretress [1, EV]
		074 Geodude [E]	783 Hakamo-o [1]	679 Honedge [18]	600 Klang [31]	599 Klink [31]	601 Klinklang [31]
		784 Kommo-o [1]	305 Lairon [47]	774 Minior [31]	800 Necrozma [47]	524 Roggenrola [E]	227 Skarmory [50]
		805 Stakataka [31]	208 Steelix [19]	568 Trubbish [E]	582 Vanillite [E]		
Ice	Avalanche	698 Amaura [34]	699 Aurorus [34]	713 Avalugg [42]	712 Bergmite [39]	740 Crabominable [29]	613 Cubchoo [E]
		124 Jynx [39]	131 Lapras [E]	258 Mudkip [E]	090 Shellder [E]	238 Smoochum [35]	215 Sneasel [E]
		361 Snorunt [E]	459 Snover [E]	220 Swinub [E]	583 Vanillish [19]	582 Vanillite [19]	584 Vanilluxe [19]
Fairy	Baby-Doll Eyes	531 Audino [5]	760 Bewear [10]	729 Brionne [11]	427 Buneary [13]	133 Eevee [9]	196 Espeon [9]
		136 Flareon [9]	676 Furfrou [9]	471 Glaceon [9]	135 Jolteon [9]	470 Leafeon [9]	506 Lillipup [10]
		428 Lopunny [13]	778 Mimikyu [10]	572 Minccino [3]	417 Pachirisu [E]	728 Popplio [11]	730 Primarina [11]
		161 Sentret [E]	403 Shinx [11]	759 Stufful [10]	700 Sylveon [9]	216 Teddiursa [1]	197 Umbreon [9]
		134 Vaporeon [9]	037 Vulpix [9]	263 Zigzagoon [12]			
Poison	Baneful Bunker	748 Toxapex [1, EV]					
Normal	Barrage	102 Exeggcute [1]	103 Exeggutor [1]				
Psychic	Barrier	063 Abra [E]	698 Amaura [E]	712 Bergmite [E]	366 Clamperl [E]	222 Corsola [E]	096 Drowzee [E]
		239 Elekid [E]	605 Elgyem [E]	677 Espurr [E]	471 Glaceon [29]	345 Lileep [E]	240 Magby [E]
		462 Magnezone [1]	151 Mew [40]	150 Mewtwo [64]	439 Mime Jr. [1]	122 Mr. Mime [1]	258 Mudkip [E]
		517 Munna [E]	090 Shellder [E]	072 Tentacool [28]	073 Tentacruel [28]		
Normal	Baton Pass	359 Absol [E]	190 Aipom [11]	424 Ambipom [11]	418 Buizel [E]	427 Buneary [26]	251 Celebi [37]
		742 Cutiefly [E]	585 Deerling [E]	426 Drifblim [52]	425 Drifloon [44]	632 Durant [E]	133 Eevee [33]
		587 Emolga [E]	162 Furret [46]	203 Girafarig [41]	207 Gligar [E]	368 Gorebyss [29]	701 Hawlucha [E]
		367 Huntail [29]	314 Illumise [E]	166 Ledian [29]	165 Ledyba [26]	428 Lopunny [26]	303 Mawile [25]
		307 Meditite [E]	151 Mew [80]	619 Mienfoo [E]	439 Mime Jr. [46]	312 Minun [34]	122 Mr. Mime [46]
		517 Munna [E]	291 Ninjask [35]	741 Oricorio [16]	504 Patrat [38]	311 Plusle [34]	771 Pyukumuku [1]
		722 Rowlet [E]	545 Scolipede [1, EV]	123 Scyther [E]	161 Sentret [39]	540 Sewaddle [E]	616 Shelmet [E]
		300 Skitty [E]	167 Spinarak [E]	327 Spinda [E]	283 Surskit [35]	175 Togepi [41]	176 Togetic [41]
		255 Torchic [E]	048 Venonat [E]	313 Volbeat [E]	505 Watchog [46]		
Flying	Beak Blast	733 Toucannon [1, EV]					
Dark	Beat Up	190 Aipom [E]	004 Charmander [E]	546 Cottonee [E]	050 Diglett [E]	023 Ekans [E]	203 Girafarig [E]
		229 Houndoom [26]	228 Houndour [25, E]	056 Mankey [E]	029 Nidoran♀ [E]	032 Nidoran♂ [E]	766 Passimian [15]
		551 Sandile [E]	273 Seedot [E]	215 Sneasel [28]	746 Wishiwashi [33]		
Poison	Belch	024 Arbok [48]	069 Bellsprout [E]	626 Bouffalant [E]	331 Cacnea [E]	453 Croagunk [47]	633 Deino [E]
		023 Ekans [38]	569 Garbodor [49]	088 Grimer [46]	326 Grumpig [1]	316 Gulpin [41]	799 Guzzlord [1]
		631 Heatmor [E]	109 Koffing [42]	108 Lickitung [E]	240 Magby [E]	241 Miltank [E]	089 Muk [52]

Type	Move Name	Pokémon					
Poison	**Belch**	446 Munchlax [E]	513 Pansear [E]	757 Salandit [E]	086 Seel [E]	336 Seviper [41]	435 Skuntank [43]
		079 Slowpoke [E]	143 Snorlax [E]	434 Stunky [43]	317 Swalot [49]	454 Toxicroak [58]	568 Trubbish [42]
		110 Weezing [51]	340 Whiscash [1]				
Normal	**Belly Drum**	004 Charmander [E]	652 Chesnaught [1]	650 Chespin [E]	173 Cleffa [E]	104 Cubone [E]	555 Darmanitan [30]
		554 Darumaka [30]	297 Hariyama [26]	784 Kommo-o [1]	108 Lickitung [E]	264 Linoone [43]	240 Magby [E]
		296 Makuhita [25]	183 Marill [E]	446 Munchlax [44]	060 Poliwag [31]	061 Poliwhirl [37]	079 Slowpoke [E]
		143 Snorlax [44]	363 Spheal [E]	684 Swirlix [E]	216 Teddiursa [E]	335 Zangoose [E]	263 Zigzagoon [37]
Normal	**Bestow**	531 Audino [E]	242 Blissey [20]	113 Chansey [20]	035 Clefairy [19]	742 Cutiefly [E]	225 Delibird [E]
		102 Exeggcute [50]	656 Froakie [E]	264 Linoone [27]	417 Pachirisu [E]	766 Passimian [25]	708 Phantump [E]
		172 Pichu [E]	519 Pidove [E]	311 Plusle [13]	710 Pumpkaboo [E]	771 Pyukumuku [E]	175 Togepi [25]
		176 Togetic [25]	357 Tropius [46]	263 Zigzagoon [25]			
Normal	**Bide**	591 Amoonguss [1, 12]	614 Beartic [1, 9]	760 Bewear [5]	565 Carracosta [1]	534 Conkeldurr [1, 8]	222 Corsola [E]
		613 Cubchoo [9]	206 Dunsparce [E]	330 Flygon [1]	590 Foongus [12]	205 Forretress [20]	706 Goodra [13]
		704 Goomy [13]	735 Gumshoos [16]	533 Gurdurr [1, 8]	783 Hakamo-o [1, 9]	214 Heracross [E]	782 Jangmo-o [9]
		784 Kommo-o [1, 9]	098 Krabby [E]	401 Kricketot [1]	402 Kricketune [1]	165 Ledyba [E]	259 Marshtomp [18]
		308 Medicham [1]	307 Meditite [1]	241 Miltank [15]	749 Mudbray [22]	258 Mudkip [17]	750 Mudsdale [22]
		290 Nincada [29]	138 Omanyte [E]	417 Pachirisu [1]	504 Patrat [8]	548 Petilil [E]	172 Pichu [E]
		204 Pineco [20]	393 Piplup [22, E]	394 Prinplup [24]	771 Pyukumuku [1]	027 Sandshrew (Alola Form) [3]	539 Sawk [1]
		273 Seedot [1]	616 Shelmet [8]	213 Shuckle [1]	705 Sliggoo [13]	361 Snorunt [E]	805 Stakataka [17]
		759 Stufful [5]	618 Stunfisk [5]	191 Sunkern [E]	260 Swampert [18]	538 Throh [1]	532 Timburr [8]
		564 Tirtouga [1, E]	328 Trapinch [1]	697 Tyrantrum [12]	696 Tyrunt [12]	329 Vibrava [1]	505 Watchog [8]
		734 Yungoos [16]					
Normal	**Bind**	024 Arbok [BP]	069 Bellsprout [BP]	760 Bewear [1, EV, BP]	001 Bulbasaur [BP]	455 Carnivine [1, BP]	358 Chimecho [BP]
		433 Chingling [BP]	764 Comfey [BP]	346 Cradily [BP]	615 Cryogonal [1, BP]	386 Deoxys [BP]	148 Dragonair [BP]
		149 Dragonite [BP]	147 Dratini [BP]	426 Drifblim [BP]	425 Drifloon [BP]	206 Dunsparce [BP]	356 Dusclops [1, BP]
		477 Dusknoir [1, BP]	603 Eelektrik [9, BP]	604 Eelektross [BP]	023 Ekans [BP]	592 Frillish [BP]	368 Gorebyss [BP]
		631 Heatmor [11, BP]	367 Huntail [BP]	727 Incineroar [BP]	686 Inkay [BP]	002 Ivysaur [BP]	593 Jellicent [BP]
		352 Kecleon [4, BP]	600 Klang [21, BP]	599 Klink [21, BP]	601 Klinklang [21, BP]	463 Lickilicky [BP]	108 Lickitung [BP]
		345 Lileep [BP]	687 Malamar [BP]	151 Mew [BP]	350 Milotic [BP]	793 Nihilego [BP]	224 Octillery [BP]
		138 Omanyte [BP]	139 Omastar [BP]	095 Onix [1, BP]	127 Pinsir [4, BP]	384 Rayquaza [BP]	497 Serperior [BP]
		496 Servine [BP]	336 Seviper [BP]	213 Shuckle [BP]	495 Snivy [BP]	805 Stakataka [BP]	208 Steelix [1, BP]
		759 Stufful [BP]	114 Tangela [17, BP]	465 Tangrowth [17, BP]	072 Tentacool [BP]	073 Tentacruel [BP]	538 Throh [1, BP]
		003 Venusaur [BP]	071 Victreebel [BP]	070 Weepinbell [BP]	796 Xurkitree [BP]	718 Zygarde [18, BP]	
Dark	**Bite**	359 Absol [16]	142 Aerodactyl [1]	752 Araquanid [21]	024 Arbok [1, 9]	059 Arcanine [1]	566 Archen [E]
		713 Avalugg [1]	371 Bagon [10]	550 Basculin [7]	712 Bergmite [1]	009 Blastoise [17]	779 Bruxish [12]
		455 Carnivine [7]	565 Carracosta [8]	318 Carvanha [1]	737 Charjabug [1, 10]	004 Charmander [E]	652 Chesnaught [11]
		650 Chespin [11]	169 Crobat [1, 11]	159 Croconaw [13]	633 Deino [9]	751 Dewpider [21]	452 Drapion [1]
		621 Druddigon [9]	206 Dunsparce [E]	632 Durant [1]	133 Eevee [17]	023 Ekans [9]	309 Electrike [24]
		244 Entei [1]	295 Exploud [1]	160 Feraligatr [13]	136 Flareon [17]	676 Furfrou [22]	471 Glaceon [17]
		362 Glalie [19]	431 Glameow [E]	042 Golbat [1, 11]	210 Granbull [7]	088 Grimer (Alola Form) [7]	388 Grotle [22]
		058 Growlithe [1]	736 Grubbin [10]	735 Gumshoos [19]	799 Guzzlord [1]	130 Gyarados [1, EV]	507 Herdier [1, 8]
		449 Hippopotas [7]	450 Hippowdon [1, 7]	229 Houndoom [16]	228 Houndour [16]	367 Huntail [1]	635 Hydreigon [1, 9]
		727 Incineroar [24]	115 Kangaskhan [13]	552 Krokorok [1, 4]	553 Krookodile [1, 4]	246 Larvitar [1]	506 Lillipup [8]
		725 Litten [22]	294 Loudred [1, EV]	404 Luxio [18]	405 Luxray [18]	745 Lycanroc [1, 7]	310 Manectric [24]
		747 Mareanie [9]	303 Mawile [9]	052 Meowth [6]	262 Mightyena [1, 10]	258 Mudkip [E]	089 Muk (Alola Form) [1, 7]
		029 Nidoran♀ [21]	030 Nidorina [23]	714 Noibat [13]	715 Noivern [13]	138 Omanyte [7]	139 Omastar [1, 7]
		417 Pachirisu [E]	515 Panpour [19]	511 Pansage [19]	513 Pansear [19]	504 Patrat [6]	053 Persian [1, 6]
		261 Poochyena [10]	247 Pupitar [1]	651 Quilladin [11]	243 Raikou [1]	020 Raticate [10]	019 Rattata (Alola Form) [10]
		019 Rattata ◆ [10, E]	447 Riolu [E]	744 Rockruff [7]	373 Salamence [1, 10]	551 Sandile [4]	336 Seviper [4]
		319 Sharpedo [1]	372 Shelgon [1, 10]	403 Shinx [17]	773 Silvally [15]	451 Skorupi [1]	435 Skuntank [21]
		215 Sneasel [E]	361 Snorunt [19]	209 Snubbull [7]	007 Squirtle [16]	234 Stantler [E]	508 Stoutland [1, 8]
		434 Stunky [21]	245 Suicune [1]	220 Swinub [E]	642 Thundurus [7]	564 Tirtouga [8]	641 Tornadus [7]
		726 Torracat [24]	389 Torterra [22]	158 Totodile [13]	748 Toxapex [1, 9]	328 Trapinch [1]	387 Turtwig [21]
		248 Tyranitar [1]	697 Tyrantrum [17]	696 Tyrunt [17]	738 Vikavolt [1, 10]	008 Wartortle [17]	505 Watchog [1, 6]
		734 Yungoos [19]	041 Zubat [11]	634 Zweilous [1, 9]	718 Zygarde [1]		

Type	Move Name	Pokémon					
Fire	**Blast Burn**	257 Blaziken [T]	006 Charizard [T]	655 Delphox [T]	500 Emboar [T]	727 Incineroar [T]	392 Infernape [T]
		157 Typhlosion [T]					
Fire	**Blaze Kick**	257 Blaziken [1, EV]	390 Chimchar [E]	106 Hitmonlee [45]	447 Riolu [E]		
Ice	**Blizzard (TM14)**	460 Abomasnow [47, TM]	359 Absol [TM]	306 Aggron [TM]	594 Alomomola [TM]	698 Amaura [65, TM]	752 Araquanid [TM]
		493 Arceus [TM]	144 Articuno [78, TM]	531 Audino [TM]	699 Aurorus [74, TM]	713 Avalugg [46, TM]	184 Azumarill [TM]
		298 Azurill [TM]	689 Barbaracle [TM]	339 Barboach [TM]	411 Bastiodon [TM]	614 Beartic [45, TM]	712 Bergmite [43, TM]
		400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	009 Blastoise [TM]	242 Blissey [TM]	729 Brionne [TM]
		779 Bruxish [TM]	418 Buizel [TM]	565 Carracosta [TM]	318 Carvanha [TM]	351 Castform [35, TM]	113 Chansey [TM]
		170 Chinchou [TM]	366 Clamperl [TM]	036 Clefable [TM]	035 Clefairy [TM]	091 Cloyster [TM]	341 Corphish [TM]
		222 Corsola [TM]	740 Crabominable [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	159 Croconaw [TM]	615 Cryogonal [TM]
		613 Cubchoo [45, TM]	104 Cubone [TM]	491 Darkrai [TM]	301 Delcatty [TM]	225 Delibird [TM]	087 Dewgong [TM]
		502 Dewott [TM]	751 Dewpider [TM]	483 Dialga [TM]	148 Dragonair [TM]	149 Dragonite [TM]	780 Drampa [TM]
		147 Dratini [TM]	206 Dunsparce [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	395 Empoleon [TM]
		295 Exploud [TM]	349 Feebas [TM]	160 Feraligatr [TM]	456 Finneon [TM]	419 Floatzel [TM]	592 Frillish [TM]
		656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [48, TM]	162 Furret [TM]	423 Gastrodon [TM]	649 Genesect [TM]
		471 Glaceon [45, TM]	362 Glalie [48, TM]	118 Goldeen [TM]	055 Golduck [TM]	768 Golisopod [TM]	706 Goodra [TM]
		368 Gorebyss [TM]	658 Greninja [TM]	130 Gyarados [TM]	116 Horsea [TM]	367 Huntail [TM]	593 Jellicent [TM]
		039 Jigglypuff [TM]	124 Jynx [60, TM]	140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]	352 Kecleon [TM]
		230 Kingdra [TM]	099 Kingler [TM]	098 Krabby [TM]	382 Kyogre [TM]	646 Kyurem [78, TM]	171 Lanturn [TM]
		131 Lapras [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	264 Linoone [TM]	271 Lombre [TM]	428 Lopunny [TM]
		270 Lotad [TM]	294 Loudred [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]
		337 Lunatone [TM]	370 Luvdisc [TM]	473 Mamoswine [52, TM]	490 Manaphy [TM]	226 Mantine [TM]	458 Mantyke [TM]
		747 Mareanie [TM]	183 Marill [TM]	105 Marowak [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	481 Mesprit [TM]
		151 Mew [TM]	150 Mewtwo [TM]	350 Milotic [TM]	241 Miltank [TM]	258 Mudkip [TM]	446 Munchlax [TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]
		038 Ninetales (Alola Form) [TM]	224 Octillery [TM]	138 Omanyte [TM]	139 Omastar [TM]	501 Oshawott [TM]	484 Palkia [TM]
		515 Panpour [TM]	279 Pelipper [TM]	795 Pheromosa [TM]	489 Phione [TM]	221 Piloswine [52, TM]	393 Piplup [TM]
		186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	728 Popplio [TM]	137 Porygon [TM]
		233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]	394 Prinplup [TM]	054 Psyduck [TM]	195 Quagsire [TM]
		211 Qwilfish [TM]	409 Rampardos [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]
		369 Relicanth [TM]	223 Remoraid [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	479 Rotom (Frost Rotom) [*]
		503 Samurott [TM]	027 Sandshrew (Alola Form) [46, TM]	028 Sandslash (Alola Form) [TM]	117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [45, TM]
		086 Seel [TM]	319 Sharpedo [TM]	090 Shellder [TM]	422 Shellos [TM]	410 Shieldon [TM]	516 Simipour [TM]
		300 Skitty [TM]	289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]
		079 Slowpoke [TM]	238 Smoochum [48, TM]	215 Sneasel [TM]	143 Snorlax [TM]	361 Snorunt [46, TM]	459 Snover [41, TM]
		363 Spheal [41, TM]	007 Squirtle [TM]	121 Starmie [TM]	120 Staryu [TM]	245 Suicune [85, TM]	283 Surskit [TM]
		260 Swampert [TM]	220 Swinub [44, TM]	788 Tapu Fini [TM]	128 Tauros [TM]	072 Tentacool [TM]	073 Tentacruel [TM]
		564 Tirtouga [TM]	158 Totodile [TM]	748 Toxapex [TM]	248 Tyranitar [TM]	583 Vanillish [53, TM]	582 Vanillite [49, TM]
		584 Vanilluxe [59, TM]	134 Vaporeon [TM]	288 Vigoroth [TM]	037 Vulpix (Alola Form) [42, TM]	320 Wailmer [TM]	321 Wailord [TM]
		365 Walrein [49, TM]	008 Wartortle [TM]	461 Weavile [TM]	340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]
		278 Wingull [TM]	194 Wooper [TM]	335 Zangoose [TM]	263 Zigzagoon [TM]		
Normal	**Block**	460 Abomasnow [BP]	681 Aegislash [BP]	306 Aggron [BP]	348 Armaldo [BP]	713 Avalugg [BP]	411 Bastiodon [1, EV, BP]
		242 Blissey [BP]	525 Boldore [BP]	438 Bonsly [29, BP]	437 Bronzong [1, EV, BP]	331 Cacnea [E, BP]	332 Cacturne [BP]
		565 Carracosta [BP]	797 Celesteela [BP]	652 Chesnaught [BP]	638 Cobalion [BP]	563 Cofagrigus [BP]	534 Conkeldurr [BP]
		740 Crabominable [BP]	346 Cradily [BP]	159 Croconaw [BP]	558 Crustle [BP]	781 Dhelmise [BP]	232 Donphan [BP]
		780 Drampa [BP]	557 Dwebble [E, BP]	500 Emboar [BP]	102 Exeggcute [E, BP]	103 Exeggutor [BP]	160 Feraligatr [BP]
		598 Ferrothorn [BP]	205 Forretress [BP]	478 Froslass [BP]	423 Gastrodon [BP]	074 Geodude [E, BP]	526 Gigalith [BP]
		362 Glalie [BP]	076 Golem [BP]	622 Golett [BP]	623 Golurk [BP]	075 Graveler [BP]	383 Groudon [BP]
		735 Gumshoos [BP]	533 Gurdurr [BP]	720 Hoopa [BP]	553 Krookodile [BP]	382 Kyogre [BP]	645 Landorus [1, BP]
		131 Lapras [BP]	463 Lickilicky [BP]	687 Malamar [BP]	473 Mamoswine [BP]	630 Mandibuzz [BP]	376 Metagross [BP]
		151 Mew [BP]	241 Miltank [BP]	089 Muk [BP]	299 Nosepass [7, E, BP]	095 Onix [E, BP]	765 Oranguru [BP]
		770 Palossand [BP]	674 Pancham [BP]	675 Pangoro [BP]	766 Passimian [BP]	795 Pheromosa [BP]	476 Probopass [1, 7, BP]

*When Rotom becomes Frost Rotom, it learns the move Blizzard. It forgets the move when it changes back to Rotom.

Type	Move Name	Pokémon					
Normal	Block	771 Pyukumuku [BP]	378 Regice [BP]	486 Regigigas [BP]	377 Regirock [BP]	379 Registeel [BP]	112 Rhydon [BP]
		464 Rhyperior [BP]	524 Roggenrola [BP]	503 Samurott [BP]	769 Sandygast [BP]	539 Sawk [BP]	289 Slaking [BP]
		080 Slowbro [BP]	199 Slowking [BP]	079 Slowpoke [E, BP]	143 Snorlax [41, BP]	361 Snorunt [E, BP]	805 Stakataka [BP]
		208 Steelix [BP]	185 Sudowoodo [29, BP]	317 Swalot [BP]	465 Tangrowth [1, 56, BP]	639 Terrakion [BP]	538 Throh [BP]
		532 Timburr [BP]	564 Tirtouga [BP]	389 Torterra [BP]	158 Totodile [E, BP]	748 Toxapex [BP]	709 Trevenant [BP]
		776 Turtonator [BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]	003 Venusaur [BP]	640 Virizion [BP]
		629 Vullaby [BP]	321 Wailord [BP]	365 Walrein [BP]	716 Xerneas [BP]	562 Yamask [BP]	717 Yveltal [BP]
		718 Zygarde [BP]					
Fire	Blue Flare	643 Reshiram [100]					
Normal	Body Slam	304 Aron [E]	713 Avalugg [1, EV]	298 Azurill [E]	153 Bayleef [40]	652 Chesnaught [54]	650 Chespin [42]
		152 Chikorita [34, E]	366 Clamperl [E]	035 Clefairy [40]	341 Corphish [E]	633 Deino [48]	425 Drifloon [E]
		206 Dunsparce [21]	590 Foongus [E]	569 Garbodor [25]	423 Gastrodon [29]	443 Gible [E]	118 Goldeen [E]
		706 Goodra [32]	704 Goomy [32]	058 Growlithe [E]	631 Heatmor [E]	449 Hippopotas [E]	635 Hydreigon [48]
		039 Jigglypuff [32]	124 Jynx [44]	382 Kyogre [20]	131 Lapras [18]	108 Lickitung [E]	725 Litten [E]
		219 Magcargo [43]	179 Mareep [E]	183 Marill [E]	154 Meganium [46]	241 Miltank [24]	749 Mudbray [E]
		446 Munchlax [25]	031 Nidoqueen [35]	322 Numel [E]	674 Pancham [33]	675 Pangoro [35]	231 Phanpy [E]
		060 Poliwag [21]	061 Poliwhirl [21]	432 Purugly [45]	651 Quilladin [48]	364 Sealeo [26]	336 Seviper [E]
		422 Shellos [29]	616 Shelmet [40]	410 Shieldon [E]	287 Slakoth [E]	705 Sliggoo [32]	218 Slugma [41]
		143 Snorlax [25]	363 Spheal [26]	317 Swalot [1, EV]	220 Swinub [E]	498 Tepig [E]	538 Throh [21]
		564 Tirtouga [E]	324 Torkoal [27]	357 Tropius [41]	776 Turtonator [33]	387 Turtwig [E]	721 Volcanion [46]
		320 Wailmer [E]	365 Walrein [25]	194 Wooper [E]	634 Zweilous [48]		
Electric	Bolt Strike	644 Zekrom [100]					
Ground	Bone Club	104 Cubone [7]	105 Marowak [1, 7]				
Ground	Bone Rush	104 Cubone [51]	448 Lucario [29]	630 Mandibuzz [1, EV]	105 Marowak [65]		
Ground	Bonemerang	104 Cubone [21]	105 Marowak [21]				
Normal	Boomburst	441 Chatot [E]	295 Exploud [1, 58]	715 Noivern [1, 75]	731 Pikipek [E]	276 Taillow [E]	329 Vibrava [47]
Flying	Bounce	359 Absol [BP]	190 Aipom [E, BP]	594 Alomomola [BP]	424 Ambipom [BP]	566 Archen [BP]	567 Archeops [BP]
		168 Ariados [BP]	184 Azumarill [BP]	298 Azurill [23, BP]	339 Barboach [BP]	550 Basculin [BP]	257 Blaziken [BP]
		522 Blitzle [BP]	761 Bounsweet [BP]	427 Buneary [56, BP]	659 Bunnelby [38, BP]	794 Buzzwole [BP]	318 Carvanha [BP]
		170 Chinchou [BP]	692 Clauncher [BP]	693 Clawitzer [BP]	036 Clefable [BP]	035 Clefairy [BP]	638 Cobalion [BP]
		256 Combusken [BP]	453 Croagunk [BP]	585 Deerling [BP]	225 Delibird [BP]	660 Diggersby [43, BP]	232 Donphan [BP]
		691 Dragalge [BP]	603 Eelektrik [BP]	604 Eelektross [BP]	456 Finneon [45, BP]	656 Froakie [39, BP]	657 Frogadier [45, BP]
		596 Galvantula [BP]	673 Gogoat [BP]	118 Goldeen [BP]	368 Gorebyss [BP]	658 Greninja [BP]	326 Grumpig [60, BP]
		130 Gyarados [BP]	701 Hawlucha [32, BP]	106 Hitmonlee [BP]	187 Hoppip [46, BP]	116 Horsea [BP]	367 Huntail [BP]
		174 Igglybuff [BP]	039 Jigglypuff [BP]	595 Joltik [BP]	189 Jumpluff [64, BP]	647 Keldeo [BP]	230 Kingdra [BP]
		171 Lanturn [BP]	428 Lopunny [1, 56, BP]	457 Lumineon [53, BP]	370 Luvdisc [BP]	129 Magikarp [BP]	490 Manaphy [BP]
		226 Mantine [46, BP]	458 Mantyke [46, BP]	556 Maractus [E, BP]	183 Marill [BP]	802 Marshadow [BP]	151 Mew [BP]
		619 Mienfoo [49, BP]	620 Mienshao [49, BP]	224 Octillery [BP]	536 Palpitoad [BP]	795 Pheromosa [29, BP]	489 Phione [BP]
		186 Politoed [37, BP]	077 Ponyta [45, BP]	668 Pyroar [BP]	211 Qwilfish [BP]	078 Rapidash [45, BP]	369 Relicanth [BP]
		223 Remoraid [BP]	586 Sawsbuck [BP]	117 Seadra [BP]	119 Seaking [BP]	537 Seismitoad [BP]	319 Sharpedo [BP]
		275 Shiftry [BP]	188 Skiploom [56, BP]	690 Skrelp [BP]	167 Spinarak [BP]	325 Spoink [50, BP]	234 Stantler [BP]
		762 Steenee [BP]	618 Stunfisk [35, BP]	777 Togedemaru [BP]	255 Torchic [BP]	454 Toxicroak [BP]	763 Tsareena [BP]
		535 Tympole [BP]	494 Victini [BP]	640 Virizion [BP]	320 Wailmer [45, BP]	321 Wailord [51, BP]	340 Whiscash [BP]
		040 Wigglytuff [BP]	523 Zebstrika [BP]	571 Zoroark [BP]	570 Zorua [BP]		
Flying	Brave Bird	257 Blaziken [50]	628 Braviary [1, 63]	723 Dartrix [51]	724 Decidueye [55]	084 Doduo [E]	580 Ducklett [41]
		083 Farfetch'd [1, 55]	250 Ho-Oh [15]	630 Mandibuzz [1, 63]	198 Murkrow [E]	016 Pidgey [E]	731 Pikipek [E]
		722 Rowlet [43]	627 Rufflet [59]	227 Skarmory [E]	398 Staraptor [49]	397 Staravia [43]	396 Starly [37]
		581 Swanna [47]	277 Swellow [1, 51]	276 Taillow [41, E]	663 Talonflame [1, 64]	785 Tapu Koko [1]	629 Vullaby [59]
		041 Zubat [E]					
Fighting	Brick Break (TM31)	460 Abomasnow [TM]	681 Aegislash [TM]	306 Aggron [TM]	190 Aipom [TM]	424 Ambipom [TM]	181 Ampharos [TM]
		347 Anorith [TM]	493 Arceus [TM]	348 Armaldo [TM]	184 Azumarill [TM]	371 Bagon [TM]	689 Barbaracle [TM]
		614 Beartic [TM]	015 Beedrill [TM]	760 Bewear [TM]	688 Binacle [TM]	625 Bisharp [TM]	009 Blastoise [TM]
		257 Blaziken [TM]	242 Blissey [TM]	438 Bonsly [TM]	286 Breloom [TM]	418 Buizel [TM]	659 Bunnelby [TM]
		794 Buzzwole [TM]	331 Cacnea [TM]	332 Cacturne [TM]	113 Chansey [TM]	006 Charizard [TM]	004 Charmander [TM]
		005 Charmeleon [TM]	652 Chesnaught [TM]	650 Chespin [TM]	390 Chimchar [TM]	036 Clefable [TM]	035 Clefairy [TM]
		256 Combusken [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	342 Crawdaunt [TM]
		453 Croagunk [TM]	159 Croconaw [TM]	104 Cubone [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	554 Darumaka [TM]
		225 Delibird [TM]	386 Deoxys [TM]	781 Dhelmise [TM]	483 Dialga [TM]	660 Diggersby [TM]	680 Doublade [TM]

Type	Move Name	Pokémon					
Fighting	Brick Break (TM31)	149 Dragonite [TM]	452 Drapion [TM]	529 Drilbur [TM]	096 Drowzee [TM]	356 Dusclops [TM]	477 Dusknoir [TM]
		604 Eelektross [TM]	125 Electabuzz [TM]	466 Electivire [TM]	239 Elekid [TM]	500 Emboar [TM]	395 Empoleon [TM]
		530 Excadrill [TM]	103 Exeggutor (Alola Form) [TM]	295 Exploud [TM]	160 Feraligatr [TM]	180 Flaaffy [TM]	419 Floatzel [TM]
		162 Furret [TM]	475 Gallade [TM]	445 Garchomp [TM]	094 Gengar [TM]	074 Geodude [TM]	207 Gligar [TM]
		472 Gliscor [TM]	673 Gogoat [TM]	055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]
		623 Golurk [TM]	576 Gothitelle [TM]	210 Granbull [TM]	075 Graveler [TM]	383 Groudon [TM]	253 Grovyle [TM]
		326 Grumpig [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]	783 Hakamo-o [TM]	297 Hariyama [TM]	701 Hawlucha [TM]
		612 Haxorus [TM]	214 Heracross [28, TM]	107 Hitmonchan [TM]	106 Hitmonlee [17, TM]	237 Hitmontop [TM]	679 Honedge [TM]
		720 Hoopa [TM]	097 Hypno [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]	782 Jangmo-o [TM]
		039 Jigglypuff [TM]	124 Jynx [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]	798 Kartana [TM]	352 Kecleon [TM]
		099 Kingler [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	382 Kyogre [TM]	645 Landorus [TM]	246 Larvitar [TM]	166 Ledian [TM]	165 Ledyba [TM]
		463 Lickilicky [TM]	108 Lickitung [TM]	271 Lombre [TM]	294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]
		754 Lurantis [TM]	745 Lycanroc [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]
		801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [TM]	296 Makuhita [TM]	056 Mankey [TM]	183 Marill [TM]
		105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]
		648 Meloetta [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	391 Monferno [TM]	122 Mr. Mime [TM]	089 Muk [TM]
		446 Munchlax [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	714 Noibat [TM]	715 Noivern [TM]
		274 Nuzleaf [TM]	765 Oranguru [TM]	484 Palkia [TM]	674 Pancham [TM]	675 Pangoro [TM]	046 Paras [TM]
		047 Parasect [TM]	766 Passimian [TM]	624 Pawniard [TM]	795 Pheromosa [TM]	499 Pignite [TM]	025 Pikachu [TM]
		731 Pikipek [TM]	127 Pinsir [26, TM]	393 Piplup [TM]	186 Politoed [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]
		057 Primeape [TM]	394 Prinplup [TM]	054 Psyduck [TM]	247 Pupitar [TM]	195 Quagsire [TM]	156 Quilava [TM]
		651 Quilladin [TM]	026 Raichu [TM]	409 Rampardos [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]
		377 Regirock [TM]	379 Registeel [TM]	112 Rhydon [TM]	464 Rhyperior [TM]	447 Riolu [TM]	302 Sableye [TM]
		373 Salamence [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	539 Sawk [21, TM]	254 Sceptile [TM]	212 Scizor [TM]
		560 Scrafty [23, TM]	559 Scraggy [23, TM]	123 Scyther [TM]	537 Seismitoad [TM]	161 Sentret [TM]	372 Shelgon [TM]
		275 Shiftry [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	672 Skiddo [TM]	451 Skorupi [TM]
		289 Slaking [TM]	287 Slakoth [TM]	080 Slowbro [TM]	199 Slowking [TM]	215 Sneasel [TM]	143 Snorlax [TM]
		209 Snubbull [TM]	327 Spinda [TM]	007 Squirtle [TM]	759 Stufful [TM]	185 Sudowoodo [TM]	260 Swampert [TM]
		465 Tangrowth [TM]	787 Tapu Bulu [TM]	216 Teddiursa [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]
		468 Togekiss [TM]	176 Togetic [TM]	641 Tornadus [TM]	158 Totodile [TM]	733 Toucannon [TM]	454 Toxicroak [TM]
		252 Treecko [TM]	732 Trumbeak [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]
		696 Tyrunt [TM]	217 Ursaring [TM]	494 Victini [TM]	288 Vigoroth [TM]	313 Volbeat [TM]	721 Volcanion [TM]
		008 Wartortle [TM]	461 Weavile [TM]	040 Wigglytuff [TM]	335 Zangoose [TM]	718 Zygarde [TM]	
Water	Brine	594 Alomomola [41]	347 Anorith [29]	348 Armaldo [29]	550 Basculin [E]	614 Beartic [21]	565 Carracosta [28]
		318 Carvanha [E]	170 Chinchou [E]	366 Clamperl [E]	222 Corsola [27]	346 Cradily [21]	613 Cubchoo [21]
		087 Dewgong [33]	580 Ducklett [E]	395 Empoleon [33]	349 Feebas [E]	456 Finneon [E]	592 Frillish [32]
		297 Hariyama [1]	116 Horsea [31]	367 Huntail [19]	593 Jellicent [32]	230 Kingdra [31]	099 Kingler [51]
		098 Krabby [39]	131 Lapras [37]	345 Lileep [21]	370 Luvdisc [E]	138 Omanyte [28]	139 Omastar [28]
		501 Oshawott [E]	515 Panpour [34]	279 Pelipper [22]	393 Piplup [29]	394 Prinplup [33]	211 Qwilfish [33, E]
		369 Relicanth [E]	117 Seadra [31]	364 Sealeo [17]	086 Seel [33]	090 Shellder [44]	422 Shellos [E]
		363 Spheal [17]	007 Squirtle [E]	120 Staryu [28]	788 Tapu Fini [32]	072 Tentacool [34]	073 Tentacruel [36]
		564 Tirtouga [28]	320 Wailmer [25]	321 Wailord [25]	365 Walrein [19]	278 Wingull [E]	746 Wishiwashi [14]
Dark	Brutal Swing (TM59)	359 Absol [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	181 Ampharos [TM]	024 Arbok [TM]
		348 Armaldo [TM]	689 Barbaracle [TM]	015 Beedrill [TM]	760 Bewear [14, TM]	797 Celesteela [TM]	006 Charizard [TM]
		534 Conkeldurr [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	104 Cubone [TM]	225 Delibird [TM]	386 Deoxys [TM]
		781 Dhelmise [TM]	660 Diggersby [TM]	232 Donphan [TM]	680 Doublade [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		452 Drapion [TM]	147 Dratini [TM]	023 Ekans [TM]	589 Escavalier [TM]	530 Excadrill [TM]	103 Exeggutor (Alola Form) [TM]
		083 Farfetch'd [TM]	330 Flygon [TM]	162 Furret [TM]	445 Garchomp [TM]	074 Geodude (Alola Form) [TM]	487 Giratina [TM]
		472 Gliscor [TM]	076 Golem (Alola Form) [TM]	706 Goodra [TM]	075 Graveler (Alola Form) [TM]	658 Greninja [TM]	088 Grimer (Alola Form) [TM]
		383 Groudon [TM]	533 Gurdurr [TM]	799 Guzzlord [13, TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	612 Haxorus [TM]
		695 Heliolisk [TM]	214 Heracross [TM]	679 Honedge [TM]	635 Hydreigon [TM]	727 Incineroar [TM]	784 Kommo-o [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	646 Kyurem [TM]	645 Landorus [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		428 Lopunny [TM]	687 Malamar [TM]	105 Marowak [TM]	151 Mew [TM]	150 Mewtwo [TM]	350 Milotic [TM]

Type	Move Name	Pokémon					
Dark	**Brutal Swing (TM59)**	089 Muk (Alola Form) [TM]	800 Necrozma [TM]	793 Nihilego [TM]	095 Onix [TM]	765 Oranguru [TM]	766 Passimian [TM]
		127 Pinsir [TM]	384 Rayquaza [TM]	643 Reshiram [TM]	112 Rhydon [TM]	464 Rhyperior [TM]	373 Salamence [TM]
		254 Sceptile [TM]	212 Scizor [TM]	123 Scyther [TM]	161 Sentret [TM]	497 Serperior [TM]	336 Seviper [TM]
		275 Shiftry [TM]	805 Stakataka [TM]	208 Steelix [TM]	759 Stufful [14, TM]	787 Tapu Bulu [TM]	642 Thundurus [TM]
		532 Timburr [TM]	641 Tornadus [TM]	709 Trevenant [TM]	357 Tropius [TM]	776 Turtonator [TM]	248 Tyranitar [TM]
		697 Tyrantrum [TM]	796 Xurkitree [TM]	644 Zekrom [TM]			
Water	**Bubble**	752 Araquanid [1]	184 Azumarill [7]	298 Azurill [7]	009 Blastoise [13]	170 Chinchou [1]	692 Clauncher [12]
		693 Clawitzer [12]	341 Corphish [1]	222 Corsola [4]	740 Crabominable [1]	739 Crabrawler [1]	342 Crawdaunt [1]
		751 Dewpider [1]	691 Dragalge [12]	395 Empoleon [1, 8]	592 Frillish [1]	656 Froakie [5]	657 Frogadier [1, 5]
		706 Goodra [1]	704 Goomy [1]	658 Greninja [1, 5]	116 Horsea [1]	593 Jellicent [1]	230 Kingdra [1]
		099 Kingler [1]	098 Krabby [1]	171 Lanturn [1]	271 Lombre [9]	270 Lotad [9]	490 Manaphy [1]
		226 Mantine [1]	458 Mantyke [1]	183 Marill [7]	284 Masquerain [1]	536 Palpitoad [1]	489 Phione [1]
		393 Piplup [8]	060 Poliwag [11]	061 Poliwhirl [11]	394 Prinplup [1, 8]	211 Qwilfish [13]	117 Seadra [1]
		537 Seismitoad [1]	690 Skrelp [12]	705 Sliggoo [1]	007 Squirtle [13]	283 Surskit [1]	072 Tentacool [E]
		535 Tympole [1]	008 Wartortle [13]				
Water	**Bubble Beam**	752 Araquanid [16]	184 Azumarill [13]	298 Azurill [13]	550 Basculin [E]	729 Brionne [24]	170 Chinchou [20]
		692 Clauncher [20]	693 Clawitzer [20]	341 Corphish [14]	222 Corsola [10]	740 Crabominable [17]	739 Crabrawler [17]
		342 Crawdaunt [14]	751 Dewpider [16]	580 Ducklett [19]	395 Empoleon [19]	592 Frillish [13]	116 Horsea [21]
		593 Jellicent [13]	140 Kabuto [E]	647 Keldeo [1, 13]	230 Kingdra [21]	099 Kingler [15]	098 Krabby [15]
		171 Lanturn [20]	271 Lombre [24]	270 Lotad [21]	490 Manaphy [24]	226 Mantine [1, 7]	458 Mantyke [7]
		183 Marill [13]	224 Octillery [18]	138 Omanyte [E]	536 Palpitoad [12]	489 Phione [24]	393 Piplup [18]
		186 Politoed [1]	060 Poliwag [25, E]	061 Poliwhirl [27]	062 Poliwrath [1]	728 Popplio [22]	730 Primarina [24]
		394 Prinplup [19]	211 Qwilfish [E]	223 Remoraid [18]	117 Seadra [21]	537 Seismitoad [12]	090 Shellder [E]
		120 Staryu [18]	245 Suicune [1, 8]	283 Surskit [17]	581 Swanna [19]	072 Tentacool [25]	073 Tentacruel [25]
		535 Tympole [12]					
Bug	**Bug Bite**	617 Accelgor [BP]	347 Anorith [25, BP]	752 Araquanid [1, 13, BP]	168 Ariados [1, BP]	348 Armaldo [25, BP]	267 Beautifly [BP]
		015 Beedrill [BP]	412 Burmy [15, BP]	012 Butterfree [BP]	794 Buzzwole [BP]	455 Carnivine [BP]	268 Cascoon [BP]
		010 Caterpie [9, BP]	737 Charjabug [13, BP]	415 Combee [13, BP]	558 Crustle [23, BP]	742 Cutiefly [BP]	751 Dewpider [13, BP]
		452 Drapion [20, BP]	632 Durant [16, BP]	269 Dustox [BP]	557 Dwebble [23, BP]	589 Escavalier [BP]	330 Flygon [BP]
		753 Fomantis [BP]	205 Forretress [1, 9, BP]	596 Galvantula [18, BP]	649 Genesect [BP]	207 Gligar [BP]	472 Gliscor [BP]
		768 Golisopod [10, BP]	736 Grubbin [13, BP]	631 Heatmor [36, BP]	485 Heatran [BP]	214 Heracross [BP]	314 Illumise [BP]
		595 Joltik [18, BP]	014 Kakuna [BP]	588 Karrablast [E, BP]	401 Kricketot [16, BP]	402 Kricketune [BP]	636 Larvesta [40, BP]
		542 Leavanny [1, 8, BP]	166 Ledian [BP]	165 Ledyba [E, BP]	754 Lurantis [BP]	284 Masquerain [BP]	011 Metapod [BP]
		151 Mew [BP]	414 Mothim [1, 15, BP]	290 Nincada [E, BP]	291 Ninjask [1, BP]	046 Paras [E, BP]	047 Parasect [BP]
		795 Pheromosa [BP]	204 Pineco [9, BP]	127 Pinsir [E, BP]	743 Ribombee [BP]	664 Scatterbug [15, BP]	212 Scizor [BP]
		545 Scolipede [23, BP]	123 Scyther [BP]	540 Sewaddle [8, BP]	292 Shedinja [BP]	616 Shelmet [BP]	213 Shuckle [42, BP]
		266 Silcoon [BP]	451 Skorupi [20, BP]	665 Spewpa [BP]	167 Spinarak [BP]	283 Surskit [E, BP]	541 Swadloon [1, BP]
		328 Trapinch [E, BP]	543 Venipede [22, BP]	049 Venomoth [BP]	048 Venonat [E, BP]	416 Vespiquen [BP]	329 Vibrava [BP]
		738 Vikavolt [13, BP]	666 Vivillon [BP]	313 Volbeat [BP]	637 Volcarona [BP]	013 Weedle [9, BP]	544 Whirlipede [23, BP]
		413 Wormadam [1, 15, BP]	265 Wurmple [15, BP]	193 Yanma [BP]	469 Yanmega [1, BP]		
Bug	**Bug Buzz**	617 Accelgor [44]	267 Beautifly [35]	012 Butterfree [31]	415 Combee [29]	742 Cutiefly [26]	269 Dustox [35]
		589 Escavalier [28]	596 Galvantula [60]	649 Genesect [55]	314 Illumise [40, E]	595 Joltik [48]	588 Karrablast [28]
		402 Kricketune [46]	636 Larvesta [70]	166 Ledian [38]	165 Ledyba [33, E]	284 Masquerain [1, 42]	414 Mothim [50]
		290 Nincada [E]	795 Pheromosa [53]	743 Ribombee [28]	123 Scyther [E]	540 Sewaddle [36]	616 Shelmet [44]
		049 Venomoth [1, 59]	329 Vibrava [29]	738 Vikavolt [31]	666 Vivillon [35]	313 Volbeat [40, E]	637 Volcarona [1, 70]
		413 Wormadam [50]	193 Yanma [57]	469 Yanmega [1, 57]			
Fighting	**Bulk Up (TM08)**	689 Barbaracle [TM]	614 Beartic [TM]	760 Bewear [TM]	257 Blaziken [31, TM]	628 Braviary [TM]	286 Breloom [TM]
		779 Bruxish [TM]	418 Buizel [TM]	659 Bunnelby [TM]	794 Buzzwole [13, TM]	652 Chesnaught [48, TM]	650 Chespin [39, TM]
		390 Chimchar [TM]	256 Combusken [31, TM]	534 Conkeldurr [29, TM]	740 Crabominable [TM]	739 Crabrawler [TM]	453 Croagunk [TM]
		555 Darmanitan [TM]	483 Dialga [TM]	660 Diggersby [TM]	500 Emboar [TM]	419 Floatzel [TM]	475 Gallade [TM]
		673 Gogoat [34, TM]	768 Golisopod [TM]	210 Granbull [TM]	383 Groudon [50, TM]	533 Gurdurr [29, TM]	783 Hakamo-o [TM]
		297 Hariyama [TM]	701 Hawlucha [TM]	214 Heracross [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]
		727 Incineroar [1, TM]	392 Infernape [TM]	782 Jangmo-o [TM]	775 Komala [TM]	784 Kommo-o [TM]	553 Krookodile [TM]
		645 Landorus [TM]	725 Litten [TM]	448 Lucario [TM]	745 Lycanroc [TM]	068 Machamp [43, TM]	067 Machoke [43, TM]
		066 Machop [37, TM]	296 Makuhita [TM]	056 Mankey [TM]	802 Marshadow [TM]	308 Medicham [TM]	307 Meditite [TM]

Type	Move Name	Pokémon					
Fighting	**Bulk Up (TM08)**	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	778 Mimikyu [TM]	391 Monferno [TM]
		484 Palkia [TM]	674 Pancham [TM]	675 Pangoro [TM]	766 Passimian [32, TM]	127 Pinsir [TM]	062 Poliwrath [TM]
		057 Primeape [TM]	651 Quilladin [44, TM]	020 Raticate (Alola Form) [TM]	384 Rayquaza [TM]	447 Riolu [TM]	627 Rufflet [TM]
		539 Sawk [25, TM]	560 Scrafty [TM]	559 Scraggy [TM]	672 Skiddo [34, TM]	289 Slaking [TM]	287 Slakoth [TM]
		209 Snubbull [TM]	759 Stufful [TM]	663 Talonflame [TM]	787 Tapu Bulu [TM]	216 Teddiursa [TM]	538 Throh [25, TM]
		642 Thundurus [TM]	532 Timburr [28, TM]	641 Tornadus [TM]	726 Torracat [TM]	454 Toxicroak [TM]	776 Turtonator [TM]
		236 Tyrogue [TM]	217 Ursaring [TM]	288 Vigoroth [TM]			
Ground	**Bulldoze (TM78)**	460 Abomasnow [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	334 Altaria [TM]	698 Amaura [TM]	181 Ampharos [TM]
		024 Arbok [TM]	059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	348 Armaldo [TM]
		304 Aron [TM]	699 Aurorus [TM]	713 Avalugg [TM]	184 Azumarill [TM]	343 Baltoy [TM]	689 Barbaracle [TM]
		339 Barboach [TM]	411 Bastiodon [TM]	614 Beartic [TM]	760 Bewear [TM]	400 Bibarel [TM]	688 Binacle [TM]
		009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	525 Boldore [TM]	626 Bouffalant [TM]	437 Bronzong [TM]
		436 Bronzor [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]	323 Camerupt [TM]	565 Carracosta [TM]	797 Celesteela [TM]
		113 Chansey [TM]	006 Charizard [TM]	652 Chesnaught [TM]	650 Chespin [TM]	344 Claydol [TM]	534 Conkeldurr [TM]
		222 Corsola [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	453 Croagunk [TM]
		558 Crustle [TM]	104 Cubone [TM]	555 Darmanitan [TM]	781 Dhelmise [TM]	483 Dialga [TM]	660 Diggersby [1, TM]
		050 Diglett [18, TM]	232 Donphan [1, TM]	149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	529 Drilbur [TM]
		621 Druddigon [TM]	051 Dugtrio [18, TM]	206 Dunsparce [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	557 Dwebble [TM]
		023 Ekans [TM]	466 Electivire [TM]	500 Emboar [TM]	395 Empoleon [TM]	244 Entei [TM]	530 Excadrill [TM]
		103 Exeggutor (Alola Form) [TM]	295 Exploud [TM]	160 Feraligatr [TM]	598 Ferrothorn [TM]	330 Flygon [8, TM]	205 Forretress [TM]
		444 Gabite [TM]	475 Gallade [TM]	445 Garchomp [TM]	423 Gastrodon [TM]	074 Geodude (Alola Form) [TM]	074 Geodude ◆ [22, TM]
		443 Gible [TM]	526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	362 Glalie [TM]	207 Gligar [TM]
		472 Gliscor [TM]	673 Gogoat [26, TM]	076 Golem (Alola Form) [TM]	076 Golem ◆ [22, TM]	622 Golett [TM]	623 Golurk [TM]
		706 Goodra [TM]	210 Granbull [TM]	075 Graveler (Alola Form) [TM]	075 Graveler ◆ [22, TM]	383 Groudon [TM]	326 Grumpig [TM]
		735 Gumshoos [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	297 Hariyama [TM]	612 Haxorus [TM]
		485 Heatran [TM]	695 Heliolisk [TM]	694 Helioptile [35, TM]	214 Heracross [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]
		107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	250 Ho-Oh [TM]	635 Hydreigon [TM]	727 Incineroar [TM]
		392 Infernape [TM]	782 Jangmo-o [TM]	115 Kangaskhan [TM]	775 Komala [TM]	784 Kommo-o [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	382 Kyogre [TM]	305 Lairon [TM]	645 Landorus [13, TM]	131 Lapras [TM]	246 Larvitar [TM]
		380 Latias [TM]	381 Latios [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	667 Litleo [TM]	294 Loudred [TM]
		448 Lucario [TM]	249 Lugia [TM]	337 Lunatone [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]
		219 Magcargo [TM]	467 Magmortar [TM]	296 Makuhita [TM]	473 Mamoswine [TM]	056 Mankey [TM]	226 Mantine [TM]
		458 Mantyke [TM]	105 Marowak [TM]	259 Marshtomp [TM]	154 Meganium [TM]	376 Metagross [TM]	375 Metang [TM]
		151 Mew [TM]	150 Mewtwo [TM]	350 Milotic [TM]	241 Miltank [TM]	774 Minior [TM]	749 Mudbray [10, TM]
		750 Mudsdale [1, 10, TM]	446 Munchlax [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	299 Nosepass [TM]
		322 Numel [TM]	095 Onix [TM]	765 Oranguru [TM]	484 Palkia [TM]	770 Palossand [23, TM]	536 Palpitoad [TM]
		674 Pancham [TM]	675 Pangoro [TM]	766 Passimian [TM]	231 Phanpy [TM]	708 Phantump [TM]	499 Pignite [TM]
		221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	186 Politoed [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]
		057 Primeape [TM]	476 Probopass [TM]	247 Pupitar [TM]	432 Purugly [TM]	668 Pyroar [TM]	195 Quagsire [TM]
		651 Quilladin [TM]	243 Raikou [TM]	409 Rampardos [TM]	384 Rayquaza [TM]	378 Regice [1, 19, TM]	486 Regigigas [TM]
		377 Regirock [1, 19, TM]	379 Registeel [1, 19, TM]	369 Relicanth [TM]	112 Rhydon [21, TM]	111 Rhyhorn [21, TM]	464 Rhyperior [21, TM]
		447 Riolu [TM]	524 Roggenrola [TM]	373 Salamence [TM]	551 Sandile [TM]	027 Sandshrew [TM]	028 Sandslash [TM]
		769 Sandygast [23, TM]	539 Sawk [TM]	254 Sceptile [TM]	545 Scolipede [TM]	364 Sealeo [TM]	537 Seismitoad [TM]
		336 Seviper [TM]	319 Sharpedo [TM]	410 Shieldon [TM]	213 Shuckle [TM]	672 Skiddo [26, TM]	289 Slaking [TM]
		080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	143 Snorlax [TM]	209 Snubbull [TM]	791 Solgaleo [TM]
		338 Solrock [TM]	363 Spheal [TM]	805 Stakataka [TM]	234 Stantler [TM]	208 Steelix [TM]	759 Stufful [TM]
		618 Stunfisk [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	317 Swalot [TM]	260 Swampert [TM]	220 Swinub [TM]
		465 Tangrowth [TM]	128 Tauros [TM]	216 Teddiursa [TM]	639 Terrakion [TM]	538 Throh [TM]	564 Tirtouga [TM]
		324 Torkoal [TM]	389 Torterra [TM]	454 Toxicroak [TM]	328 Trapinch [8, TM]	709 Trevenant [TM]	357 Tropius [TM]
		776 Turtonator [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]
		217 Ursaring [TM]	003 Venusaur [TM]	329 Vibrava [8, TM]	288 Vigoroth [TM]	721 Volcanion [TM]	320 Wailmer [TM]
		321 Wailord [TM]	365 Walrein [TM]	340 Whiscash [TM]	746 Wishiwashi [TM]	194 Wooper [TM]	413 Wormadam (Sand Cloak) [TM]
		718 Zygarde [1, TM]					

Type	Move Name	Pokémon					
Steel	Bullet Punch	453 Croagunk [E]	107 Hitmonchan [16]	066 Machop [E]	296 Makuhita [E]	307 Meditite [E]	376 Metagross [26]
		375 Metang [26]	675 Pangoro [1, EV]	447 Riolu [E]	212 Scizor [1]	236 Tyrogue [E]	
Grass	Bullet Seed	069 Bellsprout [E]	573 Cinccino [1]	102 Exeggcute [17]	597 Ferroseed [E]	711 Gourgeist [26]	214 Heracross [1]
		187 Hoppip [19]	189 Jumpluff [20]	226 Mantine [1]	556 Maractus [E]	224 Octillery [46]	511 Pansage [E]
		504 Patrat [E]	731 Pikipek [31]	710 Pumpkaboo [26]	223 Remoraid [38]	315 Roselia [E]	273 Seedot [E]
		285 Shroomish [E]	188 Skiploom [20]	459 Snover [E]	192 Sunflora [25]	733 Toucannon [40]	252 Treecko [E]
		357 Tropius [E]	732 Trumbeak [37]				
Fire	Burn Up	155 Cyndaquil [58]	058 Growlithe [E]	146 Moltres [99]	156 Quilava [68]	498 Tepig [E]	157 Typhlosion [74]
Psychic	Calm Mind (TM04)	063 Abra [TM]	359 Absol [TM]	065 Alakazam [41, TM]	594 Alomomola [TM]	698 Amaura [TM]	493 Arceus [TM]
		683 Aromatisse [17, TM]	531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]	343 Baltoy [TM]	354 Banette [TM]
		606 Beheeyem [45, TM]	806 Blacephalon [31, TM]	242 Blissey [TM]	438 Bonsly [TM]	437 Bronzong [TM]	436 Bronzor [TM]
		779 Bruxish [TM]	703 Carbink [TM]	251 Celebi [TM]	609 Chandelure [TM]	113 Chansey [TM]	358 Chimecho [TM]
		433 Chingling [TM]	573 Cinccino [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	638 Cobalion [TM]
		563 Cofagrigus [TM]	764 Comfey [TM]	222 Corsola [TM]	488 Cresselia [TM]	742 Cutiefly [TM]	491 Darkrai [TM]
		301 Delcatty [TM]	655 Delphox [TM]	386 Deoxys [TM]	719 Diancie [TM]	780 Drampa [TM]	426 Drifblim [TM]
		425 Drifloon [TM]	096 Drowzee [TM]	206 Dunsparce [TM]	578 Duosion [TM]	356 Dusclops [TM]	477 Dusknoir [TM]
		355 Duskull [TM]	605 Elgyem [43, TM]	244 Entei [78, TM]	196 Espeon [TM]	677 Espurr [TM]	669 Flabébé [TM]
		670 Floette [TM]	671 Florges [TM]	475 Gallade [TM]	282 Gardevoir [26, TM]	203 Girafarig [TM]	487 Giratina [TM]
		055 Golduck [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	326 Grumpig [TM]	430 Honchkrow [TM]
		250 Ho-Oh [93, TM]	720 Hoopa [TM]	097 Hypno [TM]	392 Infernape [58, TM]	686 Inkay [TM]	385 Jirachi [TM]
		124 Jynx [TM]	064 Kadabra [TM]	798 Kartana [TM]	647 Keldeo [TM]	281 Kirlia [26, TM]	707 Klefki [TM]
		775 Komala [TM]	382 Kyogre [50, TM]	608 Lampent [TM]	645 Landorus [TM]	636 Larvesta [TM]	380 Latias [TM]
		381 Latios [TM]	542 Leavanny [TM]	607 Litwick [TM]	448 Lucario [47, TM]	249 Lugia [93, TM]	792 Lunala [TM]
		337 Lunatone [TM]	801 Magearna [TM]	687 Malamar [TM]	490 Manaphy [TM]	802 Marshadow [TM]	308 Medicham [23, TM]
		307 Meditite [23, TM]	648 Meloetta [TM]	678 Meowstic [TM]	481 Mesprit [TM]	151 Mew [TM]	150 Mewtwo [TM]
		619 Mienfoo [25, TM]	620 Mienshao [25, TM]	439 Mime Jr. [TM]	572 Minccino [TM]	774 Minior [TM]	200 Misdreavus [TM]
		429 Mismagius [TM]	122 Mr. Mime [TM]	517 Munna [35, TM]	198 Murkrow [TM]	518 Musharna [TM]	177 Natu [TM]
		800 Necrozma [TM]	038 Ninetales [TM]	765 Oranguru [39, TM]	741 Oricorio [TM]	054 Psyduck [TM]	026 Raichu (Alola Form) [TM]
		243 Raikou [78, TM]	280 Ralts [24, TM]	369 Relicanth [TM]	579 Reuniclus [TM]	743 Ribombee [TM]	302 Sableye [TM]
		497 Serperior [TM]	496 Servine [TM]	540 Sewaddle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	300 Skitty [TM]
		080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]
		495 Snivy [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	327 Spinda [TM]	442 Spiritomb [TM]
		325 Spoink [TM]	682 Spritzee [17, TM]	234 Stantler [27, TM]	185 Sudowoodo [TM]	245 Suicune [78, TM]	541 Swadloon [TM]
		684 Swirlix [TM]	528 Swoobat [29, TM]	700 Sylveon [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	639 Terrakion [TM]	709 Trevenant [TM]	480 Uxie [TM]	640 Virizion [TM]	666 Vivillon [TM]
		637 Volcarona [TM]	461 Weavile [TM]	527 Woobat [29, TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]
		562 Yamask [TM]	571 Zoroark [TM]	570 Zorua [TM]			
Normal	Camouflage	298 Azurill [E]	222 Corsola [E]	585 Deerling [1]	691 Dragalge [19]	669 Flabébé [E]	656 Froakie [E]
		694 Helioptile [E]	686 Inkay [E]	595 Joltik [E]	352 Kecleon [30, E]	183 Marill [E]	414 Mothim [35]
		586 Sawsbuck [1]	540 Sewaddle [E]	690 Skrelp [19]	120 Staryu [22]	618 Stunfisk [17]	718 Zygarde [59]
Normal	Captivate	729 Brionne [46]	012 Butterfree [37]	546 Cottonee [E]	133 Eevee [E]	349 Feebas [E]	456 Finneon [26]
		669 Flabébé [E]	478 Froslass [41]	676 Furfrou [E]	282 Gardevoir [44]	431 Glameow [32]	368 Gorebyss [23]
		574 Gothita [E]	174 Igglybuff [E]	314 Illumise [E]	607 Litwick [E]	457 Lumineon [26]	370 Luvdisc [37, E]
		303 Mawile [E]	052 Meowth [46]	350 Milotic [21]	241 Miltank [35]	572 Minccino [39]	029 Nidoran♀ [43]
		032 Nidoran♂ [43]	030 Nidorina [50]	033 Nidorino [50]	741 Oricorio [33, E]	053 Persian [56]	077 Ponyta [E]
		728 Popplio [39]	730 Primarina [49]	509 Purrloin [33]	432 Purugly [32]	302 Sableye [E]	758 Salazzle [1, EV]
		161 Sentret [E]	300 Skitty [43, E]	238 Smoochum [E]	495 Snivy [E]	442 Spiritomb [E]	682 Spritzee [E]
		234 Stantler [50]	762 Steenee [37]	763 Tsareena [37]	416 Vespiquen [41]	037 Vulpix (Alola Form) [47]	037 Vulpix ◆ [47, E]
		527 Woobat [E]	413 Wormadam [35]	570 Zorua [E]			
Electric	Charge	181 Ampharos [16]	522 Blitzle [8]	737 Charjabug [1, EV]	170 Chinchou [50]	702 Dedenne [11]	309 Electrike [44]
		101 Electrode [1]	587 Emolga [10]	180 Flaaffy [16]	074 Geodude (Alola Form) [4]	076 Golem (Alola Form) [1, 4]	075 Graveler (Alola Form) [1, 4]
		695 Heliolisk [1]	694 Helioptile [11]	600 Klang [1, 6]	599 Klink [6]	601 Klinklang [1, 6]	171 Lanturn [58]
		404 Luxio [9]	405 Luxray [1, 9]	310 Manectric [48]	179 Mareep [15, E]	312 Minun [28]	417 Pachirisu [E]
		172 Pichu [E]	311 Plusle [28]	479 Rotom [1, 57]	403 Shinx [9]	785 Tapu Koko [26]	642 Thundurus [49]
		777 Togedemaru [13]	738 Vikavolt [1]	100 Voltorb [1]	796 Xurkitree [1]	145 Zapdos [36]	523 Zebstrika [1, 8]

Type	Move Name	Pokémon					
Electric	Charge Beam (TM57)	063 Abra [TM]	359 Absol [TM]	065 Alakazam [TM]	698 Amaura [TM]	181 Ampharos [TM]	493 Arceus [TM]
		683 Aromatisse [TM]	531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]	343 Baltoy [TM]	354 Banette [TM]
		606 Beheeyem [TM]	400 Bibarel [TM]	399 Bidoof [TM]	242 Blissey [TM]	522 Blitzle [TM]	437 Bronzong [TM]
		436 Bronzor [TM]	427 Buneary [TM]	251 Celebi [TM]	113 Chansey [TM]	737 Charjabug [TM]	358 Chimecho [TM]
		170 Chinchou [TM]	433 Chingling [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	488 Cresselia [TM]
		491 Darkrai [TM]	702 Dedenne [34, TM]	301 Delcatty [TM]	386 Deoxys [TM]	426 Drifblim [TM]	425 Drifloon [TM]
		621 Druddigon [TM]	206 Dunsparce [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	603 Eelektrik [1, TM]
		604 Eelektross [TM]	125 Electabuzz [TM]	466 Electivire [TM]	309 Electrike [TM]	101 Electrode [16, TM]	239 Elekid [TM]
		605 Elgyem [TM]	587 Emolga [TM]	677 Espurr [TM]	180 Flaaffy [TM]	676 Furfrou [TM]	162 Furret [TM]
		475 Gallade [TM]	596 Galvantula [TM]	282 Gardevoir [TM]	649 Genesect [TM]	074 Geodude (Alola Form) [TM]	203 Girafarig [TM]
		487 Giratina [TM]	076 Golem (Alola Form) [TM]	623 Golurk [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		711 Gourgeist [TM]	075 Graveler (Alola Form) [TM]	736 Grubbin [TM]	326 Grumpig [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		250 Ho-Oh [TM]	720 Hoopa [TM]	635 Hydreigon [TM]	314 Illumise [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	595 Joltik [TM]	064 Kadabra [TM]	352 Kecleon [TM]	281 Kirlia [TM]	600 Klang [26, TM]
		599 Klink [26, TM]	601 Klinklang [25, TM]	171 Lanturn [TM]	380 Latias [TM]	381 Latios [TM]	264 Linoone [TM]
		428 Lopunny [TM]	249 Lugia [TM]	792 Lunala [TM]	337 Lunatone [TM]	404 Luxio [TM]	405 Luxray [TM]
		801 Magearna [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	310 Manectric [TM]	179 Mareep [TM]
		303 Mawile [TM]	648 Meloetta [TM]	678 Meowstic (Female) [28, TM]	678 Meowstic (Male) [TM]	481 Mesprit [TM]	151 Mew [TM]
		150 Mewtwo [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]
		429 Mismagius [TM]	122 Mr. Mime [TM]	517 Munna [TM]	518 Musharna [TM]	800 Necrozma [1, TM]	793 Nihilego [TM]
		224 Octillery [TM]	765 Oranguru [TM]	417 Pachirisu [TM]	172 Pichu [TM]	025 Pikachu [TM]	311 Plusle [TM]
		137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	710 Pumpkaboo [TM]	026 Raichu [TM]	243 Raikou [TM]
		280 Ralts [TM]	020 Raticate ◆ [TM]	019 Rattata ◆ [TM]	378 Regice [1, 13, TM]	377 Regirock [1, 13, TM]	379 Registeel [1, 13, TM]
		223 Remoraid [TM]	479 Rotom [TM]	161 Sentret [TM]	756 Shiinotic [TM]	403 Shinx [TM]	353 Shuppet [TM]
		561 Sigilyph [TM]	300 Skitty [TM]	338 Solrock [TM]	325 Spoink [TM]	682 Spritzee [TM]	234 Stantler [TM]
		528 Swoobat [TM]	786 Tapu Lele [TM]	642 Thundurus [TM]	777 Togedemaru [TM]	776 Turtonator [TM]	602 Tynamo [1, TM]
		480 Uxie [TM]	494 Victini [TM]	738 Vikavolt [TM]	313 Volbeat [TM]	100 Voltorb [16, TM]	040 Wigglytuff [TM]
		527 Woobat [TM]	796 Xurkitree [TM]	145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]
Fairy	Charm	683 Aromatisse [35]	298 Azurill [10]	761 Bounsweet [E]	001 Bulbasaur [E]	427 Buneary [46]	173 Cleffa [1]
		546 Cottonee [28]	613 Cubchoo [29]	702 Dedenne [14]	585 Deerling [36]	578 Duosion [19]	133 Eevee [29, E]
		587 Emolga [E]	456 Finneon [E]	676 Furfrou [38]	431 Glameow [25]	574 Gothita [46]	576 Gothitelle [54]
		575 Gothorita [50]	210 Granbull [1]	440 Happiny [1]	174 Igglybuff [1]	314 Illumise [9]	281 Kirlia [40]
		775 Komala [E]	380 Latias [7]	506 Lillipup [E]	428 Lopunny [46]	370 Luvdisc [1]	490 Manaphy [9]
		678 Meowstic (Male) [28]	052 Meowth [E]	481 Mesprit [46]	439 Mime Jr. [E]	778 Mimikyu [28]	572 Minccino [27]
		312 Minun [E]	446 Munchlax [E]	804 Naganadel [19]	029 Nidoran♀ [E]	043 Oddish [E]	417 Pachirisu [9]
		548 Petilil [E]	231 Phanpy [33]	489 Phione [9]	172 Pichu [1]	311 Plusle [25, E]	803 Poipole [19]
		077 Ponyta [E]	728 Popplio [E]	509 Purrloin [E]	432 Purugly [25]	280 Ralts [34]	579 Reuniclus [19]
		586 Sawsbuck [36]	161 Sentret [E]	285 Shroomish [E]	300 Skitty [25]	143 Snorlax [E]	209 Snubbull [1]
		577 Solosis [19]	682 Spritzee [35]	216 Teddiursa [36]	175 Togepi [1]	176 Togetic [1]	697 Tyrantrum [20]
		696 Tyrunt [20]	037 Vulpix (Alola Form) [E]	527 Woobat [E]	360 Wynaut [1]	263 Zigzagoon [E]	
Flying	Chatter	441 Chatot [1, 21]					
Normal	Chip Away	550 Basculin [11]	534 Conkeldurr [24]	341 Corphish [E]	408 Cranidos [28]	159 Croconaw [33]	104 Cubone [E]
		621 Druddigon [31]	160 Feraligatr [37]	533 Gurdurr [24]	214 Heracross [16]	115 Kangaskhan [31]	098 Krabby [E]
		246 Larvitar [14]	463 Lickilicky [37]	108 Lickitung [37]	296 Makuhita [E]	446 Munchlax [17]	034 Nidoking [23]
		031 Nidoqueen [23]	029 Nidoran♀ [E]	032 Nidoran♂ [E]	247 Pupitar [14]	409 Rampardos [28]	112 Rhydon [25]
		111 Rhyhorn [25]	464 Rhyperior [25]	027 Sandshrew [E]	560 Scrafty [27]	559 Scraggy [27]	289 Slaking [27]
		287 Slakoth [25]	143 Snorlax [17]	216 Teddiursa [E]	532 Timburr [24]	158 Totodile [29]	248 Tyranitar [14]
		288 Vigoroth [27]					
Fighting	Circle Throw	427 Buneary [E]	115 Kangaskhan [E]	674 Pancham [25]	675 Pangoro [25]	062 Poliwrath [1, 53]	447 Riolu [E]
		538 Throh [29]	293 Whismur [E]				
Water	Clamp	689 Barbaracle [20]	688 Binacle [20]	366 Clamperl [1]	090 Shellder [25]		
Dragon	Clanging Scales	784 Kommo-o [1, EV]					

Type	Move Name	Pokémon					
Poison	Clear Smog	591 Amoonguss [43]	069 Bellsprout [E]	351 Castform [E]	425 Drifloon [E]	590 Foongus [39]	569 Garbodor [34]
		092 Gastly [E]	088 Grimer (Alola Form) [E]	116 Horsea [E]	109 Koffing [15]	607 Litwick [E]	240 Magby [19]
		219 Magcargo [20]	126 Magmar [19]	467 Magmortar [19]	793 Nihilego [7]	054 Psyduck [E]	422 Shellos [E]
		218 Slugma [20]	324 Torkoal [E]	568 Trubbish [34]	320 Wailmer [E]	110 Weezing [15]	
Fighting	Close Combat	638 Cobalion [1, 61]	740 Crabominable [49]	739 Crabrawler [49]	475 Gallade [1, 53]	058 Growlithe [E]	783 Hakamo-o [63]
		297 Hariyama [46]	214 Heracross [43]	107 Hitmonchan [1, 66]	106 Hitmonlee [1, 57]	237 Hitmontop [1, 55]	392 Infernape [1, EV]
		647 Keldeo [73]	784 Kommo-o [75]	448 Lucario [55]	066 Machop [E]	296 Makuhita [40]	056 Mankey [36, E]
		802 Marshadow [50]	648 Meloetta [78]	391 Monferno [36]	749 Mudbray [E]	766 Passimian [43]	127 Pinsir [E]
		057 Primeape [39]	539 Sawk [41]	209 Snubbull [E]	398 Staraptor [1, EV]	216 Teddiursa [E]	639 Terrakion [1, 61]
		640 Virizion [1, 61]	716 Xerneas [80]	335 Zangoose [50]			
Poison	Coil	024 Arbok [56]	206 Dunsparce [31]	603 Eelektrik [54]	604 Eelektross [1]	023 Ekans [44]	162 Furret [1]
		368 Gorebyss [45]	367 Huntail [45]	350 Milotic [41]	497 Serperior [38]	496 Servine [36]	336 Seviper [44]
		495 Snivy [31]	718 Zygarde [72]				
Normal	Comet Punch	794 Buzzwole [7]	107 Hitmonchan [1, EV]	115 Kangaskhan [1]	166 Ledian [24]	165 Ledyba [22]	674 Pancham [15]
		675 Pangoro [15]	532 Timburr [E]				
Normal	Confide (TM100)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [1, TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]

Type	Move Name	Pokémon					
Normal	**Confide (TM100)**	704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]	093 Haunter [TM]
		701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]
		237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]	163 Hoothoot [TM]
		187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]	635 Hydreigon [TM]
		097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]	686 Inkay [TM]
		002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [TM]
		595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]	064 Kadabra [TM]
		115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]	230 Kingdra [TM]
		099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]	601 Klinklang [TM]
		109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]	645 Landorus [TM]
		171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]	381 Latios [TM]
		470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]	667 Litleo [TM]
		725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [TM]
		448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]	337 Lunatone [TM]
		754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]	068 Machamp [TM]
		067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	801 Magearna [TM]	126 Magmar [TM]
		467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]
		473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]	226 Mantine [TM]
		458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]
		802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]
		154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]
		375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]
		350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]
		312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	755 Morelull [TM]
		414 Mothim [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]
		446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]	177 Natu [TM]
		800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]
		033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]
		714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]	224 Octillery [TM]
		043 Oddish [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]	741 Oricorio [TM]
		501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]	674 Pancham [TM]
		675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]
		766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	548 Petilil [TM]
		231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]	018 Pidgeot [TM]
		017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]	731 Pikipek [TM]
		221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	803 Poipole [TM]
		186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [TM]
		728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [TM]
		394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]
		432 Purugly [TM]	668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]
		211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]
		020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]
		111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]
		315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]
		373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]
		028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]
		545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]
		364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]
		496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]
		372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]
		756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]

Type	Move Name	Pokémon					
Normal	**Confide (TM100)**	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]
		188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]
		287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]
		685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]	361 Snorunt [TM]
		459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]
		363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]
		007 Squirtle [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]	121 Starmie [TM]
		120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]	618 Stunfisk [TM]
		434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]	283 Surskit [TM]
		333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]	277 Swellow [TM]
		220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]	663 Talonflame [TM]
		114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]
		128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]	639 Terrakion [TM]
		538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]	468 Togekiss [TM]
		175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]	726 Torracat [TM]
		389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]	520 Tranquill [TM]
		328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]	732 Trumbeak [TM]
		763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	772 Type: Null [TM]	157 Typhlosion [TM]
		248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]	521 Unfezant [TM]
		217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]
		543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]
		494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]
		666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]	629 Vullaby [TM]
		037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]	505 Watchog [TM]
		461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]	340 Whiscash [TM]
		293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]
		194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [TM]
		193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]	145 Zapdos [TM]
		523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]
		634 Zweilous [TM]	718 Zygarde [TM]				
Ghost	**Confuse Ray**	181 Ampharos [29]	437 Bronzong [11]	436 Bronzor [11]	609 Chandelure [1]	170 Chinchou [17]	366 Clamperl [E]
		222 Corsola [E]	346 Cradily [13]	169 Crobat [17]	615 Cryogonal [41]	356 Dusclops [30]	477 Dusknoir [30]
		355 Duskull [30]	349 Feebas [E]	456 Finneon [E]	180 Flaaffy [29]	592 Frillish [E]	478 Froslass [32]
		092 Gastly [19]	094 Gengar [19]	042 Golbat [17]	711 Gourgeist [1]	326 Grumpig [18]	093 Haunter [19]
		314 Illumise [E]	140 Kabuto [E]	608 Lampent [10]	171 Lanturn [17]	131 Lapras [7]	345 Lileep [13]
		607 Litwick [10]	792 Lunala [13]	240 Magby [26]	126 Magmar [26]	467 Magmortar [26]	226 Mantine [11]
		458 Mantyke [11]	179 Mareep [25]	439 Mime Jr. [E]	774 Minior [10]	200 Misdreavus [14]	755 Morelull [25]
		122 Mr. Mime [E]	198 Murkrow [E]	177 Natu [23]	038 Ninetales [1]	708 Phantump [1]	054 Psyduck [E]
		710 Pumpkaboo [1]	280 Ralts [E]	486 Regigigas [1]	479 Rotom [1]	722 Rowlet [E]	302 Sableye [31]
		292 Shedinja [29]	756 Shiinotic [26]	353 Shuppet [E]	451 Skorupi [E]	577 Solosis [E]	442 Spiritomb [1]
		325 Spoink [18]	234 Stantler [23]	121 Starmie [40]	120 Staryu [40]	072 Tentacool [E]	709 Trevenant [1]
		197 Umbreon [17]	416 Vespiquen [1]	313 Volbeat [8]	037 Vulpix [12]	505 Watchog [1, EV]	178 Xatu [23]
		041 Zubat [17]					
Psychic	**Confusion**	065 Alakazam [1, 16]	482 Azelf [1]	343 Baltoy [1]	606 Beheeyem [1]	437 Bronzong [1]	436 Bronzor [1]
		779 Bruxish [9]	012 Butterfree [1, 11]	251 Celebi [1]	358 Chimecho [1, 10]	433 Chingling [10]	344 Claydol [1]
		488 Cresselia [1]	096 Drowzee [9]	269 Dustox [12]	605 Elgyem [1]	196 Espeon [1, EV]	677 Espurr [9]
		102 Exeggcute [27]	103 Exeggutor [1]	475 Gallade [1, 4]	282 Gardevoir [1, 4]	203 Girafarig [1]	055 Golduck [10]
		368 Gorebyss [1]	574 Gothita [3]	576 Gothitelle [1, 3]	575 Gothorita [1, 3]	720 Hoopa [1]	163 Hoothoot [10]
		187 Hoppip [E]	097 Hypno [1, 9]	385 Jirachi [1]	064 Kadabra [1, 16]	281 Kirlia [1, 4]	792 Lunala [1]
		337 Lunatone [1]	308 Medicham [1, 7]	307 Meditite [7]	648 Meloetta [1, 11]	678 Meowstic [1, 9]	481 Mesprit [1]
		376 Metagross [1]	375 Metang [1, EV]	150 Mewtwo [1]	439 Mime Jr. [1]	414 Mothim [23]	122 Mr. Mime [1]
		800 Necrozma [1]	032 Nidoran♂ [E]	164 Noctowl [10]	765 Oranguru [1]	054 Psyduck [10]	280 Ralts [4]
		080 Slowbro [14]	199 Slowking [14]	079 Slowpoke [14]	238 Smoochum [15]	338 Solrock [1]	528 Swoobat [1]
		114 Tangela [E]	786 Tapu Lele [1]	480 Uxie [1]	049 Venomoth [11]	048 Venonat [11]	494 Victini [1]
		527 Woobat [1]	413 Wormadam [23]				
Normal	**Constrict**	168 Ariados [1]	346 Cradily [1]	426 Drifblim [1]	425 Drifloon [1]	592 Frillish [E]	686 Inkay [1]
		345 Lileep [1]	687 Malamar [1]	793 Nihilego [1]	224 Octillery [1, 6]	138 Omanyte [1]	139 Omastar [1]
		213 Shuckle [1]	167 Spinarak [1]	114 Tangela [1]	465 Tangrowth [1]	072 Tentacool [7]	073 Tentacruel [1, 7]

Type	Move Name	Pokémon					
Normal	**Conversion**	137 Porygon [1]	233 Porygon2 [1]	474 Porygon-Z [1]			
Normal	**Conversion 2**	137 Porygon [1]	233 Porygon2 [1]	474 Porygon-Z [1]			
Normal	**Copycat**	298 Azurill [E]	438 Bonsly [1]	427 Buneary [E]	173 Cleffa [13]	669 Flabébé [E]	440 Happiny [5]
		174 Igglybuff [11]	802 Marshadow [20]	481 Mesprit [1, 61]	439 Mime Jr. [4]	778 Mimikyu [1]	312 Minun [22]
		122 Mr. Mime [4]	501 Oshawott [E]	311 Plusle [22]	509 Purrloin [E]	447 Riolu [19]	300 Skitty [19]
		238 Smoochum [41]	327 Spinda [5]	185 Sudowoodo [1]	684 Swirlix [E]	570 Zorua [E]	
Dragon	**Core Enforcer**	718 Zygarde [ZC]					
Psychic	**Cosmic Power**	493 Arceus [1]	343 Baltoy [22]	427 Buneary [E]	351 Castform [E]	358 Chimecho [E]	433 Chingling [E]
		344 Claydol [22]	035 Clefairy [34]	790 Cosmoem [1, EV]	386 Deoxys (Attack Forme) [55]	386 Deoxys (Normal Forme) [55]	605 Elgyem [E]
		385 Jirachi [60]	792 Lunala [1]	337 Lunatone [25]	774 Minior [36]	561 Sigilyph [48]	300 Skitty [E]
		791 Solgaleo [1]	338 Solrock [25]	120 Staryu [49]			
Grass	**Cotton Guard**	334 Altaria [34]	181 Ampharos [46]	626 Bouffalant [E]	546 Cottonee [37]	180 Flaaffy [43]	676 Furfrou [48]
		187 Hoppip [E]	556 Maractus [1, 55]	179 Mareep [36]	685 Slurpuff [41]	333 Swablu [34]	684 Swirlix [41]
Grass	**Cotton Spore**	181 Ampharos [11]	406 Budew [E]	331 Cacnea [46]	332 Cacturne [49]	546 Cottonee [17]	180 Flaaffy [11]
		187 Hoppip [34]	189 Jumpluff [44]	556 Maractus [18]	179 Mareep [11]	315 Roselia [E]	188 Skiploom [40]
		685 Slurpuff [17]	684 Swirlix [17]	547 Whimsicott [1]			
Fighting	**Counter**	190 Aipom [E]	610 Axew [E]	438 Bonsly [36]	286 Breloom [22]	794 Buzzwole [43]	331 Cacnea [E]
		113 Chansey [E]	004 Charmander [E]	152 Chikorita [E]	390 Chimchar [E]	453 Croagunk [E]	225 Delibird [E]
		386 Deoxys (Defense Forme) [73]	557 Dwebble [E]	074 Geodude (Alola Form) [E]	207 Gligar [E]	704 Goomy [E]	440 Happiny [E]
		214 Heracross [19]	107 Hitmonchan [1, 61]	237 Hitmontop [28]	228 Houndour [E]	782 Jangmo-o [E]	115 Kangaskhan [E]
		588 Karrablast [E]	165 Ledyba [E]	270 Lotad [E]	448 Lucario [6]	745 Lycanroc (Dusk Form) [1]	745 Lycanroc (Midnight Form) [1, EV]
		066 Machop [E]	296 Makuhita [E]	056 Mankey [E]	802 Marshadow [1]	308 Medicham [53]	307 Meditite [44]
		749 Mudbray [36]	258 Mudkip [E]	750 Mudsdale [42]	446 Munchlax [E]	029 Nidoran♀ [E]	032 Nidoran♂ [E]
		046 Paras [E]	231 Phanpy [E]	204 Pineco [E]	771 Pyukumuku [17]	019 Rattata [E]	111 Rhyhorn [E]
		447 Riolu [6]	551 Sandile [E]	027 Sandshrew [E]	539 Sawk [13]	559 Scraggy [E]	123 Scyther [E]
		422 Shellos [E]	410 Shieldon [E]	289 Slaking [33]	287 Slakoth [30]	215 Sneasel [E]	143 Snorlax [E]
		185 Sudowoodo [36]	216 Teddiursa [E]	532 Timburr [E]	255 Torchic [E]	236 Tyrogue [E]	288 Vigoroth [33]
		202 Wobbuffet [1]	194 Wooper [E]	360 Wynaut [15]	335 Zangoose [E]	570 Zorua [E]	
Normal	**Covet**	190 Aipom [E, BP]	424 Ambipom [BP]	059 Arcanine [BP]	683 Aromatisse [BP]	531 Audino [BP]	184 Azumarill [BP]
		298 Azurill [BP]	614 Beartic [BP]	400 Bibarel [BP]	399 Bidoof [BP]	242 Blissey [BP]	438 Bonsly [BP]
		761 Bounsweet [BP]	654 Braixen [BP]	729 Brionne [BP]	406 Budew [BP]	427 Buneary [BP]	703 Carbink [BP]
		113 Chansey [BP]	390 Chimchar [BP]	573 Cinccino [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [E, BP]
		764 Comfey [BP]	546 Cottonee [BP]	613 Cubchoo [BP]	742 Cutiefly [BP]	155 Cyndaquil [E, BP]	723 Dartrix [BP]
		724 Decidueye [BP]	702 Dedenne [E, BP]	301 Delcatty [BP]	655 Delphox [BP]	502 Dewott [BP]	719 Diancie [BP]
		133 Eevee [1, E, BP]	125 Electabuzz [BP]	466 Electivire [BP]	239 Elekid [BP]	500 Emboar [BP]	587 Emolga [E, BP]
		395 Empoleon [BP]	196 Espeon [BP]	677 Espurr [5, BP]	083 Farfetch'd [E, BP]	653 Fennekin [BP]	669 Flabébé [BP]
		136 Flareon [BP]	670 Floette [BP]	671 Florges [BP]	162 Furret [BP]	471 Glaceon [BP]	431 Glameow [BP]
		574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	210 Granbull [BP]	058 Growlithe [E, BP]	326 Grumpig [BP]
		440 Happiny [BP]	507 Herdier [BP]	107 Hitmonchan [BP]	106 Hitmonlee [BP]	237 Hitmontop [BP]	720 Hoopa [BP]
		174 Igglybuff [E, BP]	314 Illumise [47, BP]	727 Incineroar [BP]	392 Infernape [BP]	039 Jigglypuff [BP]	135 Jolteon [BP]
		124 Jynx [BP]	115 Kangaskhan [BP]	647 Keldeo [BP]	707 Klefki [BP]	380 Latias [BP]	470 Leafeon [BP]
		510 Liepard [BP]	549 Lilligant [BP]	506 Lillipup [BP]	264 Linoone [24, BP]	725 Litten [BP]	428 Lopunny [BP]
		745 Lycanroc [BP]	240 Magby [BP]	126 Magmar [BP]	467 Magmortar [BP]	490 Manaphy [BP]	056 Mankey [1, BP]
		747 Mareanie [BP]	183 Marill [BP]	648 Meloetta [BP]	678 Meowstic [1, 5, BP]	052 Meowth (Alola Form) [E, BP]	052 Meowth ◆ [BP]
		151 Mew [BP]	262 Mightyena [BP]	439 Mime Jr. [BP]	778 Mimikyu [BP]	572 Minccino [BP]	312 Minun [BP]
		391 Monferno [BP]	122 Mr. Mime [BP]	446 Munchlax [BP]	038 Ninetales [BP]	765 Oranguru [BP]	741 Oricorio [BP]
		501 Oshawott [BP]	417 Pachirisu [E, BP]	674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [E, BP]	511 Pansage [E, BP]
		513 Pansear [E, BP]	504 Patrat [BP]	053 Persian [BP]	548 Petilil [BP]	489 Phione [BP]	172 Pichu [BP]
		499 Pignite [BP]	025 Pikachu [BP]	393 Piplup [BP]	311 Plusle [BP]	803 Poipole [BP]	261 Poochyena [E, BP]
		728 Popplio [BP]	730 Primarina [BP]	057 Primeape [BP]	394 Prinplup [BP]	509 Purrloin [E, BP]	432 Purugly [BP]
		156 Quilava [BP]	026 Raichu [BP]	020 Raticate [BP]	019 Rattata [BP]	743 Ribombee [BP]	744 Rockruff [BP]
		315 Roselia [BP]	407 Roserade [BP]	722 Rowlet [BP]	757 Salandit [BP]	758 Salazzle [BP]	503 Samurott [BP]
		027 Sandshrew [BP]	028 Sandslash [BP]	161 Sentret [E, BP]	492 Shaymin [BP]	516 Simipour [BP]	512 Simisage [BP]
		514 Simisear [BP]	300 Skitty [34, BP]	289 Slaking [23, BP]	287 Slakoth [22, BP]	685 Slurpuff [BP]	238 Smoochum [BP]
		143 Snorlax [BP]	209 Snubbull [BP]	327 Spinda [BP]	325 Spoink [BP]	682 Spritzee [BP]	762 Steenee [BP]
		508 Stoutland [BP]	185 Sudowoodo [BP]	684 Swirlix [BP]	700 Sylveon [BP]	216 Teddiursa [1, BP]	498 Tepig [E, BP]

Type	Move Name	Pokémon					
Normal	Covet	777 Togedemaru [BP]	468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]	726 Torracat [BP]	748 Toxapex [BP]
		763 Tsareena [BP]	157 Typhlosion [BP]	236 Tyrogue [BP]	197 Umbreon [BP]	217 Ursaring [1, BP]	134 Vaporeon [BP]
		288 Vigoroth [BP]	037 Vulpix [BP]	505 Watchog [BP]	547 Whimsicott [BP]	040 Wigglytuff [BP]	746 Wishiwashi [BP]
		263 Zigzagoon [23, BP]	571 Zoroark [BP]	570 Zorua [BP]			
Water	Crabhammer	692 Clauncher [30, E]	693 Clawitzer [30]	341 Corphish [43]	739 Crabrawler [37]	342 Crawdaunt [48]	099 Kingler [56]
		098 Krabby [41]					
Fairy	Crafty Shield	358 Chimecho [E]	707 Klefki [23]	801 Magearna [1]	562 Yamask [E]		
Fighting	Cross Chop	689 Barbaracle [55]	688 Binacle [49]	453 Croagunk [E]	239 Elekid [E]	727 Incineroar [66]	068 Machamp [47]
		067 Machoke [47]	066 Machop [39]	240 Magby [E]	296 Makuhita [E]	056 Mankey [22]	057 Primeape [22]
		054 Psyduck [E]	447 Riolu [E]	216 Teddiursa [E]			
Poison	Cross Poison	347 Anorith [E]	168 Ariados [55]	169 Crobat [1, EV]	452 Drapion [57]	207 Gligar [E]	595 Joltik [E]
		046 Paras [E]	047 Parasect [1]	451 Skorupi [49]	167 Spinarak [47]		
Dark	Crunch	142 Aerodactyl [33]	752 Araquanid [38]	024 Arbok [1, EV]	566 Archen [35]	567 Archeops [35]	713 Avalugg [1, 65]
		371 Bagon [25]	550 Basculin [17]	400 Bibarel [28]	399 Bidoof [25]	779 Bruxish [28]	455 Carnivine [41]
		565 Carracosta [21]	318 Carvanha [36]	737 Charjabug [25]	004 Charmander [E]	341 Corphish [39]	408 Cranidos [E]
		342 Crawdaunt [43]	159 Croconaw [30]	633 Deino [25]	751 Dewpider [32]	452 Drapion [49]	621 Druddigon [25]
		632 Durant [21]	603 Eelektrik [1, EV]	604 Eelektross [1]	309 Electrike [E]	295 Exploud [1, EV]	160 Feraligatr [32]
		419 Floatzel [1]	445 Garchomp [1, EV]	203 Girafarig [37]	362 Glalie [41]	210 Granbull [59]	088 Grimer (Alola Form) [32]
		388 Grotle [42]	058 Growlithe [39, E]	736 Grubbin [22]	735 Gumshoos [39]	799 Guzzlord [37]	130 Gyarados [39]
		485 Heatran [33]	507 Herdier [24]	449 Hippopotas [31]	450 Hippowdon [31]	229 Houndoom [56]	228 Houndour [49]
		367 Huntail [34]	635 Hydreigon [25]	115 Kangaskhan [37]	552 Krokorok [28]	553 Krookodile [28]	246 Larvitar [41]
		506 Lillipup [22]	667 Litleo [39]	725 Litten [E]	404 Luxio [38]	405 Luxray [42]	745 Lycanroc [40]
		303 Mawile [29]	262 Mightyena [1, 40]	089 Muk (Alola Form) [32]	029 Nidoran♀ [37]	030 Nidorina [43]	674 Pancham [39]
		675 Pangoro [42]	515 Panpour [43]	511 Pansage [43]	513 Pansear [43]	504 Patrat [16]	261 Poochyena [34]
		247 Pupitar [47]	668 Pyroar [42]	243 Raikou [43]	020 Raticate [24]	019 Rattata [22]	384 Rayquaza [20]
		643 Reshiram [71]	111 Rhyhorn [E]	447 Riolu [E]	744 Rockruff [40]	373 Salamence [25]	551 Sandile [28]
		560 Scrafty [38]	559 Scraggy [38]	336 Seviper [39]	319 Sharpedo [40]	372 Shelgon [25]	403 Shinx [33]
		773 Silvally [50]	451 Skorupi [45]	143 Snorlax [49]	361 Snorunt [41]	209 Snubbull [49, E]	791 Solgaleo [37]
		208 Steelix [37]	508 Stoutland [24]	434 Stunky [E]	216 Teddiursa [E]	642 Thundurus [43]	564 Tirtouga [21]
		641 Tornadus [43]	389 Torterra [45]	158 Totodile [27, E]	328 Trapinch [22]	252 Treecko [E]	387 Turtwig [37]
		248 Tyranitar [47]	697 Tyrantrum [34]	696 Tyrunt [34]	365 Walrein [1]	505 Watchog [16]	734 Yungoos [34]
		644 Zekrom [71]	634 Zweilous [25]	718 Zygarde [51]			
Normal	Crush Claw	347 Anorith [39]	348 Armaldo [39]	628 Braviary [46]	155 Cyndaquil [E]	529 Drilbur [E]	621 Druddigon [E]
		604 Eelektross [1]	115 Kangaskhan [E]	111 Rhyhorn [E]	744 Rockruff [E]	627 Rufflet [46]	027 Sandshrew [E]
		028 Sandslash ◆ [1, EV]	773 Silvally [25]	287 Slakoth [E]	215 Sneasel [E]	255 Torchic [E]	252 Treecko [E]
		772 Type: Null [25]	335 Zangoose [26]				
Normal	Crush Grip	486 Regigigas [1, 75]					
Ghost	Curse	359 Absol [E]	142 Aerodactyl [E]	347 Anorith [E]	304 Aron [E]	713 Avalugg [22]	354 Banette [26]
		712 Bergmite [22]	400 Bibarel [58]	399 Bidoof [49]	438 Bonsly [E]	001 Bulbasaur [E]	323 Camerupt [29]
		565 Carracosta [35]	650 Chespin [E]	358 Chimecho [E]	433 Chingling [E]	563 Cofagrigus [29]	222 Corsola [E]
		408 Cranidos [E]	104 Cubone [E]	206 Dunsparce [E]	356 Dusclops [33]	477 Dusknoir [33]	355 Duskull [33]
		557 Dwebble [E]	133 Eevee [E]	309 Electrike [E]	102 Exeggcute [E]	083 Farfetch'd [E]	597 Ferroseed [9]
		598 Ferrothorn [1, 9]	092 Gastly [12]	094 Gengar [12]	074 Geodude [E]	622 Golett [45]	623 Golurk [47]
		704 Goomy [E]	088 Grimer [E]	388 Grotle [17]	316 Gulpin [E]	093 Haunter [12]	631 Heatmor [E]
		449 Hippopotas [E]	109 Koffing [E]	608 Lampent [45]	131 Lapras [E]	246 Larvitar [E]	108 Lickitung [E]
		345 Lileep [E]	607 Litwick [43]	241 Miltank [E]	778 Mimikyu [E]	200 Misdreavus [E]	258 Mudkip [E]
		446 Munchlax [E]	517 Munna [E]	322 Numel [29]	095 Onix [4]	708 Phantump [28]	710 Pumpkaboo [E]
		771 Pyukumuku [25]	378 Regice [25]	377 Regirock [25]	379 Registeel [25]	111 Rhyhorn [E]	524 Roggenrola [E]
		722 Rowlet [E]	027 Sandshrew (Alola Form) [E]	769 Sandygast [E]	422 Shellos [E]	616 Shelmet [13]	410 Shieldon [E]
		353 Shuppet [26]	227 Skarmory [E]	287 Slakoth [E]	080 Slowbro [1]	199 Slowking [1]	079 Slowpoke [1]
		218 Slugma [E]	143 Snorlax [E]	363 Spheal [E]	442 Spiritomb [1]	208 Steelix [4]	618 Stunfisk [E]
		185 Sudowoodo [E]	191 Sunkern [E]	220 Swinub [E]	498 Tepig [E]	564 Tirtouga [35]	255 Torchic [E]
		324 Torkoal [22]	389 Torterra [17]	709 Trevenant [28]	357 Tropius [E]	568 Trubbish [E]	387 Turtwig [17]
		696 Tyrunt [E]	320 Wailmer [E]	194 Wooper [E]	562 Yamask [29]	335 Zangoose [E]	041 Zubat [E]
Normal	Cut	798 Kartana [1]					

Type	Move Name	Pokémon					
Dark	Dark Pulse (TM97)	359 Absol [TM]	306 Aggron [TM]	698 Amaura [TM]	024 Arbok [TM]	493 Arceus [TM]	699 Aurorus [TM]
		354 Banette [TM]	606 Beheeyem [TM]	625 Bisharp [TM]	806 Blacephalon [TM]	009 Blastoise [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	318 Carvanha [TM]	609 Chandelure [TM]	693 Clawitzer [1, TM]	563 Cofagrigus [TM]	342 Crawdaunt [TM]
		453 Croagunk [TM]	169 Crobat [TM]	491 Darkrai [93, TM]	633 Deino [TM, E]	386 Deoxys [TM]	452 Drapion [TM]
		621 Druddigon [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM, E]	023 Ekans [TM]	605 Elgyem [TM]
		677 Espurr [TM]	592 Frillish [TM]	657 Frogadier [TM]	676 Furfrou [TM]	569 Garbodor [TM]	092 Gastly [36, TM]
		649 Genesect [TM]	094 Gengar [44, TM]	487 Giratina [TM]	362 Glalie [TM]	207 Gligar [TM]	472 Gliscor [TM]
		768 Golisopod [TM]	574 Gothita [TM, E]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	658 Greninja [TM]
		799 Guzzlord [TM]	130 Gyarados [TM]	093 Haunter [44, TM]	485 Heatran [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		430 Honchkrow [75, TM]	720 Hoopa (Hoopa Confined) [TM]	720 Hoopa (Hoopa Unbound) [55, TM]	229 Houndoom [TM]	228 Houndour [TM]	635 Hydreigon [TM]
		727 Incineroar [TM]	686 Inkay [TM]	593 Jellicent [TM]	109 Koffing [TM]	552 Krokorok [TM]	553 Krookodile [TM]
		608 Lampent [TM]	246 Larvitar [32, TM]	510 Liepard [TM]	667 Litleo [TM]	607 Litwick [TM]	448 Lucario [TM]
		687 Malamar [TM]	630 Mandibuzz [46, TM]	105 Marowak (Alola Form) [TM]	303 Mawile [TM]	678 Meowstic [TM]	052 Meowth (Alola Form) [55, TM]
		052 Meowth ◆ [TM]	151 Mew [TM]	262 Mightyena [TM]	778 Mimikyu [TM]	200 Misdreavus [TM]	429 Mismagius [TM]
		089 Muk [TM]	198 Murkrow [TM]	804 Naganadel [TM]	800 Necrozma [TM]	038 Ninetales [TM]	714 Noibat [TM]
		715 Noivern [TM]	274 Nuzleaf [TM]	674 Pancham [TM]	675 Pangoro [TM]	624 Pawniard [TM]	053 Persian (Alola Form) [69, TM]
		053 Persian ◆ [TM]	708 Phantump [TM]	261 Poochyena [TM]	474 Porygon-Z [TM]	710 Pumpkaboo [TM]	247 Pupitar [34, TM]
		509 Purrloin [TM]	668 Pyroar [TM]	020 Raticate (Alola Form) [TM]	019 Rattata (Alola Form) [TM]	479 Rotom [TM]	302 Sableye [TM]
		551 Sandile [TM]	560 Scrafty [TM]	559 Scraggy [TM]	336 Seviper [TM]	319 Sharpedo [TM]	275 Shiftry [TM]
		353 Shuppet [TM]	561 Sigilyph [TM]	227 Skarmory [TM]	451 Skorupi [TM]	435 Skuntank [TM]	215 Sneasel [TM]
		442 Spiritomb [49, TM]	208 Steelix [TM]	434 Stunky [TM]	642 Thundurus [67, TM]	641 Tornadus [67, TM]	454 Toxicroak [TM]
		709 Trevenant [TM]	568 Trubbish [TM]	248 Tyranitar [34, TM]	697 Tyrantrum [TM]	696 Tyrunt [TM]	197 Umbreon [TM]
		629 Vullaby [46, TM]	037 Vulpix [TM]	461 Weavile [47, TM]	110 Weezing [TM]	562 Yamask [TM]	717 Yveltal [44, TM]
		571 Zoroark [TM]	570 Zorua [TM, E]	634 Zweilous [TM]			
Dark	Dark Void	491 Darkrai [66]					
Dark	Darkest Lariat	727 Incineroar [1, EV]					
Fairy	Dazzling Gleam (TM99)	063 Abra [TM]	065 Alakazam [TM]	334 Altaria [TM]	683 Aromatisse [TM]	531 Audino [TM]	482 Azelf [TM]
		343 Baltoy [TM]	354 Banette [TM]	182 Bellossom [TM]	242 Blissey [TM]	761 Bounsweet [TM]	406 Budew [TM]
		703 Carbink [TM]	251 Celebi [TM]	113 Chansey [TM]	421 Cherrim [TM]	420 Cherubi [TM]	358 Chimecho [TM]
		170 Chinchou [TM]	433 Chingling [TM]	573 Cinccino [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]
		764 Comfey [TM]	546 Cottonee [TM]	742 Cutiefly [31, TM]	655 Delphox [TM]	719 Diancie [TM]	096 Drowzee [TM]
		196 Espeon [TM]	669 Flabébé [TM]	670 Floette [TM]	671 Florges [TM]	592 Frillish [TM]	475 Gallade [TM]
		282 Gardevoir [TM]	092 Gastly [TM]	094 Gengar [TM]	203 Girafarig [TM]	044 Gloom [TM]	210 Granbull [TM]
		093 Haunter [TM]	187 Hoppip [TM]	097 Hypno [TM]	314 Illumise [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]
		385 Jirachi [TM]	189 Jumpluff [TM]	064 Kadabra [TM]	281 Kirlia [TM]	707 Klefki [TM]	171 Lanturn [TM]
		792 Lunala [TM]	801 Magearna [TM]	490 Manaphy [TM]	648 Meloetta [TM]	481 Mesprit [TM]	151 Mew [TM]
		778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	755 Morelull [TM]
		122 Mr. Mime [TM]	517 Munna [TM]	518 Musharna [TM]	177 Natu [TM]	793 Nihilego [TM]	038 Ninetales (Alola Form) [1, EV, TM]
		299 Nosepass [TM]	043 Oddish [TM]	489 Phione [TM]	730 Primarina [TM]	476 Probopass [TM]	280 Ralts [TM]
		743 Ribombee [35, TM]	315 Roselia [TM]	407 Roserade [TM]	302 Sableye [TM]	492 Shaymin [TM]	756 Shiinotic [TM]
		353 Shuppet [TM]	561 Sigilyph [TM]	188 Skiploom [TM]	685 Slurpuff [TM]	209 Snubbull [TM]	682 Spritzee [TM]
		121 Starmie [TM]	120 Staryu [TM]	762 Steenee [TM]	333 Swablu [TM]	684 Swirlix [TM]	700 Sylveon [TM]
		787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	072 Tentacool [TM]	073 Tentacruel [TM]
		468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	763 Tsareena [TM]	480 Uxie [TM]	494 Victini [TM]
		045 Vileplume [TM]	313 Volbeat [TM]	547 Whimsicott [TM]	040 Wigglytuff [TM]	178 Xatu [TM]	716 Xerneas [TM]
		796 Xurkitree [TM]					
Bug	Defend Order	416 Vespiquen [17]					
Normal	Defense Curl	184 Azumarill [10]	371 Bagon [E]	400 Bibarel [5]	399 Bidoof [5, E]	242 Blissey [1]	438 Bonsly [E]
		427 Buneary [1]	659 Bunnelby [E]	113 Chansey [1]	420 Cherubi [E]	650 Chespin [E]	035 Clefairy [13]
		155 Cyndaquil [22]	232 Donphan [1]	206 Dunsparce [1]	500 Emboar [13]	590 Foongus [E]	162 Furret [1, 4]
		074 Geodude [1]	076 Golem [1]	622 Golett [1]	623 Golurk [1]	075 Graveler [1]	174 Igglybuff [3]
		039 Jigglypuff [3]	775 Komala [1]	463 Lickilicky [9]	108 Lickitung [9]	428 Lopunny [1]	801 Magearna [1]
		183 Marill [10]	241 Miltank [5]	774 Minior [3]	446 Munchlax [4]	517 Munna [1]	518 Musharna [1]
		322 Numel [E]	095 Onix [E]	417 Pachirisu [E]	231 Phanpy [1]	499 Pignite [13]	233 Porygon2 [1]
		156 Quilava [24]	027 Sandshrew [1]	028 Sandslash [1]	545 Scolipede [1]	364 Sealeo [1]	161 Sentret [4]

Type	Move Name	Pokémon					
Normal	Defense Curl	672 Skiddo [E]	143 Snorlax [4]	363 Spheal [1]	185 Sudowoodo [E]	498 Tepig [13]	777 Togedemaru [5]
		157 Typhlosion [24]	543 Venipede [1]	320 Wailmer [E]	365 Walrein [1]	544 Whirlipede [1]	040 Wigglytuff [1]
Flying	Defog	142 Aerodactyl [BP]	334 Altaria [BP]	493 Arceus [BP]	566 Archen [E, BP]	567 Archeops [BP]	144 Articuno [BP]
		267 Beautifly [BP]	015 Beedrill [BP]	257 Blaziken [BP]	628 Braviary [32, BP]	012 Butterfree [BP]	455 Carnivine [BP]
		351 Castform [BP]	006 Charizard [BP]	441 Chatot [E, BP]	358 Chimecho [BP]	256 Combusken [BP]	764 Comfey [BP]
		546 Cottonee [BP]	169 Crobat [BP]	615 Cryogonal [BP]	742 Cutiefly [BP]	723 Dartrix [BP]	724 Decidueye [BP]
		225 Delibird [BP]	149 Dragonite [BP]	780 Drampa [BP]	426 Drifblim [BP]	425 Drifloon [E, BP]	580 Ducklett [6, BP]
		269 Dustox [BP]	587 Emolga [BP]	395 Empoleon [BP]	083 Farfetch'd [BP]	022 Fearow [BP]	456 Finneon [BP]
		662 Fletchinder [BP]	661 Fletchling [BP]	671 Florges [BP]	330 Flygon [BP]	753 Fomantis [E, BP]	487 Giratina [BP]
		207 Gligar [BP]	472 Gliscor [BP]	042 Golbat [BP]	701 Hawlucha [BP]	430 Honchkrow [BP]	250 Ho-Oh [BP]
		163 Hoothoot [E, BP]	635 Hydreigon [BP]	314 Illumise [BP]	798 Kartana [1, BP]	707 Klefki [BP]	645 Landorus [BP]
		380 Latias [BP]	381 Latios [BP]	166 Ledian [BP]	249 Lugia [BP]	457 Lumineon [BP]	792 Lunala [BP]
		754 Lurantis [BP]	630 Mandibuzz [32, BP]	226 Mantine [BP]	284 Masquerain [BP]	151 Mew [BP]	146 Moltres [BP]
		414 Mothim [BP]	198 Murkrow [BP]	291 Ninjask [BP]	164 Noctowl [BP]	714 Noibat [BP]	715 Noivern [BP]
		274 Nuzleaf [BP]	741 Oricorio [BP]	279 Pelipper [BP]	018 Pidgeot [BP]	017 Pidgeotto [BP]	016 Pidgey [E, BP]
		519 Pidove [BP]	731 Pikipek [BP]	393 Piplup [BP]	394 Prinplup [BP]	384 Rayquaza [BP]	643 Reshiram [BP]
		743 Ribombee [BP]	479 Rotom [BP]	722 Rowlet [E, BP]	627 Rufflet [32, BP]	373 Salamence [BP]	212 Scizor [BP]
		123 Scyther [E, BP]	273 Seedot [E, BP]	497 Serperior [BP]	496 Servine [BP]	275 Shiftry [BP]	561 Sigilyph [BP]
		773 Silvally [BP]	227 Skarmory [BP]	435 Skuntank [BP]	495 Snivy [BP]	021 Spearow [BP]	398 Staraptor [BP]
		397 Staravia [BP]	396 Starly [BP]	434 Stunky [BP]	333 Swablu [BP]	581 Swanna [1, 6, BP]	277 Swellow [BP]
		528 Swoobat [BP]	276 Taillow [E, BP]	663 Talonflame [BP]	788 Tapu Fini [38, BP]	785 Tapu Koko [BP]	642 Thundurus [BP]
		468 Togekiss [BP]	176 Togetic [BP]	255 Torchic [BP]	641 Tornadus [BP]	733 Toucannon [BP]	520 Tranquill [BP]
		357 Tropius [BP]	732 Trumbeak [BP]	521 Unfezant [BP]	049 Venomoth [BP]	416 Vespiquen [BP]	329 Vibrava [BP]
		666 Vivillon [BP]	313 Volbeat [BP]	721 Volcanion [BP]	637 Volcarona [BP]	629 Vullaby [32, BP]	547 Whimsicott [BP]
		278 Wingull [BP]	527 Woobat [BP]	178 Xatu [BP]	716 Xerneas [BP]	193 Yanma [BP]	469 Yanmega [BP]
		717 Yveltal [BP]	145 Zapdos [BP]	644 Zekrom [BP]	041 Zubat [E, BP]		
Ghost	Destiny Bond	331 Cacnea [54]	332 Cacturne [1, 59]	318 Carvanha [E]	563 Cofagrigus [57]	225 Delibird [E]	425 Drifloon [E]
		355 Duskull [E]	478 Froslass [1, 61]	092 Gastly [40]	094 Gengar [50]	487 Giratina [24]	316 Gulpin [E]
		093 Haunter [50]	679 Honedge [E]	720 Hoopa [1]	228 Houndour [E]	686 Inkay [E]	109 Koffing [40, E]
		778 Mimikyu [E]	200 Misdreavus [E]	708 Phantump [39]	710 Pumpkaboo [E]	211 Qwilfish [1, 53]	280 Ralts [E]
		769 Sandygast [E]	353 Shuppet [E]	442 Spiritomb [E]	709 Trevenant [39]	416 Vespiquen [1, 53]	110 Weezing [46]
		202 Wobbuffet [1]	360 Wynaut [15]	562 Yamask [49]			
Fighting	Detect	359 Absol [33]	482 Azelf [16]	104 Cubone [E]	133 Eevee [E]	253 Grovyle [38]	701 Hawlucha [1]
		107 Hitmonchan [50]	237 Hitmontop [1, 50]	798 Kartana [53]	448 Lucario [1]	296 Makuhita [E]	308 Medicham [1, 9]
		307 Meditite [9]	619 Mienfoo [9]	620 Mienshao [1, 9]	501 Oshawott [E]	504 Patrat [11]	519 Pidove [22]
		447 Riolu [E]	302 Sableye [14]	254 Sceptile [39]	559 Scraggy [E]	396 Starly [E]	532 Timburr [E]
		520 Tranquill [23]	252 Treecko [33]	521 Unfezant [23]	505 Watchog [11]	193 Yanma [17]	469 Yanmega [17]
		335 Zangoose [36]	145 Zapdos [15]	570 Zorua [E]			
Rock	Diamond Storm	719 Diancie [50]					
Ground	Dig	659 Bunnelby [33]	737 Charjabug [37]	660 Diggersby [37]	050 Diglett [31]	529 Drilbur [19]	051 Dugtrio [35]
		206 Dunsparce [33]	632 Durant [31]	530 Excadrill [19]	444 Gabite [40]	445 Garchomp [40]	443 Gible [31]
		736 Grubbin [28]	449 Hippopotas [19]	450 Hippowdon [19]	552 Krokorok [32]	553 Krookodile [32]	290 Nincada [37]
		095 Onix [43]	551 Sandile [31]	027 Sandshrew ◆ [30]	028 Sandslash ◆ [33]	208 Steelix [43]	328 Trapinch [19]
		738 Vikavolt [37]	718 Zygarde [10]				
Normal	Disable	065 Alakazam [18]	779 Bruxish [20]	331 Cacnea [E]	351 Castform [E]	358 Chimecho [E]	433 Chingling [E]
		563 Cofagrigus [1, 5]	491 Darkrai [1]	425 Drifloon [E]	096 Drowzee [5]	356 Dusclops [1, 6]	477 Dusknoir [1, 6]
		355 Duskull [6]	023 Ekans [E]	605 Elgyem [E]	092 Gastly [E]	055 Golduck [19]	088 Grimer [12]
		116 Horsea [E]	097 Hypno [1, 5]	039 Jigglypuff [14]	595 Joltik [E]	064 Kadabra [18]	115 Kangaskhan [E]
		352 Kecleon [E]	463 Lickilicky [25]	108 Lickitung [25]	150 Mewtwo [1]	089 Muk [12]	029 Nidoran♀ [E]
		032 Nidoran♂ [E]	054 Psyduck [19]	710 Pumpkaboo [E]	280 Ralts [E]	758 Salazzle [1]	086 Seel [E]
		353 Shuppet [E]	080 Slowbro [19]	199 Slowking [19]	079 Slowpoke [19]	361 Snorunt [E]	167 Spinarak [E]
		327 Spinda [E]	442 Spiritomb [E]	682 Spritzee [E]	234 Stantler [E]	787 Tapu Bulu [1]	049 Venomoth [1]
		048 Venonat [1]	037 Vulpix [E]	040 Wigglytuff [1]	562 Yamask [5, E]	717 Yveltal [35]	335 Zangoose [E]
Fairy	Disarming Voice	334 Altaria [11]	683 Aromatisse [53]	531 Audino [13]	729 Brionne [1, 8]	036 Clefable [1]	035 Clefairy [1]
		677 Espurr [22]	671 Florges [1]	282 Gardevoir [11]	039 Jigglypuff [11]	281 Kirlia [11]	678 Meowstic [22]
		350 Milotic [11]	515 Panpour [E]	511 Pansage [E]	513 Pansear [E]	172 Pichu [E]	728 Popplio [8]
		730 Primarina [1, 9]	280 Ralts [11]	300 Skitty [13]	682 Spritzee [50]	333 Swablu [11]	700 Sylveon [1]
		777 Togedemaru [E]	293 Whismur [E]				

Type	Move Name	Pokémon					
Electric	Discharge	698 Amaura [E]	181 Ampharos [40]	522 Blitzle [32]	737 Charjabug [43]	170 Chinchou [34]	702 Dedenne [50]
		603 Eelektrik [29]	604 Eelektross [1]	125 Electabuzz [36]	466 Electivire [36]	309 Electrike [29, E]	101 Electrode [41]
		239 Elekid [33]	587 Emolga [50]	180 Flaaffy [38]	596 Galvantula [54]	074 Geodude (Alola Form) [34]	076 Golem (Alola Form) [40]
		075 Graveler (Alola Form) [40]	135 Jolteon [37]	595 Joltik [45]	600 Klang [44]	599 Klink [42]	601 Klinklang [44]
		171 Lanturn [37]	404 Luxio [48]	405 Luxray [56]	081 Magnemite [37]	082 Magneton [43]	462 Magnezone [43]
		310 Manectric [30]	179 Mareep [32]	312 Minun [31, E]	299 Nosepass [31]	417 Pachirisu [41]	025 Pikachu [34]
		311 Plusle [31, E]	137 Porygon [40]	233 Porygon2 [40]	474 Porygon-Z [40]	476 Probopass [31]	243 Raikou [1, 57]
		479 Rotom [1, 64]	403 Shinx [41]	618 Stunfisk [25]	785 Tapu Koko [48]	642 Thundurus [37]	777 Togedemaru [29]
		100 Voltorb [37]	796 Xurkitree [47]	145 Zapdos [50]	523 Zebstrika [36]		
Water	Dive	087 Dewgong [45]	368 Gorebyss [26]	367 Huntail [26]	490 Manaphy [61]	489 Phione [61]	369 Relicanth [26]
		086 Seel [41]	320 Wailmer [41]	321 Wailord [44]	746 Wishiwashi [30]		
Normal	Dizzy Punch	427 Buneary [36]	740 Crabominable [25]	739 Crabrawler [25]	115 Kangaskhan [34]	352 Kecleon [E]	165 Ledyba [E]
		428 Lopunny [36]	241 Miltank [E]	486 Regigigas [1]	579 Reuniclus [1, EV]	327 Spinda [23]	313 Volbeat [E]
Steel	Doom Desire	385 Jirachi [70]					
Normal	Double Hit	190 Aipom [32]	424 Ambipom [32]	418 Buizel [27]	427 Buneary [E]	341 Corphish [20]	342 Crawdaunt [20]
		633 Deino [E]	085 Dodrio [22]	084 Doduo [22]	419 Floatzel [29]	203 Girafarig [28]	115 Kangaskhan [19]
		473 Mamoswine [33]	127 Pinsir [22]	393 Piplup [E]	212 Scizor [49]	123 Scyther [49]	773 Silvally [55]
		215 Sneasel [E]	772 Type: Null [55]	110 Weezing [1, EV]	335 Zangoose [E]	634 Zweilous [1]	
Fighting	Double Kick	257 Blaziken [1]	522 Blitzle [E]	659 Bunnelby [20]	390 Chimchar [E]	638 Cobalion [1]	256 Combusken [1, EV]
		104 Cubone [E]	155 Cyndaquil [E]	585 Deerling [10]	660 Diggersby [21]	203 Girafarig [E]	058 Growlithe [E]
		106 Hitmonlee [1, EV]	727 Incineroar [16]	135 Jolteon [17]	647 Keldeo [1, 7]	725 Litten [16]	749 Mudbray [15]
		750 Mudsdale [15]	034 Nidoking [1]	031 Nidoqueen [1]	029 Nidoran♀ [9]	032 Nidoran♂ [9]	030 Nidorina [9]
		033 Nidorino [9]	795 Pheromosa [1]	077 Ponyta [E]	539 Sawk [5]	586 Sawsbuck [10]	403 Shinx [E]
		234 Stantler [E]	639 Terrakion [1]	726 Torracat [16]	252 Treecko [E]	640 Virizion [1]	194 Wooper [E]
		335 Zangoose [E]					
Normal	Double Slap	190 Aipom [E]	594 Alomomola [13]	531 Audino [17]	242 Blissey [12]	729 Brionne [33]	418 Buizel [E]
		659 Bunnelby [10]	113 Chansey [12]	036 Clefable [1]	035 Clefairy [10]	301 Delcatty [1]	660 Diggersby [13]
		569 Garbodor [14]	574 Gothita [14]	576 Gothitelle [14]	575 Gothorita [14]	039 Jigglypuff [17]	124 Jynx [15]
		619 Mienfoo [17]	620 Mienshao [17]	439 Mime Jr. [11]	572 Minccino [13]	122 Mr. Mime [11]	741 Oricorio [23]
		172 Pichu [E]	186 Politoed [1]	060 Poliwag [15]	061 Poliwhirl [15]	062 Poliwrath [1]	728 Popplio [29]
		730 Primarina [33]	757 Salandit [21]	758 Salazzle [21]	300 Skitty [16]	762 Steenee [1, EV]	568 Trubbish [14]
		763 Tsareena [1]	040 Wigglytuff [1]				
Normal	Double Team (TM32)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [19, TM]	617 Accelgor [1, 8, TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [8, TM]	567 Archeops [8, TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [1, TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [47, TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]

Type	Move Name	Pokémon					
Normal	**Double Team (TM32)**	225 Delibird [TM]	655 Delphox [TM]	386 Deoxys (Speed Forme) [13, TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]
		751 Dewpider [TM]	781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]
		085 Dodrio [TM]	084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [28, TM]	148 Dragonair [TM]
		149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]
		529 Drilbur [TM]	096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]
		557 Dwebble [TM]	603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]
		466 Electivire [TM]	309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]
		587 Emolga [19, TM]	395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]
		530 Excadrill [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]
		349 Feebas [TM]	653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]
		180 Flaaffy [TM]	669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]
		670 Floette [TM]	671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]
		611 Fraxure [TM]	592 Frillish [TM]	656 Froakie [43, TM]	657 Frogadier [50, TM]	478 Froslass [1, 5, TM]	676 Furfrou [TM]
		162 Furret [TM]	444 Gabite [TM]	475 Gallade [1, 6, TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]
		282 Gardevoir [1, 6, TM]	092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]
		443 Gible [TM]	526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [1, 5, TM]
		431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]
		118 Goldeen [TM]	055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]
		706 Goodra [TM]	704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		711 Gourgeist [TM]	210 Granbull [TM]	075 Graveler [TM]	658 Greninja [56, TM]	088 Grimer [TM]	388 Grotle [TM]
		383 Groudon [TM]	253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]
		735 Gumshoos [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]
		297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]
		695 Heliolisk [TM]	694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]
		107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]
		720 Hoopa [TM]	163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]
		367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]
		392 Infernape [TM]	686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]
		385 Jirachi [TM]	135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]
		141 Kabutops [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]
		647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [1, 6, TM]	600 Klang [TM]	707 Klefki [TM]
		599 Klink [TM]	601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]
		402 Kricketune [TM]	552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]
		608 Lampent [TM]	645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]
		380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]
		463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]
		264 Linoone [TM]	667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]
		270 Lotad [TM]	294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]
		792 Lunala [TM]	337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]
		745 Lycanroc [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]
		801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]
		296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]
		056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]
		183 Marill [TM]	105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]
		308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]
		481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [5, TM]
		572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]
		391 Monferno [TM]	755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]
		750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]
		804 Naganadel [TM]	177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]
		032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]
		291 Ninjask [1, EV, TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]
		274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]
		765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]
		536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]

Type	Move Name	Pokémon					
Normal	**Double Team (TM32)**	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]
		053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]
		172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]
		025 Pikachu [23, TM]	731 Pikipek [TM]	221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]
		311 Plusle [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]
		261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]
		057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]
		509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]	156 Quilava [TM]
		651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [6, TM]	409 Rampardos [TM]
		078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]
		377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]
		524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [15, TM]	722 Rowlet [TM]	627 Rufflet [TM]
		302 Sableye [TM]	373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]
		027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]
		212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [37, TM]	117 Seadra [TM]
		119 Seaking [TM]	364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]
		497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]
		292 Shedinja [TM]	372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]
		275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]
		561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [28, TM]	435 Skuntank [TM]
		289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]
		218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]
		361 Snorunt [5, TM]	459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]
		021 Spearow [TM]	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]
		682 Spritzee [TM]	007 Squirtle [TM]	234 Stantler [TM]	398 Staraptor [13, TM]	397 Staravia [13, TM]	396 Starly [13, TM]
		121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]
		618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]
		283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]
		277 Swellow [17, TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [17, TM]
		663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]
		128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]	639 Terrakion [TM]
		538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]	468 Togekiss [TM]
		175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]	726 Torracat [TM]
		389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]	520 Tranquill [TM]
		328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]	732 Trumbeak [TM]
		763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	772 Type: Null [TM]	157 Typhlosion [TM]
		248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]	521 Unfezant [TM]
		217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]
		543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]
		494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]
		666 Vivillon [TM]	313 Volbeat [5, TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]	629 Vullaby [TM]
		037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]	505 Watchog [TM]
		461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]	340 Whiscash [TM]
		293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]
		194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [TM]
		193 Yanma [11, TM]	469 Yanmega [1, 11, TM]	734 Yungoos [TM]	717 Yveltal [5, TM]	335 Zangoose [TM]	145 Zapdos [TM]
		523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]
		634 Zweilous [TM]	718 Zygarde [TM]				
Normal	**Double-Edge**	359 Absol [E]	306 Aggron [45]	304 Aron [40]	531 Audino [49]	713 Avalugg [56]	184 Azumarill [42]
		371 Bagon [49]	550 Basculin [26]	712 Bergmite [49]	760 Bewear [56]	399 Bidoof [E]	242 Blissey [1, 65]
		522 Blitzle [E]	438 Bonsly [43]	001 Bulbasaur [27]	318 Carvanha [E]	797 Celesteela [73]	113 Chansey [1, 65]
		358 Chimecho [42]	341 Corphish [E]	408 Cranidos [E]	104 Cubone [43]	155 Cyndaquil [55, E]	585 Deerling [46]
		206 Dunsparce [38]	133 Eevee [37]	589 Escavalier [1]	205 Forretress [50]	074 Geodude [40]	443 Gible [E]
		207 Gligar [E]	673 Gogoat [40]	076 Golem [50]	075 Graveler [50]	058 Growlithe [E]	214 Heracross [E]
		449 Hippopotas [44]	450 Hippowdon [50]	187 Hoppip [E]	002 Ivysaur [31]	039 Jigglypuff [45]	385 Jirachi [40]

Type	Move Name	Pokémon					
Normal	Double-Edge	115 Kangaskhan [E]	588 Karrablast [56]	382 Kyogre [80]	305 Lairon [43]	636 Larvesta [50]	166 Ledian [47]
		165 Ledyba [40]	264 Linoone [35]	183 Marill [37]	105 Marowak ◆ [53]	241 Miltank [E]	774 Minior [43]
		749 Mudbray [E]	258 Mudkip [E]	446 Munchlax [E]	299 Nosepass [E]	322 Numel [47]	095 Onix [49]
		766 Passimian [36]	231 Phanpy [42]	204 Pineco [45, E]	077 Ponyta [E]	156 Quilava [64]	020 Raticate [39]
		019 Rattata [31]	369 Relicanth [50]	373 Salamence [63]	551 Sandile [E]	586 Sawsbuck [52]	545 Scolipede [55]
		161 Sentret [E]	372 Shelgon [56]	616 Shelmet [E]	410 Shieldon [E]	773 Silvally [80]	672 Skiddo [38]
		300 Skitty [40]	143 Snorlax [E]	459 Snover [E]	209 Snubbull [E]	327 Spinda [46]	805 Stakataka [61]
		396 Starly [E]	208 Steelix [49]	759 Stufful [46]	434 Stunky [E]	185 Sudowoodo [43]	192 Sunflora [37]
		191 Sunkern [37]	220 Swinub [E]	128 Tauros [63]	216 Teddiursa [E]	175 Togepi [45]	176 Togetic [45]
		387 Turtwig [E]	772 Type: Null [80]	157 Typhlosion [1, 69]	543 Venipede [43]	003 Venusaur [31]	494 Victini [65]
		313 Volbeat [47]	320 Wailmer [E]	544 Whirlipede [50]	040 Wigglytuff [1]	746 Wishiwashi [41]	193 Yanma [E]
Dragon	Draco Meteor	334 Altaria [T]	493 Arceus [T]	610 Axew [T]	371 Bagon [T]	633 Deino [T]	483 Dialga [T]
		691 Dragalge [T]	148 Dragonair [T]	149 Dragonite [T]	780 Drampa [T]	147 Dratini [T]	621 Druddigon [T]
		103 Exeggutor (Alola Form) [T]	330 Flygon [T]	611 Fraxure [T]	444 Gabite [T]	445 Garchomp [T]	443 Gible [T]
		487 Giratina [T]	706 Goodra [T]	704 Goomy [T]	799 Guzzlord [T]	783 Hakamo-o [T]	612 Haxorus [T]
		635 Hydreigon [T]	782 Jangmo-o [T]	230 Kingdra [T]	784 Kommo-o [T]	646 Kyurem [T]	380 Latias [T]
		381 Latios [T]	804 Naganadel [T]	714 Noibat [T]	715 Noivern [T]	484 Palkia [T]	384 Rayquaza [T]
		643 Reshiram [T]	373 Salamence [T]	372 Shelgon [T]	773 Silvally [T]	705 Sliggoo [T]	776 Turtonator [T]
		697 Tyrantrum [T]	696 Tyrunt [T]	329 Vibrava [T]	644 Zekrom [T]	634 Zweilous [T]	718 Zygarde [T]
Flying	Dragon Ascent	384 Rayquaza [T]					
Dragon	Dragon Breath	142 Aerodactyl [E]	334 Altaria [1, EV]	566 Archen [31]	567 Archeops [31]	371 Bagon [13]	633 Deino [17]
		483 Dialga [1]	780 Drampa [29]	147 Dratini [E]	349 Feebas [E]	330 Flygon [1]	443 Gible [E]
		487 Giratina [1]	706 Goodra [18]	704 Goomy [18]	116 Horsea [E]	635 Hydreigon [17]	782 Jangmo-o [E]
		646 Kyurem [29]	380 Latias [20]	381 Latios [20]	095 Onix [25]	484 Palkia [1]	643 Reshiram [29]
		373 Salamence [13]	372 Shelgon [13]	705 Sliggoo [18]	208 Steelix [25]	252 Treecko [E]	329 Vibrava [1, EV]
		644 Zekrom [29]	634 Zweilous [17]	718 Zygarde [1]			
Dragon	Dragon Claw (TM02)	142 Aerodactyl [TM]	306 Aggron [TM]	334 Altaria [TM]	493 Arceus [TM]	566 Archen [48, TM]	567 Archeops [56, TM]
		610 Axew [28, TM]	371 Bagon [29, TM]	689 Barbaracle [TM]	760 Bewear [TM]	006 Charizard [1, TM]	004 Charmander [TM]
		005 Charmeleon [TM]	652 Chesnaught [TM]	159 Croconaw [TM]	483 Dialga [28, TM]	149 Dragonite [TM]	780 Drampa [TM]
		621 Druddigon [27, TM]	604 Eelektross [TM]	160 Feraligatr [TM]	330 Flygon [1, EV, TM]	611 Fraxure [28, TM]	444 Gabite [33, TM]
		445 Garchomp [33, TM]	443 Gible [27, TM]	487 Giratina [28, TM]	383 Groudon [TM]	799 Guzzlord [TM]	783 Hakamo-o [43, TM]
		612 Haxorus [28, TM]	782 Jangmo-o [41, TM]	784 Kommo-o [43, TM]	553 Krookodile [TM]	646 Kyurem [TM]	380 Latias [TM]
		381 Latios [TM]	151 Mew [TM]	804 Naganadel [TM]	715 Noivern [TM]	484 Palkia [28, TM]	675 Pangoro [TM]
		384 Rayquaza [TM]	643 Reshiram [TM]	373 Salamence [29, TM]	757 Salandit [TM]	758 Salazzle [TM]	254 Sceptile [TM]
		560 Scrafty [TM]	559 Scraggy [TM]	372 Shelgon [29, TM]	773 Silvally [TM]	158 Totodile [TM]	776 Turtonator [TM]
		772 Type: Null [TM]	248 Tyranitar [TM]	697 Tyrantrum [37, TM]	696 Tyrunt [37, TM]	717 Yveltal [TM]	644 Zekrom [54, TM]
Dragon	Dragon Dance	334 Altaria [30]	610 Axew [32]	371 Bagon [E]	339 Barboach [E]	004 Charmander [E]	341 Corphish [E]
		148 Dragonair [61]	149 Dragonite [61]	147 Dratini [51, E]	330 Flygon [1]	611 Fraxure [32]	130 Gyarados [45]
		783 Hakamo-o [53]	612 Haxorus [32]	116 Horsea [46]	782 Jangmo-o [49]	230 Kingdra [52]	784 Kommo-o [59]
		131 Lapras [E]	246 Larvitar [E]	381 Latios [7]	384 Rayquaza [60]	559 Scraggy [E]	117 Seadra [52]
		158 Totodile [E]	357 Tropius [E]	696 Tyrunt [E]	718 Zygarde [ZC]		
Dragon	Dragon Hammer	103 Exeggutor (Alola Form) [1, EV]	357 Tropius [E]				
Dragon	Dragon Pulse	142 Aerodactyl [BP]	306 Aggron [BP]	334 Altaria [40, BP]	181 Ampharos [1, 65, BP]	059 Arcanine [BP]	493 Arceus [BP]
		566 Archen [E, BP]	567 Archeops [BP]	610 Axew [41, E, BP]	371 Bagon [E, BP]	009 Blastoise [BP]	006 Charizard [BP]
		004 Charmander [E, BP]	005 Charmeleon [BP]	692 Clauncher [BP]	693 Clawitzer [1, BP]	408 Cranidos [BP]	633 Deino [32, BP]
		483 Dialga [BP]	691 Dragalge [53, BP]	148 Dragonair [BP]	149 Dragonite [BP]	780 Drampa [41, BP]	147 Dratini [E, BP]
		621 Druddigon [BP]	604 Eelektross [BP]	103 Exeggutor (Alola Form) [BP]	349 Feebas [E, BP]	160 Feraligatr [BP]	330 Flygon [BP]
		611 Fraxure [42, BP]	444 Gabite [BP]	445 Garchomp [BP]	443 Gible [BP]	487 Giratina [BP]	706 Goodra [47, BP]
		704 Goomy [42, BP]	383 Groudon [BP]	799 Guzzlord [BP]	130 Gyarados [BP]	783 Hakamo-o [BP]	612 Haxorus [42, BP]
		485 Heatran [BP]	695 Heliolisk [BP]	116 Horsea [41, BP]	635 Hydreigon [32, BP]	782 Jangmo-o [BP]	230 Kingdra [45, BP]
		784 Kommo-o [BP]	553 Krookodile [BP]	646 Kyurem [57, BP]	131 Lapras [E, BP]	380 Latias [56, BP]	381 Latios [56, BP]
		448 Lucario [60, BP]	249 Lugia [BP]	151 Mew [BP]	350 Milotic [BP]	804 Naganadel [1, 61, BP]	800 Necrozma [BP]
		034 Nidoking [BP]	031 Nidoqueen [BP]	714 Noibat [BP]	715 Noivern [1, 70, BP]	095 Onix [BP]	484 Palkia [BP]
		803 Poipole [1, BP]	409 Rampardos [BP]	384 Rayquaza [50, BP]	643 Reshiram [54, BP]	112 Rhydon [BP]	111 Rhyhorn [BP]
		464 Rhyperior [BP]	373 Salamence [BP]	757 Salandit [48, BP]	758 Salazzle [56, BP]	254 Sceptile [BP]	560 Scrafty [BP]

Type	Move Name	Pokémon					
Dragon	Dragon Pulse	559 Scraggy [BP]	117 Seadra [45, BP]	497 Serperior [BP]	372 Shelgon [BP]	690 Skrelp [49, BP]	705 Sliggoo [47, BP]
		007 Squirtle [E, BP]	208 Steelix [BP]	333 Swablu [38, BP]	357 Tropius [BP]	776 Turtonator [41, BP]	248 Tyranitar [BP]
		697 Tyrantrum [BP]	696 Tyrunt [BP]	329 Vibrava [BP]	008 Wartortle [BP]	644 Zekrom [BP]	634 Zweilous [32, BP]
		718 Zygarde [63, BP]					
Dragon	Dragon Rage	610 Axew [10]	371 Bagon [E]	006 Charizard [17]	004 Charmander [16]	005 Charmeleon [17]	633 Deino [1]
		148 Dragonair [15]	149 Dragonite [15]	780 Drampa [21]	147 Dratini [15]	621 Druddigon [18]	611 Fraxure [1, 10]
		444 Gabite [1, 7]	445 Garchomp [1, 7]	443 Gible [7]	799 Guzzlord [1]	130 Gyarados [36]	612 Haxorus [1, 10]
		116 Horsea [E]	635 Hydreigon [1]	646 Kyurem [1]	643 Reshiram [1]	757 Salandit [13]	758 Salazzle [13]
		644 Zekrom [1]	634 Zweilous [1]				
Dragon	Dragon Rush	304 Aron [E]	371 Bagon [E]	004 Charmander [E]	633 Deino [42]	148 Dragonair [47]	149 Dragonite [47]
		780 Drampa [E]	147 Dratini [41, E]	206 Dunsparce [46]	330 Flygon [47]	444 Gabite [49]	445 Garchomp [55]
		443 Gible [37]	799 Guzzlord [73]	635 Hydreigon [42]	249 Lugia [15]	111 Rhyhorn [E]	333 Swablu [E]
		717 Yveltal [63]	634 Zweilous [42]				
Dragon	Dragon Tail (TM82)	306 Aggron [TM]	698 Amaura [TM]	024 Arbok [TM]	567 Archeops [TM]	699 Aurorus [TM]	009 Blastoise [TM]
		006 Charizard [TM]	633 Deino [TM]	483 Dialga [TM]	691 Dragalge [1, 59, TM]	148 Dragonair [33, TM]	149 Dragonite [33, TM]
		780 Drampa [TM]	147 Dratini [31, TM]	621 Druddigon [45, TM]	604 Eelektross [TM]	103 Exeggutor (Alola Form) [TM]	160 Feraligatr [TM]
		330 Flygon [29, TM]	611 Fraxure [TM]	445 Garchomp [TM]	487 Giratina [TM]	706 Goodra [TM]	383 Groudon [TM]
		799 Guzzlord [23, TM]	130 Gyarados [TM]	783 Hakamo-o [17, TM]	612 Haxorus [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		635 Hydreigon [TM]	782 Jangmo-o [17, TM]	784 Kommo-o [17, TM]	553 Krookodile [TM]	646 Kyurem [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	249 Lugia [TM]	154 Meganium [TM]	151 Mew [TM]	350 Milotic [24, TM]	804 Naganadel [TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	095 Onix [TM]	484 Palkia [TM]	409 Rampardos [TM]	384 Rayquaza [TM]
		643 Reshiram [TM]	112 Rhydon [TM]	464 Rhyperior [TM]	373 Salamence [1, TM]	758 Salazzle [TM]	503 Samurott [TM]
		560 Scrafty [TM]	559 Scraggy [TM]	497 Serperior [TM]	336 Seviper [TM]	199 Slowking [TM]	208 Steelix [TM]
		776 Turtonator [TM]	248 Tyranitar [TM]	697 Tyrantrum [30, TM]	696 Tyrunt [30, TM]	644 Zekrom [TM]	634 Zweilous [TM]
		718 Zygarde [TM]					
Fighting	Drain Punch	063 Abra [BP]	065 Alakazam [BP]	683 Aromatisse [BP]	531 Audino [BP]	182 Bellossom [BP]	760 Bewear [BP]
		242 Blissey [BP]	286 Breloom [BP]	427 Buneary [BP]	794 Buzzwole [BP]	331 Cacnea [BP]	332 Cacturne [BP]
		113 Chansey [BP]	652 Chesnaught [BP]	650 Chespin [BP]	036 Clefable [BP]	035 Clefairy [BP]	534 Conkeldurr [BP]
		740 Crabominable [BP]	739 Crabrawler [BP]	453 Croagunk [E, BP]	491 Darkrai [BP]	386 Deoxys [BP]	096 Drowzee [BP]
		604 Eelektross [BP]	475 Gallade [BP]	569 Garbodor [BP]	094 Gengar [BP]	044 Gloom [BP]	622 Golett [BP]
		623 Golurk [BP]	253 Grovyle [BP]	326 Grumpig [BP]	533 Gurdurr [BP]	799 Guzzlord [BP]	783 Hakamo-o [BP]
		440 Happiny [BP]	701 Hawlucha [BP]	107 Hitmonchan [BP]	720 Hoopa [BP]	097 Hypno [BP]	727 Incineroar [BP]
		039 Jigglypuff [BP]	385 Jirachi [BP]	124 Jynx [BP]	064 Kadabra [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]
		784 Kommo-o [BP]	166 Ledian [BP]	165 Ledyba [E, BP]	271 Lombre [BP]	428 Lopunny [BP]	448 Lucario [BP]
		272 Ludicolo [BP]	556 Maractus [BP]	802 Marshadow [1, BP]	308 Medicham [BP]	307 Meditite [E, BP]	648 Meloetta [BP]
		151 Mew [BP]	150 Mewtwo [BP]	619 Mienfoo [33, BP]	620 Mienshao [33, BP]	439 Mime Jr. [BP]	778 Mimikyu [BP]
		122 Mr. Mime [BP]	674 Pancham [BP]	675 Pangoro [BP]	766 Passimian [BP]	651 Quilladin [BP]	486 Regigigas [BP]
		377 Regirock [BP]	579 Reuniclus [BP]	447 Riolu [BP]	254 Sceptile [BP]	560 Scrafty [BP]	559 Scraggy [E, BP]
		537 Seismitoad [44, BP]	285 Shroomish [E, BP]	080 Slowbro [BP]	199 Slowking [BP]	685 Slurpuff [BP]	327 Spinda [BP]
		532 Timburr [E, BP]	468 Togekiss [BP]	176 Togetic [BP]	454 Toxicroak [BP]	252 Treecko [BP]	709 Trevenant [BP]
		568 Trubbish [BP]	045 Vileplume [BP]	040 Wigglytuff [BP]			
Fairy	Draining Kiss	683 Aromatisse [21]	531 Audino [E]	764 Comfey [7]	742 Cutiefly [16]	478 Froslass [23]	282 Gardevoir [23]
		368 Gorebyss [11]	124 Jynx [1]	281 Kirlia [23]	707 Klefki [18]	370 Luvdisc [9]	280 Ralts [22]
		743 Ribombee [16]	685 Slurpuff [31]	682 Spritzee [21]	684 Swirlix [31]	700 Sylveon [20]	786 Tapu Lele [1]
		666 Vivillon [25]					
Psychic	Dream Eater (TM85)	063 Abra [TM]	359 Absol [TM]	190 Aipom [TM]	065 Alakazam [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	493 Arceus [TM]	683 Aromatisse [TM]	531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]
		343 Baltoy [TM]	354 Banette [TM]	606 Beheeyem [TM]	242 Blissey [TM]	654 Braixen [TM]	437 Bronzong [TM]
		436 Bronzor [TM]	779 Bruxish [TM]	012 Butterfree [TM]	251 Celebi [TM]	609 Chandelure [TM]	113 Chansey [TM]
		358 Chimecho [TM]	433 Chingling [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]
		563 Cofagrigus [TM]	546 Cottonee [TM]	488 Cresselia [TM]	742 Cutiefly [TM]	491 Darkrai [84, TM]	301 Delcatty [TM]
		655 Delphox [TM]	386 Deoxys [TM]	426 Drifblim [TM]	425 Drifloon [TM]	096 Drowzee [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	605 Elgyem [TM]	196 Espeon [TM]
		677 Espurr [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	653 Fennekin [TM]	592 Frillish [TM]	478 Froslass [TM]
		475 Gallade [TM]	282 Gardevoir [53, TM]	092 Gastly [33, TM]	094 Gengar [39, TM]	203 Girafarig [TM]	487 Giratina [TM]
		431 Glameow [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	326 Grumpig [TM]
		316 Gulpin [TM]	440 Happiny [TM]	093 Haunter [39, TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]

Type	Move Name	Pokémon					
Psychic	Dream Eater (TM85)	163 Hoothoot [46, TM]	229 Houndoom [TM]	228 Houndour [TM]	097 Hypno [TM]	174 Igglybuff [TM]	593 Jellicent [TM]
		039 Jigglypuff [TM]	385 Jirachi [TM]	124 Jynx [TM]	064 Kadabra [TM]	281 Kirlia [47, TM]	608 Lampent [TM]
		131 Lapras [TM]	380 Latias [TM]	381 Latios [TM]	542 Leavanny [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		510 Liepard [TM]	549 Lilligant [TM]	607 Litwick [TM]	249 Lugia [TM]	792 Lunala [59, TM]	337 Lunatone [TM]
		105 Marowak (Alola Form) [TM]	308 Medicham [TM]	307 Meditite [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]
		481 Mesprit [TM]	151 Mew [TM]	150 Mewtwo [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	200 Misdreavus [TM]
		429 Mismagius [TM]	755 Morelull [43, TM]	414 Mothim [TM]	122 Mr. Mime [TM]	517 Munna [41, TM]	198 Murkrow [TM]
		518 Musharna [TM]	177 Natu [TM]	038 Ninetales [TM]	164 Noctowl [1, 55, TM]	714 Noibat [TM]	715 Noivern [TM]
		765 Oranguru [TM]	053 Persian [TM]	548 Petilil [TM]	708 Phantump [TM]	137 Porygon [TM]	233 Porygon2 [TM]
		474 Porygon-Z [TM]	710 Pumpkaboo [TM]	509 Purrloin [TM]	432 Purugly [TM]	280 Ralts [39, TM]	579 Reuniclus [TM]
		743 Ribombee [TM]	479 Rotom [TM]	302 Sableye [TM]	540 Sewaddle [TM]	292 Shedinja [TM]	756 Shiinotic [49, TM]
		353 Shuppet [TM]	561 Sigilyph [TM]	300 Skitty [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]
		685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	577 Solosis [TM]	338 Solrock [TM]	327 Spinda [TM]
		442 Spiritomb [19, TM]	325 Spoink [TM]	682 Spritzee [TM]	234 Stantler [TM]	121 Starmie [TM]	333 Swablu [TM]
		541 Swadloon [TM]	317 Swalot [TM]	684 Swirlix [TM]	528 Swoobat [TM]	468 Togekiss [TM]	175 Togepi [TM]
		176 Togetic [TM]	709 Trevenant [TM]	197 Umbreon [TM]	480 Uxie [TM]	666 Vivillon [TM]	505 Watchog [TM]
		461 Weavile [TM]	547 Whimsicott [TM]	040 Wigglytuff [TM]	527 Woobat [TM]	413 Wormadam [TM]	178 Xatu [TM]
		562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	717 Yveltal [TM]		
Flying	Drill Peck	225 Delibird [25]	085 Dodrio [47]	084 Doduo [43]	395 Empoleon [52]	022 Fearow [41]	198 Murkrow [E]
		177 Natu [E]	731 Pikipek [27]	393 Piplup [39]	394 Prinplup [46]	227 Skarmory [E]	021 Spearow [36]
		733 Toucannon [34]	732 Trumbeak [32]	145 Zapdos [71]			
Ground	Drill Run	343 Baltoy [BP]	015 Beedrill [BP]	344 Claydol [BP]	087 Dewgong [BP]	529 Drilbur [43, BP]	206 Dunsparce [23, BP]
		589 Escavalier [BP]	530 Excadrill [55, BP]	022 Fearow [1, 45, BP]	205 Forretress [BP]	118 Goldeen [BP]	768 Golisopod [BP]
		588 Karrablast [E, BP]	131 Lapras [BP]	745 Lycanroc (Dusk Form) [BP]	745 Lycanroc (Midday Form) [BP]	151 Mew [BP]	034 Nidoking [BP]
		031 Nidoqueen [BP]	032 Nidoran♂ [BP]	033 Nidorino [BP]	795 Pheromosa [BP]	204 Pineco [BP]	078 Rapidash [BP]
		112 Rhydon [33, BP]	111 Rhyhorn [33, BP]	464 Rhyperior [33, BP]	028 Sandslash (Alola Form) [BP]	119 Seaking [BP]	086 Seel [BP]
		021 Spearow [BP]					
Dragon	Dual Chop	424 Ambipom [1]	610 Axew [13, BP]	689 Barbaracle [BP]	760 Bewear [BP]	688 Binacle [BP]	625 Bisharp [BP]
		257 Blaziken [BP]	794 Buzzwole [BP]	652 Chesnaught [BP]	650 Chespin [BP]	256 Combusken [BP]	740 Crabominable [BP]
		739 Crabrawler [BP]	453 Croagunk [BP]	125 Electabuzz [BP]	466 Electivire [BP]	239 Elekid [BP]	753 Fomantis [BP]
		611 Fraxure [13, BP]	444 Gabite [1, EV, BP]	475 Gallade [BP]	445 Garchomp [1, BP]	768 Golisopod [BP]	735 Gumshoos [BP]
		799 Guzzlord [BP]	783 Hakamo-o [BP]	701 Hawlucha [BP]	612 Haxorus [13, BP]	720 Hoopa [BP]	727 Incineroar [BP]
		392 Infernape [BP]	782 Jangmo-o [BP]	784 Kommo-o [BP]	448 Lucario [BP]	754 Lurantis [BP]	745 Lycanroc (Midnight Form) [BP]
		068 Machamp [33, BP]	067 Machoke [33, BP]	066 Machop [31, BP]	240 Magby [BP]	126 Magmar [BP]	467 Magmortar [BP]
		056 Mankey [BP]	648 Meloetta [BP]	151 Mew [BP]	619 Mienfoo [BP]	620 Mienshao [BP]	391 Monferno [BP]
		674 Pancham [BP]	675 Pangoro [BP]	624 Pawniard [BP]	062 Poliwrath [BP]	057 Primeape [BP]	651 Quilladin [BP]
		447 Riolu [BP]	539 Sawk [BP]	254 Sceptile [1, EV, BP]	560 Scrafty [BP]	559 Scraggy [BP]	759 Stufful [BP]
		787 Tapu Bulu [BP]	726 Torracat [BP]	454 Toxicroak [BP]			
Fighting	Dynamic Punch	286 Breloom [50]	794 Buzzwole [59]	331 Cacnea [E]	534 Conkeldurr [37]	740 Crabominable [45]	739 Crabrawler [45]
		453 Croagunk [E]	239 Elekid [E]	622 Golett [35]	623 Golurk [35]	533 Gurdurr [37]	068 Machamp [57]
		067 Machoke [57]	066 Machop [45]	240 Magby [E]	296 Makuhita [E]	307 Meditite [E]	062 Poliwrath [32]
		532 Timburr [34]					
Ground	Earth Power	142 Aerodactyl [BP]	306 Aggron [BP]	698 Amaura [BP]	347 Anorith [BP]	493 Arceus [20, BP]	566 Archen [E, BP]
		567 Archeops [BP]	348 Armaldo [BP]	304 Aron [BP]	699 Aurorus [BP]	343 Baltoy [37, BP]	689 Barbaracle [BP]
		339 Barboach [E, BP]	411 Bastiodon [BP]	525 Boldore [BP]	438 Bonsly [BP]	323 Camerupt [26, BP]	703 Carbink [BP]
		565 Carracosta [BP]	251 Celebi [BP]	344 Claydol [40, BP]	222 Corsola [47, BP]	346 Cradily [BP]	408 Cranidos [BP]
		104 Cubone [BP]	633 Deino [E, BP]	483 Dialga [33, BP]	719 Diancie [BP]	660 Diggersby [BP]	050 Diglett [28, BP]
		232 Donphan [BP]	529 Drilbur [E, BP]	051 Dugtrio [30, BP]	530 Excadrill [BP]	330 Flygon [26, BP]	444 Gabite [BP]
		445 Garchomp [BP]	423 Gastrodon [BP]	074 Geodude [BP]	443 Gible [BP]	526 Gigalith [BP]	487 Giratina [33, BP]
		207 Gligar [BP]	472 Gliscor [BP]	076 Golem [BP]	622 Golett [BP]	623 Golurk [BP]	075 Graveler [BP]
		388 Grotle [BP]	383 Groudon [15, BP]	485 Heatran [1, 73, BP]	449 Hippopotas [BP]	450 Hippowdon [BP]	250 Ho-Oh [BP]
		635 Hydreigon [BP]	140 Kabuto [BP]	141 Kabutops [BP]	552 Krokorok [BP]	553 Krookodile [BP]	646 Kyurem [BP]
		305 Lairon [BP]	645 Landorus [37, BP]	246 Larvitar [BP]	345 Lileep [BP]	249 Lugia [BP]	337 Lunatone [BP]
		745 Lycanroc [BP]	219 Magcargo [1, 58, BP]	473 Mamoswine [BP]	105 Marowak [BP]	259 Marshtomp [BP]	151 Mew [BP]
		749 Mudbray [BP]	258 Mudkip [BP]	750 Mudsdale [BP]	800 Necrozma [BP]	034 Nidoking [43, BP]	031 Nidoqueen [43, BP]
		299 Nosepass [37, BP]	322 Numel [26, BP]	138 Omanyte [BP]	139 Omastar [BP]	095 Onix [BP]	484 Palkia [33, BP]
		770 Palossand [47, BP]	536 Palpitoad [BP]	231 Phanpy [BP]	221 Piloswine [BP]	476 Probopass [37, BP]	247 Pupitar [BP]

Type	Move Name	Pokémon					
Ground	Earth Power	195 Quagsire [BP]	409 Rampardos [BP]	384 Rayquaza [BP]	486 Regigigas [BP]	377 Regirock [BP]	369 Relicanth [BP]
		643 Reshiram [BP]	112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]	744 Rockruff [BP]	524 Roggenrola [BP]
		551 Sandile [BP]	027 Sandshrew ◆ [BP]	028 Sandslash ◆ [BP]	769 Sandygast [45, BP]	537 Seismitoad [BP]	492 Shaymin (Land Forme) [BP]
		422 Shellos [BP]	410 Shieldon [BP]	213 Shuckle [BP]	218 Slugma [50, E, BP]	338 Solrock [BP]	208 Steelix [BP]
		618 Stunfisk [E, BP]	185 Sudowoodo [BP]	192 Sunflora [BP]	191 Sunkern [BP]	260 Swampert [BP]	220 Swinub [BP]
		639 Terrakion [BP]	564 Tirtouga [BP]	324 Torkoal [BP]	389 Torterra [BP]	328 Trapinch [26, E, BP]	387 Turtwig [E, BP]
		535 Tympole [E, BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]	329 Vibrava [26, BP]	721 Volcanion [BP]
		340 Whiscash [BP]	194 Wooper [BP]	413 Wormadam (Sand Cloak) [BP]	644 Zekrom [BP]	634 Zweilous [BP]	718 Zygarde [BP]
Ground	Earthquake (TM26)	460 Abomasnow [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	334 Altaria [TM]	024 Arbok [TM]	493 Arceus [TM]
		566 Archen [TM]	567 Archeops [TM]	348 Armaldo [TM]	304 Aron [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		343 Baltoy [TM]	689 Barbaracle [TM]	339 Barboach [32, TM]	411 Bastiodon [TM]	760 Bewear [TM]	688 Binacle [TM]
		009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	525 Boldore [TM]	626 Bouffalant [TM]	437 Bronzong [TM]
		436 Bronzor [TM]	659 Bunnelby [49, TM]	794 Buzzwole [TM]	323 Camerupt [46, TM]	565 Carracosta [TM]	797 Celesteela [TM]
		113 Chansey [TM]	006 Charizard [TM]	652 Chesnaught [TM]	344 Claydol [TM]	534 Conkeldurr [TM]	222 Corsola [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	453 Croagunk [TM]	558 Crustle [TM]
		104 Cubone [TM]	555 Darmanitan [TM]	781 Dhelmise [TM]	483 Dialga [TM]	660 Diggersby [57, TM]	050 Diglett [39, TM]
		232 Donphan [43, TM]	149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	529 Drilbur [33, TM]	621 Druddigon [TM]
		051 Dugtrio [47, TM]	206 Dunsparce [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	557 Dwebble [TM]	023 Ekans [TM]
		466 Electivire [TM]	500 Emboar [TM]	395 Empoleon [TM]	530 Excadrill [36, TM]	103 Exeggutor (Alola Form) [TM]	295 Exploud [TM]
		160 Feraligatr [TM]	330 Flygon [33, TM]	205 Forretress [TM]	444 Gabite [TM]	475 Gallade [TM]	445 Garchomp [TM]
		423 Gastrodon [TM]	074 Geodude (Alola Form) [TM]	074 Geodude ◆ [34, TM]	443 Gible [TM]	526 Gigalith [TM]	203 Girafarig [TM]
		487 Giratina [TM]	362 Glalie [TM]	207 Gligar [TM]	472 Gliscor [TM]	673 Gogoat [1, TM]	076 Golem (Alola Form) [TM]
		076 Golem ◆ [40, TM]	622 Golett [50, TM]	623 Golurk [54, TM]	706 Goodra [TM]	210 Granbull [TM]	075 Graveler (Alola Form) [TM]
		075 Graveler ◆ [40, TM]	383 Groudon [35, TM]	735 Gumshoos [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]
		297 Hariyama [TM]	612 Haxorus [TM]	485 Heatran [TM]	214 Heracross [TM]	449 Hippopotas [37, TM]	450 Hippowdon [40, TM]
		107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	250 Ho-Oh [TM]	635 Hydreigon [TM]	727 Incineroar [TM]
		392 Infernape [TM]	782 Jangmo-o [TM]	115 Kangaskhan [TM]	775 Komala [TM]	784 Kommo-o [TM]	552 Krokorok [48, TM]
		553 Krookodile [54, TM]	382 Kyogre [TM]	305 Lairon [TM]	645 Landorus [49, TM]	246 Larvitar [46, TM]	380 Latias [TM]
		381 Latios [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	294 Loudred [TM]	448 Lucario [TM]	249 Lugia [TM]
		337 Lunatone [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	219 Magcargo [TM]	467 Magmortar [TM]
		296 Makuhita [TM]	473 Mamoswine [46, TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	105 Marowak [TM]
		259 Marshtomp [48, TM]	154 Meganium [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]
		241 Miltank [TM]	774 Minior [TM]	749 Mudbray [38, TM]	750 Mudsdale [47, TM]	446 Munchlax [TM]	800 Necrozma [TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	299 Nosepass [TM]	322 Numel [40, TM]	095 Onix [TM]	765 Oranguru [TM]
		484 Palkia [TM]	770 Palossand [TM]	675 Pangoro [TM]	766 Passimian [TM]	231 Phanpy [TM]	221 Piloswine [46, TM]
		204 Pineco [TM]	127 Pinsir [TM]	186 Politoed [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	057 Primeape [TM]
		476 Probopass [TM]	247 Pupitar [54, TM]	195 Quagsire [36, TM]	409 Rampardos [TM]	384 Rayquaza [TM]	378 Regice [TM]
		486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	112 Rhydon [48, TM]	111 Rhyhorn [45, TM]
		464 Rhyperior [48, TM]	447 Riolu [TM]	524 Roggenrola [TM]	373 Salamence [TM]	551 Sandile [43, TM]	027 Sandshrew (Alola Form) [TM]
		027 Sandshrew ◆ [46, TM]	028 Sandslash (Alola Form) [TM]	028 Sandslash ◆ [53, TM]	769 Sandygast [TM]	539 Sawk [TM]	254 Sceptile [TM]
		545 Scolipede [TM]	364 Sealeo [TM]	537 Seismitoad [TM]	336 Seviper [TM]	319 Sharpedo [TM]	410 Shieldon [TM]
		213 Shuckle [TM]	289 Slaking [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	143 Snorlax [TM]
		209 Snubbull [TM]	791 Solgaleo [TM]	338 Solrock [TM]	363 Spheal [TM]	805 Stakataka [TM]	234 Stantler [TM]
		208 Steelix [TM]	759 Stufful [TM]	618 Stunfisk [TM]	185 Sudowoodo [TM]	317 Swalot [TM]	260 Swampert [51, TM]
		220 Swinub [37, TM]	465 Tangrowth [TM]	128 Tauros [TM]	216 Teddiursa [TM]	639 Terrakion [TM]	538 Throh [TM]
		564 Tirtouga [TM]	324 Torkoal [TM]	389 Torterra [1, EV, TM]	454 Toxicroak [TM]	328 Trapinch [33, TM]	709 Trevenant [TM]
		357 Tropius [TM]	776 Turtonator [TM]	157 Typhlosion [TM]	248 Tyranitar [54, TM]	697 Tyrantrum [47, TM]	236 Tyrogue [TM]
		696 Tyrunt [44, TM]	217 Ursaring [TM]	003 Venusaur [TM]	329 Vibrava [33, TM]	288 Vigoroth [TM]	721 Volcanion [TM]
		320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	340 Whiscash [34, TM]	746 Wishiwashi [TM]	194 Wooper [33, TM]
		413 Wormadam (Sand Cloak) [TM]	734 Yungoos [TM]	718 Zygarde [55, TM]			

Type	Move Name	Pokémon					
Normal	**Echoed Voice (TM49)**	359 Absol [TM]	334 Altaria [TM]	698 Amaura [TM]	181 Ampharos [TM]	493 Arceus [TM]	683 Aromatisse [13, TM]
		531 Audino [TM]	699 Aurorus [TM]	153 Bayleef [TM]	614 Beartic [TM]	606 Beheeyem [TM]	400 Bibarel [TM]
		399 Bidoof [TM]	257 Blaziken [TM]	242 Blissey [TM]	654 Braixen [TM]	729 Brionne [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	323 Camerupt [TM]	251 Celebi [TM]	113 Chansey [TM]	006 Charizard [TM]	004 Charmander [TM]
		005 Charmeleon [TM]	441 Chatot [37, TM]	152 Chikorita [TM]	358 Chimecho [TM]	433 Chingling [TM]	573 Cinccino [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	256 Combusken [TM]	764 Comfey [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	723 Dartrix [TM]	724 Decidueye [TM]	585 Deerling [TM]	301 Delcatty [TM]	655 Delphox [TM]
		087 Dewgong [TM]	483 Dialga [TM]	050 Diglett [TM]	085 Dodrio [TM]	084 Doduo [TM]	232 Donphan [TM]
		780 Drampa [1, TM]	051 Dugtrio [TM]	133 Eevee [TM]	605 Elgyem [TM]	500 Emboar [TM]	395 Empoleon [TM]
		196 Espeon [TM]	677 Espurr [TM]	295 Exploud [1, 4, TM]	022 Fearow [TM]	653 Fennekin [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	419 Floatzel [TM]	670 Floette [TM]	671 Florges [TM]	656 Froakie [TM]
		657 Frogadier [TM]	676 Furfrou [TM]	162 Furret [TM]	475 Gallade [TM]	282 Gardevoir [TM]	203 Girafarig [TM]
		487 Giratina [TM]	471 Glaceon [TM]	431 Glameow [TM]	076 Golem (Alola Form) [TM]	658 Greninja [TM]	735 Gumshoos [TM]
		783 Hakamo-o [TM]	440 Happiny [TM]	250 Ho-Oh [TM]	163 Hoothoot [13, TM]	635 Hydreigon [TM]	174 Igglybuff [TM]
		002 Ivysaur [TM]	782 Jangmo-o [TM]	039 Jigglypuff [TM]	135 Jolteon [TM]	124 Jynx [TM]	281 Kirlia [TM]
		784 Kommo-o [TM]	402 Kricketune [TM]	646 Kyurem [TM]	131 Lapras [TM]	470 Leafeon [TM]	510 Liepard [TM]
		264 Linoone [TM]	667 Litleo [33, TM]	271 Lombre [TM]	270 Lotad [TM]	294 Loudred [1, 4, TM]	272 Ludicolo [TM]
		249 Lugia [TM]	745 Lycanroc [TM]	801 Magearna [TM]	179 Mareep [TM]	105 Marowak [TM]	802 Marshadow [TM]
		259 Marshtomp [TM]	154 Meganium [TM]	648 Meloetta [36, TM]	678 Meowstic [TM]	052 Meowth [TM]	151 Mew [TM]
		241 Miltank [TM]	572 Minccino [33, TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	258 Mudkip [TM]
		804 Naganadel [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]
		033 Nidorino [TM]	793 Nihilego [TM]	164 Noctowl [13, TM]	714 Noibat [TM]	715 Noivern [TM]	322 Numel [TM]
		417 Pachirisu [TM]	484 Palkia [TM]	536 Palpitoad [42, TM]	674 Pancham [TM]	675 Pangoro [TM]	279 Pelipper [TM]
		053 Persian [TM]	231 Phanpy [TM]	795 Pheromosa [TM]	172 Pichu [TM]	519 Pidove [TM]	499 Pignite [TM]
		025 Pikachu [TM]	731 Pikipek [7, TM]	393 Piplup [TM]	311 Plusle [TM]	803 Poipole [TM]	186 Politoed [TM]
		077 Ponyta [TM]	728 Popplio [TM]	730 Primarina [TM]	394 Prinplup [TM]	509 Purrloin [TM]	432 Purugly [TM]
		668 Pyroar [33, TM]	026 Raichu [TM]	280 Ralts [TM]	078 Rapidash [TM]	384 Rayquaza [TM]	643 Reshiram [TM]
		744 Rockruff [TM]	722 Rowlet [TM]	586 Sawsbuck [TM]	364 Sealeo [TM]	086 Seel [TM]	537 Seismitoad [49, TM]
		161 Sentret [TM]	300 Skitty [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	238 Smoochum [TM]
		021 Spearow [TM]	363 Spheal [TM]	682 Spritzee [13, TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]
		333 Swablu [TM]	260 Swampert [TM]	277 Swellow [TM]	700 Sylveon [TM]	276 Taillow [TM]	787 Tapu Bulu [TM]
		788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	498 Tepig [TM]	468 Togekiss [TM]	175 Togepi [TM]
		176 Togetic [TM]	255 Torchic [TM]	733 Toucannon [1, 7, TM]	520 Tranquill [TM]	732 Trumbeak [1, 7, TM]	535 Tympole [38, TM]
		197 Umbreon [TM]	521 Unfezant [TM]	134 Vaporeon [TM]	003 Venusaur [TM]	320 Wailmer [TM]	321 Wailord [TM]
		365 Walrein [TM]	293 Whismur [4, TM]	040 Wigglytuff [TM]	278 Wingull [TM]	716 Xerneas [TM]	734 Yungoos [TM]
		644 Zekrom [TM]	263 Zigzagoon [TM]				
Electric	**Eerie Impulse**	702 Dedenne [E]	309 Electrike [E]	101 Electrode [1, 6]	695 Heliolisk [1]	171 Lanturn [1]	179 Mareep [E]
		403 Shinx [E]	618 Stunfisk [E]	100 Voltorb [6]	194 Wooper [E]	796 Xurkitree [29]	
Normal	**Egg Bomb**	242 Blissey [44]	113 Chansey [44]	103 Exeggutor [27]			
Electric	**Electric Terrain**	466 Electivire [1, 65]	694 Helioptile [E]	405 Luxray [1, 67]	082 Magneton [1]	462 Magnezone [1]	310 Manectric [1, 60]
		179 Mareep [E]	172 Pichu [E]	785 Tapu Koko [1]	777 Togedemaru [37]	796 Xurkitree [53]	
Electric	**Electrify**	695 Heliolisk [1]	694 Helioptile [45]				
Electric	**Electro Ball**	181 Ampharos [25]	170 Chinchou [9]	125 Electabuzz [22]	466 Electivire [22]	309 Electrike [E]	101 Electrode [22]
		239 Elekid [22]	587 Emolga [26]	180 Flaaffy [25]	596 Galvantula [29]	595 Joltik [29]	171 Lanturn [1, 9]
		081 Magnemite [29]	082 Magneton [29]	462 Magnezone [29]	179 Mareep [22]	312 Minun [19]	417 Pachirisu [25]
		025 Pikachu [13]	311 Plusle [19]	479 Rotom [43]	785 Tapu Koko [58]	100 Voltorb [22]	
Electric	**Electroweb**	181 Ampharos [BP]	168 Ariados [BP]	267 Beautifly [BP]	015 Beedrill [BP]	412 Burmy [BP]	012 Butterfree [BP]
		268 Cascoon [BP]	010 Caterpie [BP]	737 Charjabug [BP]	702 Dedenne [BP]	269 Dustox [BP]	125 Electabuzz [BP]
		466 Electivire [BP]	239 Elekid [BP]	587 Emolga [BP]	180 Flaaffy [BP]	596 Galvantula [15, BP]	649 Genesect [BP]
		074 Geodude (Alola Form) [BP]	076 Golem (Alola Form) [BP]	075 Graveler (Alola Form) [BP]	736 Grubbin [E, BP]	695 Heliolisk [BP]	694 Helioptile [BP]
		595 Joltik [15, BP]	014 Kakuna [BP]	542 Leavanny [BP]	081 Magnemite [BP]	082 Magneton [BP]	462 Magnezone [BP]
		179 Mareep [BP]	011 Metapod [BP]	151 Mew [BP]	312 Minun [BP]	414 Mothim [BP]	417 Pachirisu [BP]
		766 Passimian [BP]	795 Pheromosa [BP]	172 Pichu [BP]	025 Pikachu [BP]	311 Plusle [BP]	137 Porygon [BP]
		233 Porygon2 [BP]	474 Porygon-Z [BP]	026 Raichu [BP]	479 Rotom [BP]	540 Sewaddle [BP]	266 Silcoon [BP]
		665 Spewpa [BP]	167 Spinarak [E, BP]	618 Stunfisk [BP]	541 Swadloon [BP]	785 Tapu Koko [BP]	642 Thundurus [BP]
		777 Togedemaru [BP]	738 Vikavolt [BP]	666 Vivillon [BP]	013 Weedle [BP]	413 Wormadam [BP]	265 Wurmple [BP]
		796 Xurkitree [BP]					

Type	Move Name	Pokémon					
Dark	Embargo (TM63)	063 Abra [TM]	065 Alakazam [TM]	354 Banette [34, TM]	689 Barbaracle [TM]	606 Beheeyem [TM]	688 Binacle [TM]
		625 Bisharp [41, TM]	654 Braixen [TM]	779 Bruxish [TM]	332 Cacturne [TM]	609 Chandelure [TM]	563 Cofagrigus [TM]
		453 Croagunk [TM]	491 Darkrai [TM]	655 Delphox [TM]	781 Dhelmise [TM]	426 Drifblim [TM]	425 Drifloon [TM]
		578 Duosion [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	605 Elgyem [TM]	653 Fennekin [TM]
		478 Froslass [TM]	092 Gastly [TM]	094 Gengar [TM]	574 Gothita [19, TM]	576 Gothitelle [19, TM]	575 Gothorita [19, TM]
		088 Grimer (Alola Form) [TM]	093 Haunter [TM]	430 Honchkrow [TM]	720 Hoopa [TM]	229 Houndoom [41, TM]	228 Houndour [37, TM]
		727 Incineroar [TM]	686 Inkay [TM]	064 Kadabra [TM]	552 Krokorok [22, TM]	553 Krookodile [22, TM]	608 Lampent [TM]
		510 Liepard [TM]	607 Litwick [TM]	337 Lunatone [17, TM]	801 Magearna [TM]	687 Malamar [TM]	630 Mandibuzz [50, TM]
		303 Mawile [TM]	648 Meloetta [TM]	052 Meowth (Alola Form) [TM]	151 Mew [TM]	150 Mewtwo [TM]	262 Mightyena [32, TM]
		778 Mimikyu [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	089 Muk (Alola Form) [TM]	198 Murkrow [TM]	800 Necrozma [TM]
		274 Nuzleaf [TM]	765 Oranguru [TM]	741 Oricorio [TM]	770 Palossand [TM]	675 Pangoro [TM]	624 Pawniard [41, TM]
		053 Persian [TM]	261 Poochyena [28, TM]	474 Porygon-Z [34, TM]	509 Purrloin [TM]	020 Raticate (Alola Form) [TM]	019 Rattata (Alola Form) [TM]
		579 Reuniclus [TM]	302 Sableye [TM]	551 Sandile [22, TM]	275 Shiftry [TM]	353 Shuppet [34, TM]	215 Sneasel [TM]
		577 Solosis [TM]	338 Solrock [17, TM]	442 Spiritomb [TM]	528 Swoobat [TM]	642 Thundurus [TM]	641 Tornadus [TM]
		454 Toxicroak [TM]	494 Victini [TM]	629 Vullaby [50, TM]	461 Weavile [1, TM]	527 Woobat [TM]	562 Yamask [TM]
		717 Yveltal [TM]	335 Zangoose [33, TM]	571 Zoroark [44, TM]	570 Zorua [41, TM]		
Fire	Ember	371 Bagon [4]	806 Blacephalon [1]	257 Blaziken [1, 5]	654 Braixen [1, 5]	323 Camerupt [1, 8]	351 Castform [10]
		006 Charizard [1, 7]	004 Charmander [7]	005 Charmeleon [1, 7]	390 Chimchar [7]	256 Combusken [1, 5]	155 Cyndaquil [10]
		655 Delphox [1, 5]	500 Emboar [1, 7]	244 Entei [8]	653 Fennekin [5]	136 Flareon [1, EV]	662 Fletchinder [1, EV]
		058 Growlithe [6]	229 Houndoom [1]	228 Houndour [1]	727 Incineroar [1]	392 Infernape [1, 7]	608 Lampent [1]
		636 Larvesta [1]	667 Litleo [5]	725 Litten [1]	607 Litwick [1]	240 Magby [5]	219 Magcargo [1, 6]
		126 Magmar [1, 5]	467 Magmortar [1, 5]	146 Moltres [1]	391 Monferno [1, 7]	322 Numel [5]	499 Pignite [1, 7]
		077 Ponyta [9]	668 Pyroar [1, 5]	156 Quilava [10]	078 Rapidash [1, 9]	373 Salamence [1, 4]	757 Salandit [5]
		758 Salazzle [1, 5]	372 Shelgon [1, 4]	218 Slugma [6]	663 Talonflame [1]	498 Tepig [7]	255 Torchic [5]
		324 Torkoal [1]	726 Torracat [1]	776 Turtonator [1]	157 Typhlosion [1, 10]	637 Volcarona [1]	037 Vulpix ◆ [1]
Normal	Encore	063 Abra [E]	698 Amaura [44]	531 Audino [E]	699 Aurorus [46]	298 Azurill [E]	069 Bellsprout [E]
		729 Brionne [19]	427 Buneary [E]	441 Chatot [E]	390 Chimchar [E]	035 Clefairy [1]	173 Cleffa [4]
		546 Cottonee [E]	613 Cubchoo [E]	554 Darumaka [E]	087 Dewgong [13]	502 Dewott [37]	587 Emolga [38]
		316 Gulpin [20]	701 Hawlucha [20]	187 Hoppip [E]	314 Illumise [26, E]	165 Ledyba [E]	066 Machop [E]
		056 Mankey [E]	439 Mime Jr. [18]	572 Minccino [15]	312 Minun [10]	122 Mr. Mime [18]	501 Oshawott [31]
		548 Petilil [E]	172 Pichu [E]	311 Plusle [10]	060 Poliwag [E]	728 Popplio [18]	730 Primarina [19]
		054 Psyduck [E]	509 Purrloin [E]	280 Ralts [E]	758 Salazzle [1]	503 Samurott [39]	364 Sealeo [9]
		086 Seel [13, E]	616 Shelmet [E]	213 Shuckle [5]	289 Slaking [1, 6]	287 Slakoth [6]	363 Spheal [9]
		327 Spinda [E]	191 Sunkern [E]	317 Swalot [20]	777 Togedemaru [E]	175 Togepi [17]	176 Togetic [17]
		288 Vigoroth [1, 6]	313 Volbeat [E]	037 Vulpix (Alola Form) [E]	365 Walrein [7]	194 Wooper [E]	360 Wynaut [1]
Normal	Endeavor	306 Aggron [BP]	566 Archen [38, BP]	567 Archeops [40, BP]	683 Aromatisse [BP]	304 Aron [E, BP]	610 Axew [E, BP]
		689 Barbaracle [BP]	550 Basculin [BP]	015 Beedrill [41, BP]	688 Binacle [BP]	242 Blissey [BP]	626 Bouffalant [BP]
		761 Bounsweet [BP]	427 Buneary [BP]	659 Bunnelby [BP]	794 Buzzwole [BP]	113 Chansey [BP]	652 Chesnaught [BP]
		650 Chespin [BP]	390 Chimchar [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	415 Combee [BP]
		341 Corphish [E, BP]	222 Corsola [BP]	546 Cottonee [44, BP]	740 Crabominable [BP]	739 Crabrawler [E, BP]	408 Cranidos [BP]
		342 Crawdaunt [BP]	104 Cubone [41, BP]	555 Darmanitan [BP]	554 Darumaka [BP]	719 Diancie [BP]	660 Diggersby [BP]
		085 Dodrio [52, BP]	084 Doduo [47, E, BP]	232 Donphan [BP]	780 Drampa [BP]	580 Ducklett [BP]	206 Dunsparce [41, BP]
		578 Duosion [28, BP]	632 Durant [BP]	500 Emboar [BP]	295 Exploud [BP]	597 Ferroseed [BP]	598 Ferrothorn [BP]
		669 Flabébé [BP]	670 Floette [BP]	671 Florges [BP]	611 Fraxure [BP]	676 Furfrou [BP]	768 Golisopod [BP]
		253 Grovyle [BP]	735 Gumshoos [BP]	440 Happiny [BP]	701 Hawlucha [36, BP]	612 Haxorus [BP]	237 Hitmontop [1, 60, BP]
		174 Igglybuff [BP]	727 Incineroar [BP]	392 Infernape [BP]	039 Jigglypuff [BP]	115 Kangaskhan [E, BP]	647 Keldeo [BP]
		775 Komala [BP]	784 Kommo-o [BP]	401 Kricketot [BP]	402 Kricketune [BP]	646 Kyurem [71, BP]	305 Lairon [BP]
		667 Litleo [28, BP]	725 Litten [BP]	428 Lopunny [BP]	294 Loudred [BP]	745 Lycanroc [BP]	473 Mamoswine [BP]
		056 Mankey [BP]	556 Maractus [BP]	105 Marowak [49, BP]	802 Marshadow [60, BP]	259 Marshtomp [52, BP]	151 Mew [BP]
		774 Minior [BP]	391 Monferno [BP]	749 Mudbray [BP]	258 Mudkip [44, BP]	750 Mudsdale [BP]	536 Palpitoad [BP]
		674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]	766 Passimian [BP]
		504 Patrat [BP]	231 Phanpy [E, BP]	499 Pignite [BP]	221 Piloswine [BP]	186 Politoed [BP]	060 Poliwag [E, BP]
		061 Poliwhirl [BP]	062 Poliwrath [BP]	057 Primeape [BP]	668 Pyroar [28, BP]	651 Quilladin [BP]	409 Rampardos [1, EV, BP]
		020 Raticate [44, BP]	019 Rattata [34, BP]	579 Reuniclus [28, BP]	112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]

Type	Move Name	Pokémon					
Normal	**Endeavor**	744 Rockruff [BP]	254 Sceptile [BP]	545 Scolipede [BP]	537 Seismitoad [BP]	492 Shaymin (Land Forme) [BP]	516 Simipour [BP]
		512 Simisage [BP]	514 Simisear [BP]	685 Slurpuff [21, BP]	791 Solgaleo [BP]	577 Solosis [28, BP]	682 Spritzee [BP]
		398 Staraptor [18, BP]	397 Staravia [18, BP]	396 Starly [17, BP]	762 Steenee [BP]	618 Stunfisk [BP]	192 Sunflora [BP]
		191 Sunkern [25, BP]	260 Swampert [56, BP]	581 Swanna [BP]	277 Swellow [45, BP]	220 Swinub [BP]	684 Swirlix [21, BP]
		528 Swoobat [47, BP]	276 Taillow [37, BP]	114 Tangela [E, BP]	465 Tangrowth [BP]	128 Tauros [BP]	498 Tepig [E, BP]
		777 Togedemaru [BP]	468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]	726 Torracat [BP]	252 Treecko [45, E, BP]
		763 Tsareena [BP]	776 Turtonator [BP]	535 Tympole [BP]	543 Venipede [BP]	416 Vespiquen [BP]	666 Vivillon [BP]
		505 Watchog [BP]	547 Whimsicott [BP]	544 Whirlipede [BP]	293 Whismur [E, BP]	040 Wigglytuff [BP]	746 Wishiwashi [49, BP]
		527 Woobat [47, BP]	413 Wormadam [BP]	716 Xerneas [BP]	734 Yungoos [BP]	335 Zangoose [BP]	
Normal	**Endure**	594 Alomomola [E]	610 Axew [E]	371 Bagon [E]	411 Bastiodon [36]	614 Beartic [25]	399 Bidoof [E]
		522 Blitzle [E]	438 Bonsly [E]	001 Bulbasaur [E]	427 Buneary [6]	794 Buzzwole [23]	113 Chansey [E]
		366 Clamperl [E]	692 Clauncher [E]	764 Comfey [E]	222 Corsola [35]	613 Cubchoo [25]	104 Cubone [E]
		554 Darumaka [E]	050 Diglett [E]	206 Dunsparce [48]	632 Durant [E]	557 Dwebble [E]	133 Eevee [E]
		590 Foongus [E]	074 Geodude [E]	704 Goomy [E]	736 Grubbin [E]	440 Happiny [E]	297 Hariyama [42]
		214 Heracross [1]	106 Hitmonlee [49]	187 Hoppip [E]	140 Kabuto [26]	141 Kabutops [26]	115 Kangaskhan [43]
		588 Karrablast [8]	098 Krabby [E]	636 Larvesta [E]	165 Ledyba [E]	345 Lileep [E]	506 Lillipup [E]
		607 Litwick [E]	428 Lopunny [6]	296 Makuhita [37]	473 Mamoswine [14]	308 Medicham [12]	307 Meditite [12]
		619 Mienfoo [E]	241 Miltank [E]	572 Minccino [E]	146 Moltres [22]	029 Nidoran♀ [E]	032 Nidoran♂ [E]
		290 Nincada [E]	299 Nosepass [E]	322 Numel [E]	417 Pachirisu [17]	046 Paras [E]	548 Petilil [E]
		231 Phanpy [19]	172 Pichu [E]	221 Piloswine [14]	204 Pineco [E]	060 Poliwag [E]	771 Pyukumuku [E]
		447 Riolu [1]	027 Sandshrew [E]	539 Sawk [33]	123 Scyther [E]	540 Sewaddle [29]	616 Shelmet [E]
		410 Shieldon [33]	227 Skarmory [E]	325 Spoink [E]	759 Stufful [E]	618 Stunfisk [30]	185 Sudowoodo [E]
		191 Sunkern [E]	283 Surskit [E]	220 Swinub [14]	538 Throh [33]	532 Timburr [E]	255 Torchic [E]
		324 Torkoal [E]	328 Trapinch [E]	776 Turtonator [21]	236 Tyrogue [E]	480 Uxie [16]	494 Victini [9]
		288 Vigoroth [17]	562 Yamask [E]				
Grass	**Energy Ball (TM53)**	460 Abomasnow [TM]	063 Abra [TM]	617 Accelgor [TM]	065 Alakazam [TM]	591 Amoonguss [TM]	493 Arceus [TM]
		683 Aromatisse [TM]	482 Azelf [TM]	153 Bayleef [TM]	267 Beautifly [TM]	606 Beheeyem [TM]	182 Bellossom [TM]
		069 Bellsprout [TM]	761 Bounsweet [TM]	286 Breloom [TM]	406 Budew [TM]	001 Bulbasaur [TM]	012 Butterfree [TM]
		331 Cacnea [42, TM]	332 Cacturne [44, TM]	455 Carnivine [TM]	351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]
		609 Chandelure [TM]	421 Cherrim [TM]	420 Cherubi [TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]
		358 Chimecho [TM]	563 Cofagrigus [TM]	764 Comfey [TM]	546 Cottonee [35, TM]	346 Cradily [44, TM]	488 Cresselia [TM]
		742 Cutiefly [TM]	723 Dartrix [TM]	724 Decidueye [TM]	585 Deerling [32, TM]	386 Deoxys [TM]	781 Dhelmise [41, TM]
		780 Drampa [TM]	578 Duosion [TM]	632 Durant [TM]	269 Dustox [TM]	605 Elgyem [TM]	589 Escavalier [TM]
		677 Espurr [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	669 Flabébé [TM]
		670 Floette [TM]	671 Florges [TM]	753 Fomantis [TM]	590 Foongus [TM]	592 Frillish [TM]	596 Galvantula [TM]
		282 Gardevoir [TM]	092 Gastly [TM]	649 Genesect [TM]	094 Gengar [TM]	203 Girafarig [TM]	487 Giratina [TM]
		044 Gloom [TM]	673 Gogoat [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		388 Grotle [TM]	253 Grovyle [TM]	326 Grumpig [TM]	093 Haunter [TM]	720 Hoopa [TM]	187 Hoppip [TM]
		002 Ivysaur [TM]	593 Jellicent [TM]	385 Jirachi [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]
		064 Kadabra [TM]	588 Karrablast [TM]	608 Lampent [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]
		542 Leavanny [TM]	345 Lileep [41, TM]	549 Lilligant [TM]	607 Litwick [TM]	271 Lombre [TM]	270 Lotad [36, TM]
		272 Ludicolo [TM]	754 Lurantis [TM]	801 Magearna [TM]	490 Manaphy [TM]	556 Maractus [TM]	284 Masquerain [TM]
		308 Medicham [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	481 Mesprit [TM]	151 Mew [TM]
		150 Mewtwo [TM]	429 Mismagius [TM]	755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	517 Munna [TM]
		518 Musharna [TM]	038 Ninetales ◆ [TM]	274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]	765 Oranguru [TM]
		770 Palossand [TM]	511 Pansage [TM]	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	548 Petilil [35, TM]
		708 Phantump [TM]	730 Primarina [TM]	710 Pumpkaboo [TM]	651 Quilladin [TM]	384 Rayquaza [TM]	579 Reuniclus [TM]
		743 Ribombee [TM]	315 Roselia [TM]	407 Roserade [TM]	722 Rowlet [TM]	769 Sandygast [TM]	586 Sawsbuck [32, TM]
		254 Sceptile [TM]	273 Seedot [TM]	497 Serperior [TM]	496 Servine [TM]	540 Sewaddle [TM]	492 Shaymin [73, TM]
		616 Shelmet [TM]	275 Shiftry [TM]	756 Shiinotic [TM]	285 Shroomish [TM]	561 Sigilyph [TM]	512 Simisage [TM]
		672 Skiddo [TM]	188 Skiploom [TM]	685 Slurpuff [36, TM]	495 Snivy [TM]	459 Snover [TM]	577 Solosis [TM]
		682 Spritzee [TM]	234 Stantler [TM]	762 Steenee [TM]	192 Sunflora [TM]	191 Sunkern [TM]	541 Swadloon [TM]
		684 Swirlix [36, TM]	528 Swoobat [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	786 Tapu Lele [TM]
		389 Torterra [TM]	252 Treecko [37, TM]	709 Trevenant [TM]	357 Tropius [TM]	763 Tsareena [TM]	387 Turtwig [TM]
		480 Uxie [TM]	049 Venomoth [TM]	003 Venusaur [TM]	494 Victini [TM]	071 Victreebel [TM]	738 Vikavolt [TM]
		045 Vileplume [TM]	640 Virizion [TM]	666 Vivillon [TM]	037 Vulpix ◆ [TM]	070 Weepinbell [TM]	547 Whimsicott [TM]
		527 Woobat [TM]	413 Wormadam (Plant Cloak) [TM]	796 Xurkitree [TM]	562 Yamask [TM]		

Type	Move Name	Pokémon					
Normal	**Entrainment**	752 Araquanid [62]	531 Audino [29]	427 Buneary [50]	433 Chingling [19]	692 Clauncher [E]	702 Dedenne [39]
		751 Dewpider [48]	632 Durant [36]	701 Hawlucha [E]	542 Leavanny [43]	667 Litleo [E]	428 Lopunny [53]
		370 Luvdisc [E]	312 Minun [49]	674 Pancham [42]	675 Pangoro [1, 45]	548 Petilil [37]	311 Plusle [49]
		223 Remoraid [E]	086 Seel [E]				
Fire	**Eruption**	323 Camerupt [1, 52]	155 Cyndaquil [64]	244 Entei [1, 85]	383 Groudon [90]	156 Quilava [75]	324 Torkoal [E]
		157 Typhlosion [1, 82]					
Normal	**Explosion (TM64)**	482 Azelf [76, TM]	343 Baltoy [46, TM]	806 Blacephalon [TM]	525 Boldore [55, TM]	438 Bonsly [TM]	437 Bronzong [TM]
		323 Camerupt [TM]	703 Carbink [TM]	797 Celesteela [TM]	344 Claydol [58, TM]	091 Cloyster [TM]	222 Corsola [TM]
		615 Cryogonal [TM]	719 Diancie [TM]	426 Drifblim [60, TM]	425 Drifloon [50, TM]	578 Duosion [TM]	101 Electrode [47, TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	597 Ferroseed [55, TM]	598 Ferrothorn [67, TM]	205 Forretress [36, TM]	569 Garbodor [59, TM]
		092 Gastly [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [36, TM]	526 Gigalith [55, TM]	362 Glalie [TM]
		076 Golem [44, TM]	711 Gourgeist [1, 70, TM]	075 Graveler [44, TM]	088 Grimer [TM]	316 Gulpin [TM]	093 Haunter [TM]
		485 Heatran [TM]	109 Koffing [37, TM]	645 Landorus [TM]	463 Lickilicky [TM]	337 Lunatone [45, TM]	219 Magcargo [TM]
		801 Magearna [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	376 Metagross [TM]	375 Metang [TM]
		151 Mew [TM]	774 Minior [50, TM]	089 Muk [TM]	299 Nosepass [TM]	274 Nuzleaf [TM]	095 Onix [TM]
		204 Pineco [34, TM]	476 Probopass [TM]	710 Pumpkaboo [TM]	211 Qwilfish [TM]	378 Regice [1, TM]	377 Regirock [1, TM]
		379 Registeel [1, TM]	579 Reuniclus [TM]	524 Roggenrola [40, TM]	273 Seedot [33, TM]	090 Shellder [TM]	275 Shiftry [TM]
		773 Silvally [TM]	435 Skuntank [45, TM]	577 Solosis [TM]	338 Solrock [45, TM]	208 Steelix [TM]	434 Stunky [45, TM]
		185 Sudowoodo [TM]	317 Swalot [TM]	324 Torkoal [TM]	568 Trubbish [47, TM]	776 Turtonator [53, TM]	583 Vanillish [TM]
		582 Vanillite [TM]	584 Vanilluxe [TM]	721 Volcanion [76, TM]	100 Voltorb [41, TM]	110 Weezing [40, TM]	
Psychic	**Extrasensory**	482 Azelf [50]	343 Baltoy [31]	437 Bronzong [42]	436 Bronzor [39]	406 Budew [E]	358 Chimecho [22]
		344 Claydol [31]	155 Cyndaquil [E]	554 Darumaka [E]	780 Drampa [37]	244 Entei [1, 64]	102 Exeggcute [47]
		658 Greninja [49]	250 Ho-Oh [23]	163 Hoothoot [22]	645 Landorus [25]	249 Lugia [23]	678 Meowstic (Female) [35]
		481 Mesprit [50]	164 Noctowl [23]	274 Nuzleaf [36]	765 Oranguru [E]	243 Raikou [1, 64]	643 Reshiram [43]
		325 Spoink [E]	234 Stantler [E]	245 Suicune [64]	786 Tapu Lele [48]	175 Togepi [E]	641 Tornadus [25]
		480 Uxie [50]	037 Vulpix [31, E]	293 Whismur [E]	570 Zorua [E]		
Normal	**Extreme Speed**	059 Arcanine [34]	493 Arceus [40]	386 Deoxys (Speed Forme) [73]	147 Dratini [E]	448 Lucario [65]	384 Rayquaza [45]
		468 Togekiss [1]	263 Zigzagoon [E]	718 Zygarde [ZC]			
Normal	**Facade (TM42)**	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [47, TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [31, TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [19, TM]	723 Dartrix [TM]
		554 Darumaka [19, TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [54, TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]

Type	Move Name	Pokémon					
Normal	**Facade (TM42)**	780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]
		093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	352 Kecleon [TM]	647 Keldeo [TM]	230 Kingdra [TM]
		099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]	601 Klinklang [TM]
		109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]	645 Landorus [TM]
		171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]	381 Latios [TM]
		470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]	667 Litleo [TM]
		725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [TM]
		448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]	337 Lunatone [TM]
		754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]	068 Machamp [TM]
		067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	126 Magmar [TM]	467 Magmortar [TM]
		081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]
		490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]
		556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]	802 Marshadow [TM]
		259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]
		648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]
		151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [TM]
		241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]
		200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	414 Mothim [TM]	122 Mr. Mime [TM]
		749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]
		198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]	177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]
		290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]
		299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]
		139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]
		484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]
		511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]
		624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]
		795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]
		519 Pidove [43, TM]	499 Pignite [TM]	025 Pikachu [TM]	221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]
		393 Piplup [TM]	311 Plusle [TM]	803 Poipole [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]

Type	Move Name	Pokémon					
Normal	Facade (TM42)	062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]
		474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]
		710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	195 Quagsire [TM]
		156 Quilava [TM]	651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]
		409 Rampardos [TM]	078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]
		486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]
		579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]
		744 Rockruff [TM]	524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]
		627 Rufflet [TM]	302 Sableye [TM]	373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]
		551 Sandile [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]
		254 Sceptile [TM]	212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [45, TM]	559 Scraggy [42, TM]	123 Scyther [TM]
		117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]
		161 Sentret [TM]	497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]
		492 Shaymin [TM]	292 Shedinja [TM]	372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]
		410 Shieldon [TM]	275 Shiftry [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]
		561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]
		289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]
		218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]
		361 Snorunt [TM]	459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]
		021 Spearow [TM]	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]
		682 Spritzee [TM]	007 Squirtle [TM]	805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]
		396 Starly [TM]	121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]
		759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]
		191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]
		581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]
		276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]
		785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]
		498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]
		777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]
		641 Tornadus [TM]	726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	748 Toxapex [TM]	454 Toxicroak [TM]
		520 Tranquill [50, TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]
		763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	772 Type: Null [TM]	157 Typhlosion [TM]
		248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]	521 Unfezant [55, TM]
		217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]
		543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]
		494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]
		666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]	629 Vullaby [TM]
		037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]	505 Watchog [TM]
		461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]	340 Whiscash [TM]
		293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]
		194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [TM]
		193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]	145 Zapdos [TM]
		523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]
		634 Zweilous [TM]	718 Zygarde [TM]				
Fairy	Fairy Lock	707 Klefki [1]					
Fairy	Fairy Wind	683 Aromatisse [1]	546 Cottonee [1]	742 Cutiefly [4]	669 Flabébé [6]	670 Floette [1, 6]	187 Hoppip [10]
		189 Jumpluff [10]	707 Klefki [5]	303 Mawile [1]	743 Ribombee [1, 4]	188 Skiploom [10]	685 Slurpuff [1, 5]
		682 Spritzee [1]	684 Swirlix [5]	700 Sylveon [1, EV]	176 Togetic [14]		
Normal	Fake Out	190 Aipom [E]	427 Buneary [E]	390 Chimchar [E]	453 Croagunk [E]	301 Delcatty [1]	225 Delibird [E]
		677 Espurr [19]	431 Glameow [1]	297 Hariyama [10]	115 Kangaskhan [7]	352 Kecleon [E]	510 Liepard [22]
		725 Litten [E]	271 Lombre [16]	296 Makuhita [10]	307 Meditite [E]	678 Meowstic [19]	052 Meowth [9]
		619 Mienfoo [13]	620 Mienshao [1, 13]	439 Mime Jr. [E]	122 Mr. Mime [E]	274 Nuzleaf [12]	053 Persian [1, 9]
		172 Pichu [E]	509 Purrloin [21]	432 Purugly [1]	302 Sableye [21]	757 Salandit [E]	559 Scraggy [E]
		086 Seel [E]	300 Skitty [1, E]	238 Smoochum [E]	215 Sneasel [E]	327 Spinda [E]	007 Squirtle [E]
		777 Togedemaru [E]	236 Tyrogue [1]				

Type	Move Name	Pokémon					
Dark	**Fake Tears**	298 Azurill [E]	438 Bonsly [1]	427 Buneary [E]	173 Cleffa [E]	546 Cottonee [E]	585 Deerling [E]
		133 Eevee [E]	431 Glameow [E]	574 Gothita [10]	576 Gothitelle [10]	575 Gothorita [10]	174 Igglybuff [E]
		314 Illumise [E]	124 Jynx [28]	303 Mawile [5]	572 Minccino [E]	312 Minun [25, E]	417 Pachirisu [E]
		311 Plusle [E]	509 Purrloin [E]	403 Shinx [E]	285 Shroomish [E]	300 Skitty [E]	685 Slurpuff [10]
		238 Smoochum [28]	361 Snorunt [E]	209 Snubbull [E]	327 Spinda [E]	684 Swirlix [10]	216 Teddiursa [1, E]
		158 Totodile [E]	217 Ursaring [1]	629 Vullaby [E]	293 Whismur [E]	527 Woobat [E]	562 Yamask [E]
		570 Zorua [9]					
Normal	**False Swipe (TM54)**	359 Absol [TM]	681 Aegislash [TM]	347 Anorith [TM]	348 Armaldo [TM]	610 Axew [24, TM]	689 Barbaracle [TM]
		015 Beedrill [TM]	688 Binacle [TM]	625 Bisharp [TM]	286 Breloom [TM]	794 Buzzwole [TM]	638 Cobalion [TM]
		341 Corphish [TM]	342 Crawdaunt [TM]	104 Cubone [27, TM]	723 Dartrix [TM]	724 Decidueye [TM]	502 Dewott [TM]
		680 Doublade [TM]	452 Drapion [TM]	589 Escavalier [25, TM]	083 Farfetch'd [45, TM]	022 Fearow [TM]	753 Fomantis [TM]
		611 Fraxure [24, TM]	475 Gallade [44, TM]	445 Garchomp [TM]	207 Gligar [TM]	472 Gliscor [TM]	768 Golisopod [TM]
		253 Grovyle [48, TM]	783 Hakamo-o [TM]	701 Hawlucha [TM]	612 Haxorus [24, TM]	214 Heracross [TM]	679 Honedge [TM]
		782 Jangmo-o [TM]	588 Karrablast [25, TM]	798 Kartana [7, TM]	647 Keldeo [TM]	099 Kingler [TM]	784 Kommo-o [TM]
		098 Krabby [TM]	402 Kricketune [TM]	542 Leavanny [1, TM]	754 Lurantis [TM]	801 Magearna [TM]	105 Marowak (Alola Form) [TM]
		105 Marowak ◆ [27, TM]	802 Marshadow [TM]	303 Mawile [TM]	151 Mew [TM]	290 Nincada [33, TM]	291 Ninjask [TM]
		274 Nuzleaf [TM]	501 Oshawott [TM]	674 Pancham [TM]	675 Pangoro [TM]	046 Paras [TM]	047 Parasect [TM]
		624 Pawniard [TM]	795 Pheromosa [TM]	127 Pinsir [TM]	722 Rowlet [TM]	503 Samurott [TM]	254 Sceptile [51, TM]
		212 Scizor [13, TM]	123 Scyther [13, TM]	273 Seedot [TM]	292 Shedinja [TM]	275 Shiftry [TM]	285 Shroomish [TM]
		451 Skorupi [TM]	215 Sneasel [TM]	021 Spearow [TM]	787 Tapu Bulu [TM]	785 Tapu Koko [1, TM]	639 Terrakion [TM]
		640 Virizion [TM]	461 Weavile [TM]	335 Zangoose [29, TM]			
Flying	**Feather Dance**	441 Chatot [50]	723 Dartrix [46]	724 Decidueye [49]	580 Ducklett [21]	083 Farfetch'd [E]	701 Hawlucha [40]
		163 Hoothoot [E]	198 Murkrow [E]	177 Natu [E]	741 Oricorio [20]	018 Pidgeot [27]	017 Pidgeotto [27]
		016 Pidgey [25]	519 Pidove [36]	731 Pikipek [33]	393 Piplup [E]	722 Rowlet [39]	021 Spearow [E]
		396 Starly [E]	333 Swablu [E]	581 Swanna [21]	255 Torchic [E]	733 Toucannon [44]	520 Tranquill [41]
		732 Trumbeak [40]	521 Unfezant [44]				
Normal	**Feint**	359 Absol [1]	522 Blitzle [E]	761 Bounsweet [E]	286 Breloom [19]	652 Chesnaught [1]	453 Croagunk [E]
		239 Elekid [E]	083 Farfetch'd [43]	475 Gallade [40]	207 Gligar [E]	706 Goodra [1]	701 Hawlucha [E]
		214 Heracross [7]	107 Hitmonchan [21]	106 Hitmonlee [25]	237 Hitmontop [24]	228 Houndour [E]	392 Infernape [26]
		141 Kabutops [1]	352 Kecleon [10]	448 Lucario [11]	296 Makuhita [E]	802 Marshadow [11]	308 Medicham [15]
		307 Meditite [15]	052 Meowth [50]	619 Mienfoo [E]	391 Monferno [26]	766 Passimian [E]	053 Persian [65]
		795 Pheromosa [19]	025 Pikachu [21]	127 Pinsir [E]	447 Riolu [11]	302 Sableye [E]	212 Scizor [1, 61]
		123 Scyther [61]	336 Seviper [11]	319 Sharpedo [1]	616 Shelmet [E]	227 Skarmory [20]	435 Skuntank [15]
		215 Sneasel [E]	434 Stunky [15]	255 Torchic [E]	328 Trapinch [29]	236 Tyrogue [E]	193 Yanma [E]
		469 Yanmega [38]	335 Zangoose [E]				
Dark	**Feint Attack**	359 Absol [E]	591 Amoonguss [20]	354 Banette [19]	625 Bisharp [17]	438 Bonsly [19]	437 Bronzong [21]
		436 Bronzor [21]	331 Cacnea [19]	332 Cacturne [19]	455 Carnivine [27]	453 Croagunk [17]	558 Crustle [13]
		491 Darkrai [29]	585 Deerling [16]	050 Diglett [E]	084 Doduo [E]	691 Dragalge [1, 5]	621 Druddigon [E]
		632 Durant [E]	355 Duskull [E]	557 Dwebble [13]	330 Flygon [1]	590 Foongus [20]	431 Glameow [17]
		207 Gligar [19]	472 Gliscor [19]	574 Gothita [24]	576 Gothitelle [24]	575 Gothorita [24]	658 Greninja [33]
		631 Heatmor [E]	163 Hoothoot [E]	229 Houndoom [35]	228 Houndour [32]	367 Huntail [11]	174 Igglybuff [E]
		595 Joltik [E]	588 Karrablast [E]	352 Kecleon [16]	240 Magby [12]	126 Magmar [12]	467 Magmortar [12]
		296 Makuhita [E]	630 Mandibuzz [23]	303 Mawile [21]	052 Meowth [22]	778 Mimikyu [23]	198 Murkrow [35, E]
		177 Natu [E]	290 Nincada [E]	274 Nuzleaf [24]	765 Oranguru [22]	624 Pawniard [17]	053 Persian [22]
		708 Phantump [19]	016 Pidgey [E]	127 Pinsir [E]	509 Purrloin [E]	432 Purugly [17]	302 Sableye [19]
		586 Sawsbuck [16]	560 Scrafty [1, 9]	559 Scraggy [9, E]	275 Shiftry [1]	353 Shuppet [19]	300 Skitty [22]
		451 Skorupi [E]	690 Skrelp [5]	289 Slaking [14]	287 Slakoth [14]	215 Sneasel [10]	209 Snubbull [E]
		021 Spearow [E]	327 Spinda [10]	442 Spiritomb [7]	185 Sudowoodo [19]	216 Teddiursa [15]	454 Toxicroak [17]
		328 Trapinch [1]	709 Trevenant [19]	197 Umbreon [20]	217 Ursaring [15]	329 Vibrava [1]	629 Vullaby [23]
		037 Vulpix (Alola Form) [23]	037 Vulpix ◆ [23, E]	461 Weavile [10]	746 Wishiwashi [9]	193 Yanma [E]	571 Zoroark [17]
		570 Zorua [17]	041 Zubat [E]				
Bug	**Fell Stinger**	168 Ariados [1]	015 Beedrill [44]	794 Buzzwole [1]	331 Cacnea [E]	452 Drapion [53]	589 Escavalier [1, 60]
		649 Genesect [1]	402 Kricketune [36]	542 Leavanny [29]	804 Naganadel [47]	046 Paras [E]	803 Poipole [47]
		211 Qwilfish [1, 60]	451 Skorupi [47]	283 Surskit [E]	777 Togedemaru [53]	416 Vespiquen [1, 57]	
Fire	**Fiery Dance**	637 Volcarona [1, 100]					

Type	Move Name	Pokémon					
Fighting	**Final Gambit**	617 Accelgor [1, 56]	550 Basculin [38]	050 Diglett [E]	083 Farfetch'd [E]	056 Mankey [50]	290 Nincada [E]
		057 Primeape [1, 57]	019 Rattata [E]	447 Riolu [50]	336 Seviper [E]	616 Shelmet [56]	213 Shuckle [E]
		398 Staraptor [57]	397 Staravia [48]	396 Starly [41]	494 Victini [81]	335 Zangoose [E]	
Fire	**Fire Blast (TM38)**	359 Absol [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	334 Altaria [TM]	059 Arcanine [TM]	493 Arceus [TM]
		531 Audino [TM]	482 Azelf [TM]	371 Bagon [TM]	411 Bastiodon [TM]	806 Blacephalon [37, TM]	257 Blaziken [TM]
		242 Blissey [TM]	654 Braixen [59, TM]	323 Camerupt [TM]	351 Castform [35, TM]	797 Celesteela [TM]	609 Chandelure [TM]
		113 Chansey [TM]	006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]	390 Chimchar [TM]	036 Clefable [TM]
		035 Clefairy [TM]	173 Cleffa [TM]	256 Combusken [TM]	408 Cranidos [TM]	104 Cubone [TM]	155 Cyndaquil [TM]
		555 Darmanitan [TM]	554 Darumaka [TM]	655 Delphox [74, TM]	483 Dialga [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	147 Dratini [TM]	206 Dunsparce [TM]	500 Emboar [TM]	244 Entei [71, TM]	295 Exploud [TM]
		653 Fennekin [48, TM]	136 Flareon [TM]	662 Fletchinder [TM]	330 Flygon [TM]	444 Gabite [TM]	445 Garchomp [TM]
		074 Geodude [TM]	443 Gible [TM]	076 Golem [TM]	706 Goodra [TM]	711 Gourgeist [TM]	210 Granbull [TM]
		075 Graveler [TM]	088 Grimer [TM]	383 Groudon [75, TM]	058 Growlithe [TM]	799 Guzzlord [TM]	130 Gyarados [TM]
		440 Happiny [TM]	631 Heatmor [TM]	485 Heatran [TM]	250 Ho-Oh [37, TM]	229 Houndoom [TM]	228 Houndour [TM]
		635 Hydreigon [TM]	174 Igglybuff [TM]	727 Incineroar [TM]	392 Infernape [TM]	039 Jigglypuff [TM]	115 Kangaskhan [TM]
		352 Kecleon [TM]	109 Koffing [TM]	608 Lampent [TM]	636 Larvesta [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	294 Loudred [TM]	068 Machamp [TM]	067 Machoke [TM]
		066 Machop [TM]	240 Magby [43, TM]	219 Magcargo [TM]	126 Magmar [55, TM]	467 Magmortar [55, TM]	105 Marowak [TM]
		303 Mawile [TM]	151 Mew [TM]	150 Mewtwo [TM]	146 Moltres [TM]	391 Monferno [TM]	089 Muk [TM]
		446 Munchlax [TM]	804 Naganadel [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	038 Ninetales ◆ [TM]	322 Numel [TM]
		224 Octillery [TM]	484 Palkia [TM]	513 Pansear [34, TM]	499 Pignite [TM]	077 Ponyta [41, TM]	710 Pumpkaboo [TM]
		668 Pyroar [TM]	156 Quilava [TM]	409 Rampardos [TM]	078 Rapidash [41, TM]	384 Rayquaza [TM]	223 Remoraid [TM]
		643 Reshiram [78, TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	373 Salamence [TM]	757 Salandit [TM]
		758 Salazzle [TM]	372 Shelgon [TM]	410 Shieldon [TM]	514 Simisear [TM]	435 Skuntank [TM]	289 Slaking [TM]
		287 Slakoth [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]	143 Snorlax [TM]
		209 Snubbull [TM]	791 Solgaleo [TM]	338 Solrock [TM]	434 Stunky [TM]	663 Talonflame [TM]	128 Tauros [TM]
		498 Tepig [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]
		726 Torracat [TM]	776 Turtonator [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	494 Victini [TM]	288 Vigoroth [TM]
		721 Volcanion [TM]	637 Volcarona [TM]	037 Vulpix ◆ [42, TM]	110 Weezing [TM]	293 Whismur [TM]	040 Wigglytuff [TM]
		335 Zangoose [TM]					
Fire	**Fire Fang**	142 Aerodactyl [1]	024 Arbok [1]	059 Arcanine [1]	371 Bagon [E]	006 Charizard [28]	004 Charmander [25]
		005 Charmeleon [28]	555 Darmanitan [11]	554 Darumaka [11]	633 Deino [E]	232 Donphan [1]	452 Drapion [1]
		621 Druddigon [E]	309 Electrike [E]	244 Entei [50]	295 Exploud [1]	136 Flareon [20]	445 Garchomp [1]
		472 Gliscor [1]	210 Granbull [1]	058 Growlithe [21]	485 Heatran [17]	450 Hippowdon [1]	229 Houndoom [30]
		228 Houndour [28, E]	727 Incineroar [14]	506 Lillipup [E]	667 Litleo [23]	725 Litten [14]	310 Manectric [1]
		303 Mawile [E]	262 Mightyena [1]	261 Poochyena [E]	668 Pyroar [23]	643 Reshiram [1]	111 Rhyhorn [E]
		744 Rockruff [E]	373 Salamence [1]	551 Sandile [E]	403 Shinx [E]	773 Silvally [1]	209 Snubbull [1, E]
		208 Steelix [1]	508 Stoutland [1]	726 Torracat [14]	248 Tyranitar [1]	696 Tyrunt [E]	734 Yungoos [E]
Fire	**Fire Lash**	631 Heatmor [44]					
Fire	**Fire Pledge**	257 Blaziken [T]	654 Braixen [T]	006 Charizard [T]	004 Charmander [T]	005 Charmeleon [T]	390 Chimchar [T]
		256 Combusken [T]	155 Cyndaquil [T]	655 Delphox [T]	500 Emboar [T]	653 Fennekin [T]	727 Incineroar [T]
		392 Infernape [T]	725 Litten [T]	391 Monferno [T]	513 Pansear [T]	499 Pignite [T]	156 Quilava [T]
		773 Silvally [T]	514 Simisear [T]	498 Tepig [T]	255 Torchic [T]	726 Torracat [T]	157 Typhlosion [T]
Fire	**Fire Punch**	063 Abra [E, BP]	306 Aggron [BP]	190 Aipom [BP]	065 Alakazam [BP]	424 Ambipom [BP]	181 Ampharos [1, BP]
		531 Audino [BP]	482 Azelf [BP]	257 Blaziken [1, BP]	242 Blissey [BP]	654 Braixen [BP]	427 Buneary [E, BP]
		113 Chansey [BP]	006 Charizard [BP]	004 Charmander [BP]	005 Charmeleon [BP]	390 Chimchar [E, BP]	036 Clefable [BP]
		035 Clefairy [BP]	256 Combusken [BP]	534 Conkeldurr [BP]	408 Cranidos [BP]	104 Cubone [BP]	555 Darmanitan [22, BP]
		554 Darumaka [22, BP]	655 Delphox [BP]	386 Deoxys (Normal Forme) [BP]	386 Deoxys (Speed Forme) [BP]	660 Diggersby [BP]	149 Dragonite [1, BP]
		096 Drowzee [E, BP]	621 Druddigon [BP]	356 Dusclops [1, BP]	477 Dusknoir [1, BP]	604 Eelektross [BP]	125 Electabuzz [BP]
		466 Electivire [1, BP]	239 Elekid [E, BP]	500 Emboar [BP]	295 Exploud [BP]	180 Flaaffy [BP]	330 Flygon [BP]
		162 Furret [BP]	475 Gallade [BP]	282 Gardevoir [BP]	092 Gastly [E, BP]	094 Gengar [BP]	074 Geodude [BP]
		076 Golem [BP]	622 Golett [BP]	623 Golurk [BP]	706 Goodra [BP]	210 Granbull [BP]	075 Graveler [BP]
		088 Grimer [BP]	383 Groudon [BP]	326 Grumpig [BP]	316 Gulpin [BP]	735 Gumshoos [BP]	533 Gurdurr [BP]
		297 Hariyama [BP]	093 Haunter [BP]	701 Hawlucha [BP]	631 Heatmor [BP]	695 Heliolisk [BP]	107 Hitmonchan [36, BP]
		720 Hoopa [BP]	097 Hypno [BP]	727 Incineroar [BP]	392 Infernape [BP]	039 Jigglypuff [BP]	385 Jirachi [BP]
		064 Kadabra [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]	281 Kirlia [BP]	784 Kommo-o [BP]	463 Lickilicky [BP]

Type	Move Name	Pokémon					
Fire	Fire Punch	108 Lickitung [BP]	271 Lombre [BP]	428 Lopunny [BP]	294 Loudred [BP]	272 Ludicolo [BP]	745 Lycanroc (Midnight Form) [BP]
		068 Machamp [BP]	067 Machoke [BP]	066 Machop [E, BP]	240 Magby [29, BP]	126 Magmar [29, BP]	467 Magmortar [29, BP]
		296 Makuhita [BP]	056 Mankey [BP]	105 Marowak [BP]	802 Marshadow [1, BP]	308 Medicham [1, BP]	307 Meditite [E, BP]
		648 Meloetta [BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]	241 Miltank [BP]	391 Monferno [BP]
		122 Mr. Mime [BP]	089 Muk [BP]	446 Munchlax [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	299 Nosepass [BP]
		674 Pancham [BP]	675 Pangoro [BP]	513 Pansear [E, BP]	499 Pignite [BP]	057 Primeape [BP]	476 Probopass [BP]
		280 Ralts [BP]	409 Rampardos [BP]	486 Regigigas [1, BP]	377 Regirock [BP]	579 Reuniclus [BP]	112 Rhydon [BP]
		464 Rhyperior [BP]	302 Sableye [BP]	539 Sawk [BP]	560 Scrafty [BP]	559 Scraggy [E, BP]	161 Sentret [BP]
		514 Simisear [BP]	289 Slaking [BP]	287 Slakoth [BP]	143 Snorlax [BP]	209 Snubbull [BP]	327 Spinda [BP]
		185 Sudowoodo [BP]	317 Swalot [BP]	216 Teddiursa [BP]	538 Throh [BP]	532 Timburr [BP]	157 Typhlosion [BP]
		248 Tyranitar [BP]	217 Ursaring [BP]	480 Uxie [BP]	494 Victini [BP]	288 Vigoroth [BP]	505 Watchog [BP]
		293 Whismur [BP]	040 Wigglytuff [BP]	335 Zangoose [BP]			
Fire	Fire Spin	654 Braixen [22]	006 Charizard [56]	004 Charmander [43]	005 Charmeleon [50]	390 Chimchar [33]	655 Delphox [22]
		244 Entei [22]	653 Fennekin [20]	136 Flareon [25]	058 Growlithe [E]	631 Heatmor [16]	485 Heatran [1, 57]
		228 Houndour [E]	392 Infernape [42]	608 Lampent [7]	667 Litleo [E]	607 Litwick [7]	240 Magby [15]
		126 Magmar [15]	467 Magmortar [15]	146 Moltres [8]	391 Monferno [39]	513 Pansear [E]	077 Ponyta [25]
		078 Rapidash [25]	338 Solrock [5]	255 Torchic [19]	324 Torkoal [13]	776 Turtonator [E]	637 Volcarona [30]
		037 Vulpix ◆ [15]					
Bug	First Impression	083 Farfetch'd [E]	768 Golisopod [1, EV]				
Ground	Fissure	339 Barboach [44]	323 Camerupt [1, 59]	050 Diglett [43]	529 Drilbur [47]	051 Dugtrio [53]	530 Excadrill [62]
		383 Groudon [65]	449 Hippopotas [50]	450 Hippowdon [60]	645 Landorus [1, 61]	131 Lapras [E]	231 Phanpy [E]
		422 Shellos [E]	410 Shieldon [E]	143 Snorlax [E]	363 Spheal [E]	618 Stunfisk [1, 61]	220 Swinub [E]
		324 Torkoal [E]	328 Trapinch [47]	320 Wailmer [E]	340 Whiscash [52]	413 Wormadam (Sandy Cloak) [47]	
Normal	Flail	683 Aromatisse [38]	339 Barboach [E]	550 Basculin [34]	614 Beartic [36]	760 Bewear [19]	438 Bonsly [5]
		761 Bounsweet [29]	427 Buneary [E]	659 Bunnelby [29]	703 Carbink [35]	152 Chikorita [E]	170 Chinchou [31, E]
		692 Clauncher [16]	693 Clawitzer [16]	222 Corsola [50]	159 Croconaw [24]	558 Crustle [50]	613 Cubchoo [36]
		719 Diancie [31]	660 Diggersby [32]	084 Doduo [E]	206 Dunsparce [51]	557 Dwebble [41]	133 Eevee [E]
		083 Farfetch'd [E]	349 Feebas [30]	160 Feraligatr [24]	456 Finneon [E]	662 Fletchinder [16]	661 Fletchling [16]
		074 Geodude [E]	431 Glameow [E]	118 Goldeen [13]	706 Goodra [28]	704 Goomy [28]	214 Heracross [E]
		116 Horsea [E]	140 Kabuto [E]	588 Karrablast [49]	099 Kingler [63]	775 Komala [26]	098 Krabby [45, E]
		171 Lanturn [33]	270 Lotad [E]	370 Luvdisc [26]	129 Magikarp [30]	052 Meowth [E]	572 Minccino [E]
		043 Oddish [E]	095 Onix [E]	417 Pachirisu [E]	536 Palpitoad [37]	046 Paras [E]	504 Patrat [E]
		231 Phanpy [6]	172 Pichu [E]	204 Pineco [E]	127 Pinsir [E]	393 Piplup [E]	211 Qwilfish [E]
		369 Relicanth [1]	223 Remoraid [E]	027 Sandshrew [E]	119 Seaking [13]	537 Seismitoad [39]	540 Sewaddle [43]
		289 Slaking [39]	287 Slakoth [33]	705 Sliggoo [28]	327 Spinda [50]	682 Spritzee [38]	007 Squirtle [E]
		759 Stufful [19]	618 Stunfisk [1, 55]	185 Sudowoodo [1, 5]	220 Swinub [40]	663 Talonflame [16]	114 Tangela [E]
		564 Tirtouga [E]	777 Togedemaru [E]	324 Torkoal [42]	158 Totodile [22]	328 Trapinch [E]	776 Turtonator [17]
		535 Tympole [34]	480 Uxie [1, 61]	037 Vulpix [E]	413 Wormadam [38]	335 Zangoose [E]	263 Zigzagoon [29]
Fire	Flame Burst	806 Blacephalon [17]	323 Camerupt [15]	609 Chandelure [1]	006 Charizard [32]	004 Charmander [28]	005 Charmeleon [32]
		155 Cyndaquil [E]	309 Electrike [E]	058 Growlithe [28]	631 Heatmor [31]	608 Lampent [20]	607 Litwick [20]
		240 Magby [22]	219 Magcargo [27]	126 Magmar [22]	467 Magmortar [22]	322 Numel [15]	513 Pansear [22]
		757 Salandit [24]	758 Salazzle [24]	514 Simisear [1]	218 Slugma [27]	434 Stunky [E]	255 Torchic [28, E]
		324 Torkoal [E]	494 Victini [41]	037 Vulpix ◆ [28]			
Fire	Flame Charge (TM43)	059 Arcanine [TM]	806 Blacephalon [TM]	257 Blaziken [20, TM]	522 Blitzle [18, TM]	654 Braixen [14, TM]	323 Camerupt [TM]
		797 Celesteela [TM]	609 Chandelure [TM]	006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]	390 Chimchar [TM]
		256 Combusken [20, TM]	155 Cyndaquil [28, TM]	555 Darmanitan [TM]	554 Darumaka [TM]	655 Delphox [14, TM]	500 Emboar [15, TM]
		244 Entei [TM]	653 Fennekin [14, TM]	136 Flareon [TM]	662 Fletchinder [38, TM]	661 Fletchling [34, TM]	649 Genesect [18, TM]
		711 Gourgeist [TM]	058 Growlithe [TM]	485 Heatran [TM]	250 Ho-Oh [TM]	229 Houndoom [TM]	228 Houndour [TM]
		727 Incineroar [TM]	392 Infernape [TM]	608 Lampent [TM]	636 Larvesta [30, TM]	667 Litleo [TM]	725 Litten [TM]
		607 Litwick [TM]	240 Magby [TM]	219 Magcargo [TM]	126 Magmar [TM]	467 Magmortar [TM]	105 Marowak (Alola Form) [TM]
		151 Mew [TM]	146 Moltres [TM]	391 Monferno [TM]	038 Ninetales ◆ [TM]	322 Numel [TM]	513 Pansear [TM]
		499 Pignite [15, TM]	731 Pikipek [TM]	077 Ponyta [21, TM]	710 Pumpkaboo [TM]	668 Pyroar [TM]	156 Quilava [35, TM]
		078 Rapidash [21, TM]	643 Reshiram [TM]	757 Salandit [TM]	758 Salazzle [TM]	773 Silvally [TM]	514 Simisear [TM]
		218 Slugma [TM]	791 Solgaleo [TM]	663 Talonflame [39, TM]	498 Tepig [15, TM]	255 Torchic [TM]	324 Torkoal [TM]
		726 Torracat [TM]	733 Toucannon [TM]	732 Trumbeak [TM]	776 Turtonator [TM]	772 Type: Null [TM]	157 Typhlosion [35, TM]
		494 Victini [25, TM]	721 Volcanion [15, TM]	637 Volcarona [TM]	037 Vulpix ◆ [TM]	523 Zebstrika [18, TM]	

Type	Move Name	Pokémon					
Fire	Flame Wheel	390 Chimchar [17]	155 Cyndaquil [19]	554 Darumaka [E]	058 Growlithe [17]	392 Infernape [19]	636 Larvesta [60]
		105 Marowak (Alola Form) [1, 11]	391 Monferno [19]	077 Ponyta [13, E]	156 Quilava [20]	078 Rapidash [13]	019 Rattata ◆ [E]
		324 Torkoal [18]	157 Typhlosion [20]	637 Volcarona [1]			
Fire	Flamethrower (TM35)	359 Absol [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	334 Altaria [TM]	059 Arcanine [TM]	493 Arceus [TM]
		531 Audino [TM]	482 Azelf [TM]	371 Bagon [44, TM]	411 Bastiodon [TM]	806 Blacephalon [TM]	257 Blaziken [TM]
		242 Blissey [TM]	654 Braixen [41, TM]	323 Camerupt [TM]	351 Castform [TM]	797 Celesteela [TM]	609 Chandelure [TM]
		113 Chansey [TM]	006 Charizard [47, TM]	004 Charmander [37, TM]	005 Charmeleon [43, TM]	390 Chimchar [47, TM]	036 Clefable [TM]
		035 Clefairy [TM]	173 Cleffa [TM]	256 Combusken [TM]	408 Cranidos [TM]	104 Cubone [TM]	155 Cyndaquil [40, TM]
		555 Darmanitan [TM]	554 Darumaka [TM]	655 Delphox [45, TM]	483 Dialga [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	147 Dratini [TM]	621 Druddigon [TM]	206 Dunsparce [TM]	604 Eelektross [TM]	466 Electivire [TM]
		309 Electrike [TM]	500 Emboar [43, TM]	244 Entei [36, TM]	103 Exeggutor (Alola Form) [TM]	295 Exploud [TM]	653 Fennekin [35, TM]
		136 Flareon [TM]	662 Fletchinder [TM]	330 Flygon [TM]	162 Furret [TM]	444 Gabite [TM]	445 Garchomp [TM]
		649 Genesect [TM]	074 Geodude [TM]	443 Gible [TM]	076 Golem [TM]	706 Goodra [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	088 Grimer [TM]	383 Groudon [TM]	058 Growlithe [34, TM]	799 Guzzlord [TM]
		130 Gyarados [TM]	440 Happiny [TM]	631 Heatmor [50, TM]	485 Heatran [TM]	250 Ho-Oh [TM]	229 Houndoom [50, TM]
		228 Houndour [44, TM]	635 Hydreigon [TM]	174 Igglybuff [TM]	727 Incineroar [44, TM]	392 Infernape [TM]	686 Inkay [TM]
		039 Jigglypuff [TM]	115 Kangaskhan [TM]	352 Kecleon [TM]	109 Koffing [TM]	784 Kommo-o [TM]	608 Lampent [TM]
		636 Larvesta [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	667 Litleo [36, TM]	725 Litten [36, TM]	607 Litwick [TM]
		294 Loudred [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [40, TM]	219 Magcargo [54, TM]
		126 Magmar [49, TM]	467 Magmortar [49, TM]	687 Malamar [TM]	310 Manectric [TM]	105 Marowak [TM]	303 Mawile [TM]
		151 Mew [TM]	150 Mewtwo [TM]	146 Moltres [36, TM]	391 Monferno [TM]	089 Muk [TM]	446 Munchlax [TM]
		804 Naganadel [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	038 Ninetales ◆ [1, TM]	715 Noivern [TM]	322 Numel [43, TM]
		224 Octillery [TM]	484 Palkia [TM]	513 Pansear [TM]	499 Pignite [39, TM]	077 Ponyta [TM]	710 Pumpkaboo [TM]
		668 Pyroar [38, TM]	156 Quilava [46, TM]	409 Rampardos [TM]	078 Rapidash [TM]	384 Rayquaza [TM]	223 Remoraid [TM]
		643 Reshiram [22, TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	373 Salamence [49, TM]	757 Salandit [40, TM]
		758 Salazzle [44, TM]	161 Sentret [TM]	336 Seviper [TM]	372 Shelgon [49, TM]	410 Shieldon [TM]	773 Silvally [TM]
		514 Simisear [TM]	435 Skuntank [1, EV, TM]	289 Slaking [TM]	287 Slakoth [TM]	080 Slowbro [TM]	199 Slowking [TM]
		079 Slowpoke [TM]	218 Slugma [48, TM]	685 Slurpuff [TM]	143 Snorlax [TM]	209 Snubbull [TM]	791 Solgaleo [TM]
		338 Solrock [TM]	434 Stunky [TM]	684 Swirlix [TM]	663 Talonflame [TM]	128 Tauros [TM]	498 Tepig [33, TM]
		468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [46, TM]	324 Torkoal [34, TM]	726 Torracat [42, TM]
		776 Turtonator [29, TM]	157 Typhlosion [48, TM]	248 Tyranitar [TM]	494 Victini [TM]	288 Vigoroth [TM]	721 Volcanion [TM]
		637 Volcarona [TM]	037 Vulpix ◆ [36, TM]	505 Watchog [TM]	110 Weezing [TM]	293 Whismur [TM]	040 Wigglytuff [TM]
		335 Zangoose [TM]	571 Zoroark [TM]				
Fire	Flare Blitz	257 Blaziken [1, 63]	006 Charizard [1, 77]	004 Charmander [E]	256 Combusken [58]	155 Cyndaquil [E]	555 Darmanitan [33]
		554 Darumaka [33]	500 Emboar [62]	136 Flareon [45]	058 Growlithe [45, E]	631 Heatmor [61]	727 Incineroar [55]
		392 Infernape [1, 68]	636 Larvesta [100]	667 Litleo [E]	725 Litten [43]	240 Magby [E]	105 Marowak (Alola Form) [53]
		391 Monferno [56]	513 Pansear [E]	499 Pignite [52]	077 Ponyta [49]	078 Rapidash [49]	791 Solgaleo [61]
		338 Solrock [1]	663 Talonflame [1]	498 Tepig [43]	726 Torracat [51]	494 Victini [73]	721 Volcanion [1, 58]
		637 Volcarona [1]	037 Vulpix ◆ [E]				
Normal	Flash	755 Morelull [8]	756 Shiinotic [1, 8]	313 Volbeat [1]			
Steel	Flash Cannon (TM91)	681 Aegislash [TM]	306 Aggron [TM]	698 Amaura [TM]	493 Arceus [TM]	348 Armaldo [TM]	683 Aromatisse [TM]
		699 Aurorus [TM]	713 Avalugg [TM]	411 Bastiodon [TM]	712 Bergmite [TM]	009 Blastoise [1, TM]	525 Boldore [TM]
		437 Bronzong [TM]	436 Bronzor [TM]	323 Camerupt [TM]	797 Celesteela [37, TM]	692 Clauncher [TM]	693 Clawitzer [TM]
		638 Cobalion [TM]	615 Cryogonal [TM]	386 Deoxys [TM]	781 Dhelmise [TM]	483 Dialga [50, TM]	050 Diglett (Alola Form) [TM]
		680 Doublade [TM]	621 Druddigon [TM]	051 Dugtrio (Alola Form) [TM]	578 Duosion [TM]	632 Durant [TM]	603 Eelektrik [TM]
		604 Eelektross [TM]	395 Empoleon [TM]	597 Ferroseed [52, TM]	598 Ferrothorn [61, TM]	205 Forretress [TM]	649 Genesect [TM]
		526 Gigalith [TM]	623 Golurk [TM]	485 Heatran [TM]	679 Honedge [TM]	116 Horsea [TM]	635 Hydreigon [TM]
		385 Jirachi [TM]	230 Kingdra [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]	601 Klinklang [TM]
		784 Kommo-o [TM]	646 Kyurem [TM]	448 Lucario [TM]	801 Magearna [41, TM]	081 Magnemite [31, TM]	082 Magneton [33, TM]
		462 Magnezone [33, TM]	303 Mawile [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	800 Necrozma [TM]
		224 Octillery [TM]	095 Onix [TM]	476 Probopass [TM]	378 Regice [TM]	379 Registeel [43, TM]	579 Reuniclus [TM]
		464 Rhyperior [TM]	524 Roggenrola [TM]	212 Scizor [TM]	117 Seadra [TM]	410 Shieldon [TM]	561 Sigilyph [TM]

Type	Move Name	Pokémon					
Steel	**Flash Cannon (TM91)**	773 Silvally [TM]	227 Skarmory [TM]	791 Solgaleo [23, TM]	577 Solosis [TM]	682 Spritzee [TM]	805 Stakataka [TM]
		121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	642 Thundurus [TM]	733 Toucannon [TM]	776 Turtonator [TM]
		583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]	738 Vikavolt [TM]	721 Volcanion [TM]	413 Wormadam (Trash Cloak) [TM]
		716 Xerneas [TM]	644 Zekrom [TM]				
Dark	**Flatter**	453 Croagunk [50]	096 Drowzee [E]	574 Gothita [28]	576 Gothitelle [28]	575 Gothorita [28]	314 Illumise [29]
		686 Inkay [E]	630 Mandibuzz [19]	179 Mareep [E]	052 Meowth (Alola Form) [E]	198 Murkrow [E]	029 Nidoran♀ [33]
		032 Nidoran♂ [33]	030 Nidorina [38]	033 Nidorino [38]	417 Pachirisu [E]	302 Sableye [E]	786 Tapu Lele [53]
		158 Totodile [E]	454 Toxicroak [62]	629 Vullaby [19]	527 Woobat [E]		
Fairy	**Fleur Cannon**	801 Magearna [49]					
Dark	**Fling (TM56)**	460 Abomasnow [TM]	063 Abra [TM]	306 Aggron [TM]	190 Aipom [36, TM]	065 Alakazam [TM]	424 Ambipom [36, TM]
		181 Ampharos [TM]	531 Audino [TM]	610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	354 Banette [TM]
		689 Barbaracle [TM]	614 Beartic [TM]	182 Bellossom [TM]	760 Bewear [TM]	400 Bibarel [TM]	688 Binacle [TM]
		625 Bisharp [TM]	806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [34, TM]	286 Breloom [TM]
		779 Bruxish [TM]	427 Buneary [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]	331 Cacnea [TM]	332 Cacturne [TM]
		455 Carnivine [TM]	251 Celebi [TM]	113 Chansey [35, TM]	006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	390 Chimchar [TM]	573 Cinccino [TM]	036 Clefable [TM]	035 Clefairy [TM]
		173 Cleffa [TM]	256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	740 Crabominable [TM]
		739 Crabrawler [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	453 Croagunk [TM]	159 Croconaw [TM]	613 Cubchoo [TM]
		104 Cubone [33, TM]	491 Darkrai [TM]	555 Darmanitan [TM]	554 Darumaka [TM]	702 Dedenne [TM]	225 Delibird [TM]
		386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	660 Diggersby [TM]	149 Dragonite [TM]	780 Drampa [TM]
		452 Drapion [TM]	529 Drilbur [TM]	096 Drowzee [TM]	621 Druddigon [TM]	356 Dusclops [TM]	477 Dusknoir [TM]
		355 Duskull [TM]	125 Electabuzz [TM]	466 Electivire [TM]	239 Elekid [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	530 Excadrill [TM]	295 Exploud [TM]	160 Feraligatr [TM]	180 Flaaffy [TM]	753 Fomantis [TM]
		611 Fraxure [TM]	656 Froakie [25, TM]	657 Frogadier [28, TM]	478 Froslass [TM]	162 Furret [TM]	475 Gallade [TM]
		569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	094 Gengar [TM]	074 Geodude [TM]	207 Gligar [TM]
		472 Gliscor [TM]	044 Gloom [TM]	055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]
		623 Golurk [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	210 Granbull [TM]	075 Graveler [TM]
		658 Greninja [TM]	088 Grimer [26, TM]	383 Groudon [TM]	253 Grovyle [TM]	326 Grumpig [TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]	093 Haunter [TM]
		701 Hawlucha [24, TM]	612 Haxorus [TM]	631 Heatmor [TM]	214 Heracross [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]
		720 Hoopa [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	124 Jynx [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]
		352 Kecleon [TM]	099 Kingler [TM]	281 Kirlia [TM]	784 Kommo-o [TM]	098 Krabby [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	646 Kyurem [TM]	645 Landorus [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	264 Linoone [48, TM]	271 Lombre [TM]	428 Lopunny [TM]	294 Loudred [TM]	448 Lucario [TM]
		272 Ludicolo [TM]	754 Lurantis [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]
		126 Magmar [TM]	467 Magmortar [TM]	296 Makuhita [TM]	687 Malamar [TM]	490 Manaphy [TM]	056 Mankey [TM]
		183 Marill [TM]	105 Marowak [37, TM]	802 Marshadow [TM]	259 Marshtomp [TM]	303 Mawile [TM]	308 Medicham [TM]
		307 Meditite [TM]	648 Meloetta [TM]	481 Mesprit [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	312 Minun [TM]
		391 Monferno [TM]	122 Mr. Mime [TM]	089 Muk [26, TM]	446 Munchlax [41, TM]	800 Necrozma [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	274 Nuzleaf [TM]	765 Oranguru [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]
		770 Palossand [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [28, TM]	511 Pansage [28, TM]	513 Pansear [28, TM]
		766 Passimian [39, TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [28, TM]	795 Pheromosa [TM]	489 Phione [TM]
		172 Pichu [TM]	499 Pignite [TM]	025 Pikachu [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]
		186 Politoed [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	057 Primeape [1, TM]	394 Prinplup [TM]	054 Psyduck [TM]
		195 Quagsire [TM]	651 Quilladin [TM]	026 Raichu [TM]	280 Ralts [TM]	409 Rampardos [TM]	384 Rayquaza [TM]
		378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	643 Reshiram [TM]	579 Reuniclus [TM]
		112 Rhydon [TM]	464 Rhyperior [TM]	447 Riolu [TM]	302 Sableye [TM]	757 Salandit [TM]	758 Salazzle [TM]
		503 Samurott [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	539 Sawk [TM]	254 Sceptile [TM]	212 Scizor [TM]
		560 Scrafty [TM]	559 Scraggy [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]	275 Shiftry [TM]
		516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	451 Skorupi [TM]	289 Slaking [1, 47, TM]	287 Slakoth [TM]
		080 Slowbro [TM]	199 Slowking [TM]	238 Smoochum [TM]	215 Sneasel [TM]	143 Snorlax [TM]	209 Snubbull [TM]
		327 Spinda [TM]	007 Squirtle [TM]	762 Steenee [TM]	759 Stufful [TM]	185 Sudowoodo [TM]	260 Swampert [TM]
		465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	786 Tapu Lele [TM]	216 Teddiursa [1, 57, TM]	538 Throh [TM]

Type	Move Name	Pokémon					
Dark	Fling (TM56)	642 Thundurus [TM]	532 Timburr [TM]	777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]
		641 Tornadus [TM]	158 Totodile [TM]	454 Toxicroak [TM]	252 Treecko [TM]	763 Tsareena [TM]	776 Turtonator [TM]
		157 Typhlosion [TM]	248 Tyranitar [TM]	217 Ursaring [TM]	480 Uxie [TM]	416 Vespiquen [TM]	494 Victini [TM]
		288 Vigoroth [TM]	045 Vileplume [TM]	313 Volbeat [TM]	721 Volcanion [TM]	008 Wartortle [TM]	505 Watchog [TM]
		461 Weavile [28, TM]	547 Whimsicott [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	796 Xurkitree [TM]	335 Zangoose [TM]
		644 Zekrom [TM]	263 Zigzagoon [41, TM]	571 Zoroark [TM]	570 Zorua [TM]		
Fairy	Floral Healing	764 Comfey [37]					
Fairy	Flower Shield	420 Cherubi [E]	764 Comfey [1]	671 Florges [1]	192 Sunflora [1]		
Flying	Fly (TM76)	142 Aerodactyl [TM]	334 Altaria [TM]	493 Arceus [TM]	567 Archeops [TM]	144 Articuno [TM]	628 Braviary [TM]
		797 Celesteela [TM]	006 Charizard [TM]	441 Chatot [TM]	169 Crobat [TM]	225 Delibird [TM]	085 Dodrio [TM]
		084 Doduo [TM]	149 Dragonite [TM]	780 Drampa [45, TM]	426 Drifblim [TM]	580 Ducklett [TM]	083 Farfetch'd [TM]
		022 Fearow [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	330 Flygon [TM]	649 Genesect [TM]	487 Giratina [TM]
		042 Golbat [TM]	623 Golurk [TM]	701 Hawlucha [TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	163 Hoothoot [TM]
		635 Hydreigon [TM]	646 Kyurem [TM]	645 Landorus [TM]	380 Latias [TM]	381 Latios [TM]	249 Lugia [TM]
		792 Lunala [TM]	630 Mandibuzz [TM]	151 Mew [TM]	146 Moltres [TM]	198 Murkrow [TM]	804 Naganadel [TM]
		164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	741 Oricorio [TM]	279 Pelipper [TM]	018 Pidgeot [TM]
		017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	731 Pikipek [TM]	384 Rayquaza [65, TM]	643 Reshiram [TM]
		627 Rufflet [TM]	373 Salamence [1, EV, TM]	561 Sigilyph [TM]	227 Skarmory [TM]	021 Spearow [TM]	398 Staraptor [TM]
		397 Staravia [TM]	396 Starly [TM]	333 Swablu [TM]	581 Swanna [TM]	277 Swellow [TM]	528 Swoobat [TM]
		276 Taillow [TM]	663 Talonflame [TM]	785 Tapu Koko [TM]	642 Thundurus [TM]	468 Togekiss [TM]	176 Togetic [TM]
		641 Tornadus [TM]	733 Toucannon [TM]	520 Tranquill [TM]	357 Tropius [TM]	732 Trumbeak [TM]	521 Unfezant [TM]
		329 Vibrava [TM]	637 Volcarona [TM]	629 Vullaby [TM]	278 Wingull [TM]	527 Woobat [TM]	178 Xatu [TM]
		717 Yveltal [TM]	145 Zapdos [TM]	644 Zekrom [TM]	041 Zubat [TM]		
Fighting	Flying Press*	701 Hawlucha [28]					
Fighting	Focus Blast (TM52)	460 Abomasnow [TM]	617 Accelgor [TM]	306 Aggron [TM]	065 Alakazam [TM]	181 Ampharos [TM]	493 Arceus [TM]
		567 Archeops [TM]	184 Azumarill [TM]	689 Barbaracle [TM]	614 Beartic [TM]	760 Bewear [TM]	625 Bisharp [TM]
		009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	286 Breloom [TM]	332 Cacturne [TM]	565 Carracosta [TM]
		006 Charizard [TM]	652 Chesnaught [TM]	573 Cinccino [TM]	693 Clawitzer [TM]	036 Clefable [TM]	638 Cobalion [TM]
		256 Combusken [TM]	534 Conkeldurr [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	453 Croagunk [TM]	491 Darkrai [TM]
		555 Darmanitan [TM]	386 Deoxys [TM]	691 Dragalge [TM]	149 Dragonite [TM]	780 Drampa [TM]	621 Druddigon [TM]
		477 Dusknoir [TM]	125 Electabuzz [TM]	466 Electivire [TM]	500 Emboar [TM]	589 Escavalier [TM]	530 Excadrill [TM]
		295 Exploud [TM]	160 Feraligatr [TM]	419 Floatzel [TM]	162 Furret [TM]	475 Gallade [TM]	569 Garbodor [TM]
		282 Gardevoir [TM]	094 Gengar [TM]	055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]
		623 Golurk [TM]	706 Goodra [TM]	711 Gourgeist [TM]	210 Granbull [TM]	383 Groudon [TM]	326 Grumpig [TM]
		533 Gurdurr [TM]	783 Hakamo-o [TM]	297 Hariyama [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]
		695 Heliolisk [TM]	214 Heracross [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]	720 Hoopa [TM]	635 Hydreigon [TM]
		097 Hypno [TM]	727 Incineroar [TM]	392 Infernape [TM]	782 Jangmo-o [TM]	124 Jynx [TM]	115 Kangaskhan [TM]
		647 Keldeo [TM]	784 Kommo-o [TM]	553 Krookodile [TM]	646 Kyurem [TM]	645 Landorus [TM]	166 Ledian [TM]
		463 Lickilicky [TM]	428 Lopunny [TM]	448 Lucario [TM]	272 Ludicolo [TM]	792 Lunala [TM]	068 Machamp [TM]
		067 Machoke [TM]	066 Machop [TM]	801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [TM]	296 Makuhita [TM]
		056 Mankey [TM]	105 Marowak [TM]	802 Marshadow [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]
		648 Meloetta [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	241 Miltank [TM]
		391 Monferno [TM]	122 Mr. Mime [TM]	750 Mudsdale [TM]	089 Muk [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]
		715 Noivern [TM]	765 Oranguru [TM]	484 Palkia [TM]	675 Pangoro [TM]	766 Passimian [TM]	795 Pheromosa [TM]
		499 Pignite [TM]	127 Pinsir [TM]	186 Politoed [TM]	062 Poliwrath [TM]	057 Primeape [TM]	195 Quagsire [TM]
		026 Raichu [TM]	409 Rampardos [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]	464 Rhyperior [TM]	447 Riolu [TM]
		028 Sandslash [TM]	539 Sawk [TM]	254 Sceptile [TM]	560 Scrafty [TM]	559 Scraggy [TM]	537 Seismitoad [TM]
		275 Shiftry [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	289 Slaking [TM]	080 Slowbro [TM]
		199 Slowking [TM]	143 Snorlax [TM]	791 Solgaleo [TM]	759 Stufful [TM]	260 Swampert [TM]	465 Tangrowth [TM]
		787 Tapu Bulu [TM]	786 Tapu Lele [TM]	639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]
		641 Tornadus [TM]	454 Toxicroak [TM]	709 Trevenant [TM]	776 Turtonator [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]
		217 Ursaring [TM]	494 Victini [TM]	288 Vigoroth [TM]	640 Virizion [TM]	721 Volcanion [TM]	505 Watchog [TM]
		461 Weavile [TM]	040 Wigglytuff [TM]	716 Xerneas [TM]	717 Yveltal [72, TM]	335 Zangoose [TM]	644 Zekrom [TM]
		571 Zoroark [TM]	718 Zygarde [TM]				

*Flying Press deals Flying-type damage as well as Fighting-type damage.

Type	Move Name	Pokémon					
Normal	Focus Energy	168 Ariados [1]	610 Axew [E]	371 Bagon [21]	015 Beedrill [20]	257 Blaziken [37]	626 Bouffalant [36]
		794 Buzzwole [1]	323 Camerupt [1, 8]	318 Carvanha [8]	390 Chimchar [E]	256 Combusken [36]	534 Conkeldurr [1, 4]
		408 Cranidos [6]	104 Cubone [17]	554 Darumaka [E]	633 Deino [4]	502 Dewott [13]	426 Drifblim [13]
		425 Drifloon [13]	022 Fearow [32]	533 Gurdurr [1, 4]	297 Hariyama [1]	106 Hitmonlee [21]	237 Hitmontop [1, 6]
		116 Horsea [26]	635 Hydreigon [1, 4]	115 Kangaskhan [E]	230 Kingdra [26]	402 Kricketune [22]	246 Larvitar [E]
		068 Machamp [1, 3]	067 Machoke [1, 3]	066 Machop [3]	240 Magby [E]	296 Makuhita [1]	056 Mankey [1]
		105 Marowak ◆ [17]	034 Nidoking [1]	029 Nidoran♀ [E]	032 Nidoran♂ [7]	033 Nidorino [7]	322 Numel [8]
		224 Octillery [22]	501 Oshawott [13]	766 Passimian [11]	504 Patrat [26]	231 Phanpy [E]	127 Pinsir [1]
		057 Primeape [1]	409 Rampardos [1, 6]	020 Raticate [1, 7]	019 Rattata [7]	223 Remoraid [22]	373 Salamence [21]
		503 Samurott [13]	551 Sandile [E]	539 Sawk [1]	212 Scizor [5]	123 Scyther [5]	117 Seadra [26]
		161 Sentret [E]	319 Sharpedo [1, 8]	372 Shelgon [21]	410 Shieldon [E]	435 Skuntank [1]	021 Spearow [29]
		434 Stunky [1]	277 Swellow [1, 5]	276 Taillow [5]	538 Throh [1]	532 Timburr [4]	255 Torchic [32]
		328 Trapinch [E]	494 Victini [1]	288 Vigoroth [1]	505 Watchog [29]	634 Zweilous [1, 4]	
Fighting	Focus Punch	460 Abomasnow [BP]	063 Abra [BP]	306 Aggron [BP]	190 Aipom [BP]	065 Alakazam [BP]	424 Ambipom [BP]
		181 Ampharos [BP]	531 Audino [BP]	184 Azumarill [BP]	614 Beartic [BP]	760 Bewear [BP]	400 Bibarel [BP]
		009 Blastoise [BP]	257 Blaziken [BP]	242 Blissey [BP]	286 Breloom [BP]	418 Buizel [BP]	427 Buneary [E, BP]
		794 Buzzwole [73, BP]	331 Cacnea [BP]	332 Cacturne [BP]	113 Chansey [BP]	006 Charizard [BP]	004 Charmander [E, BP]
		005 Charmeleon [BP]	652 Chesnaught [BP]	650 Chespin [BP]	390 Chimchar [E, BP]	036 Clefable [BP]	035 Clefairy [BP]
		256 Combusken [BP]	534 Conkeldurr [53, BP]	740 Crabominable [BP]	739 Crabrawler [BP]	453 Croagunk [BP]	159 Croconaw [BP]
		613 Cubchoo [E, BP]	104 Cubone [BP]	491 Darkrai [BP]	555 Darmanitan [BP]	554 Darumaka [E, BP]	225 Delibird [BP]
		386 Deoxys [BP]	660 Diggersby [BP]	149 Dragonite [BP]	096 Drowzee [BP]	356 Dusclops [BP]	477 Dusknoir [BP]
		604 Eelektross [BP]	125 Electabuzz [BP]	466 Electivire [BP]	239 Elekid [E, BP]	500 Emboar [BP]	160 Feraligatr [BP]
		180 Flaaffy [BP]	419 Floatzel [BP]	162 Furret [BP]	475 Gallade [BP]	094 Gengar [BP]	074 Geodude (Alola Form) [BP]
		074 Geodude ◆ [E, BP]	055 Golduck [BP]	076 Golem [BP]	622 Golett [61, BP]	623 Golurk [69, BP]	706 Goodra [BP]
		210 Granbull [BP]	075 Graveler [BP]	253 Grovyle [BP]	326 Grumpig [BP]	533 Gurdurr [53, BP]	297 Hariyama [BP]
		701 Hawlucha [BP]	631 Heatmor [BP]	214 Heracross [E, BP]	107 Hitmonchan [1, 56, BP]	106 Hitmonlee [BP]	720 Hoopa [BP]
		097 Hypno [BP]	314 Illumise [BP]	727 Incineroar [BP]	392 Infernape [BP]	039 Jigglypuff [BP]	124 Jynx [BP]
		064 Kadabra [BP]	115 Kangaskhan [E, BP]	352 Kecleon [BP]	784 Kommo-o [BP]	552 Krokorok [BP]	553 Krookodile [BP]
		166 Ledian [BP]	165 Ledyba [E, BP]	463 Lickilicky [BP]	108 Lickitung [BP]	428 Lopunny [BP]	448 Lucario [BP]
		272 Ludicolo [BP]	745 Lycanroc (Midnight Form) [BP]	068 Machamp [BP]	067 Machoke [BP]	066 Machop [BP]	240 Magby [BP]
		126 Magmar [BP]	467 Magmortar [BP]	296 Makuhita [E, BP]	056 Mankey [E, BP]	183 Marill [BP]	105 Marowak [BP]
		802 Marshadow [BP]	303 Mawile [BP]	308 Medicham [BP]	307 Meditite [BP]	648 Meloetta [BP]	151 Mew [BP]
		150 Mewtwo [BP]	619 Mienfoo [BP]	620 Mienshao [BP]	241 Miltank [BP]	439 Mime Jr. [BP]	391 Monferno [BP]
		122 Mr. Mime [BP]	089 Muk [BP]	446 Munchlax [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	484 Palkia [BP]
		536 Palpitoad [BP]	674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]
		766 Passimian [BP]	499 Pignite [BP]	025 Pikachu [BP]	127 Pinsir [BP]	186 Politoed [BP]	061 Poliwhirl [BP]
		062 Poliwrath [BP]	057 Primeape [BP]	054 Psyduck [BP]	195 Quagsire [BP]	156 Quilava [BP]	651 Quilladin [BP]
		026 Raichu [BP]	409 Rampardos [BP]	378 Regice [BP]	486 Regigigas [BP]	377 Regirock [BP]	379 Registeel [BP]
		579 Reuniclus [BP]	112 Rhydon [BP]	464 Rhyperior [BP]	447 Riolu [BP]	302 Sableye [BP]	027 Sandshrew [BP]
		028 Sandslash [BP]	539 Sawk [BP]	254 Sceptile [BP]	560 Scrafty [58, BP]	559 Scraggy [48, BP]	537 Seismitoad [BP]
		161 Sentret [BP]	285 Shroomish [E, BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	289 Slaking [BP]
		287 Slakoth [BP]	080 Slowbro [BP]	199 Slowking [BP]	215 Sneasel [BP]	143 Snorlax [BP]	209 Snubbull [E, BP]
		327 Spinda [BP]	007 Squirtle [BP]	759 Stufful [BP]	185 Sudowoodo [BP]	260 Swampert [BP]	787 Tapu Bulu [BP]
		216 Teddiursa [BP]	538 Throh [BP]	532 Timburr [46, BP]	468 Togekiss [BP]	176 Togetic [BP]	158 Totodile [BP]
		454 Toxicroak [BP]	252 Treecko [BP]	157 Typhlosion [BP]	248 Tyranitar [BP]	217 Ursaring [BP]	288 Vigoroth [37, BP]
		313 Volbeat [BP]	008 Wartortle [BP]	505 Watchog [BP]	461 Weavile [BP]	040 Wigglytuff [BP]	335 Zangoose [BP]
Normal	Follow Me	035 Clefairy [16]	162 Furret [21]	417 Pachirisu [E]	447 Riolu [E]	161 Sentret [19]	175 Togepi [21]
		176 Togetic [21]					
Fighting	Force Palm	286 Breloom [28]	297 Hariyama [13]	296 Makuhita [13]	802 Marshadow [5]	308 Medicham [17]	307 Meditite [17]
		619 Mienfoo [29]	620 Mienshao [29]	447 Riolu [15]	759 Stufful [E]	532 Timburr [E]	
Normal	Foresight	142 Aerodactyl [E]	427 Buneary [1]	155 Cyndaquil [E]	723 Dartrix [19]	724 Decidueye [19]	356 Dusclops [14]
		477 Dusknoir [14]	355 Duskull [14]	083 Farfetch'd [E]	162 Furret [1]	203 Girafarig [E]	106 Hitmonlee [37]
		163 Hoothoot [1]	140 Kabuto [E]	115 Kangaskhan [E]	131 Lapras [E]	636 Larvesta [E]	428 Lopunny [1]
		448 Lucario [1]	068 Machamp [9]	067 Machoke [9]	066 Machop [9]	296 Makuhita [E]	056 Mankey [E]
		259 Marshtomp [12]	307 Meditite [E]	258 Mudkip [12]	164 Noctowl [1]	504 Patrat [E]	016 Pidgey [E]

Type	Move Name	Pokémon					
Normal	**Foresight**	054 Psyduck [E]	486 Regigigas [1]	447 Riolu [1]	722 Rowlet [18]	302 Sableye [4]	161 Sentret [1]
		353 Shuppet [E]	300 Skitty [4]	215 Sneasel [E]	007 Squirtle [E]	396 Starly [E]	283 Surskit [E]
		260 Swampert [12]	532 Timburr [E]	175 Togepi [E]	236 Tyrogue [1]	049 Venomoth [1]	048 Venonat [1]
		193 Yanma [1]	469 Yanmega [1]				
Grass	**Forest's Curse**	708 Phantump [35]	709 Trevenant [35]				
Dark	**Foul Play**	063 Abra [BP]	359 Absol [BP]	190 Aipom [BP]	065 Alakazam [BP]	424 Ambipom [BP]	591 Amoonguss [BP]
		168 Ariados [BP]	354 Banette [BP]	625 Bisharp [BP]	806 Blacephalon [BP]	438 Bonsly [BP]	654 Braixen [BP]
		332 Cacturne [BP]	453 Croagunk [BP]	491 Darkrai [BP]	655 Delphox [BP]	660 Diggersby [BP]	096 Drowzee [BP]
		101 Electrode [BP]	653 Fennekin [BP]	590 Foongus [BP]	092 Gastly [BP]	094 Gengar [BP]	203 Girafarig [BP]
		431 Glameow [BP]	574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	711 Gourgeist [BP]	093 Haunter [BP]
		430 Honchkrow [45, BP]	720 Hoopa [BP]	229 Houndoom [45, BP]	228 Houndour [40, BP]	097 Hypno [BP]	686 Inkay [8, BP]
		064 Kadabra [BP]	352 Kecleon [E, BP]	707 Klefki [27, BP]	552 Krokorok [40, BP]	553 Krookodile [42, BP]	510 Liepard [BP]
		745 Lycanroc (Midnight Form) [BP]	687 Malamar [8, BP]	630 Mandibuzz [BP]	802 Marshadow [BP]	303 Mawile [BP]	052 Meowth [E, BP]
		151 Mew [BP]	150 Mewtwo [BP]	262 Mightyena [BP]	200 Misdreavus [BP]	429 Mismagius [BP]	122 Mr. Mime [BP]
		198 Murkrow [45, BP]	793 Nihilego [BP]	038 Ninetales [BP]	274 Nuzleaf [BP]	765 Oranguru [36, BP]	674 Pancham [E, BP]
		675 Pangoro [BP]	624 Pawniard [BP]	053 Persian [BP]	708 Phantump [BP]	795 Pheromosa [BP]	261 Poochyena [BP]
		137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	710 Pumpkaboo [BP]	509 Purrloin [E, BP]	432 Purugly [BP]
		479 Rotom [BP]	302 Sableye [41, BP]	757 Salandit [BP]	758 Salazzle [BP]	551 Sandile [37, BP]	560 Scrafty [BP]
		559 Scraggy [BP]	273 Seedot [E, BP]	275 Shiftry [BP]	353 Shuppet [BP]	435 Skuntank [BP]	080 Slowbro [BP]
		199 Slowking [BP]	215 Sneasel [BP]	167 Spinarak [BP]	442 Spiritomb [E, BP]	618 Stunfisk [BP]	434 Stunky [E, BP]
		185 Sudowoodo [BP]	642 Thundurus [BP]	641 Tornadus [BP]	454 Toxicroak [BP]	709 Trevenant [BP]	248 Tyranitar [BP]
		197 Umbreon [BP]	480 Uxie [BP]	100 Voltorb [BP]	629 Vullaby [E, BP]	037 Vulpix [BP]	461 Weavile [BP]
		178 Xatu [BP]	717 Yveltal [51, BP]	571 Zoroark [29, BP]	570 Zorua [29, BP]		
Ice	**Freeze Shock**	646 Black Kyurem [50]					
Ice	**Freeze-Dry**	144 Articuno [43]	699 Aurorus [1, EV]	615 Cryogonal [49]	225 Delibird [E]	362 Glalie [1, EV]	131 Lapras [E]
		220 Swinub [E]	584 Vanilluxe [1]	037 Vulpix (Alola Form) [E]			
Grass	**Frenzy Plant**	652 Chesnaught [T]	724 Decidueye [T]	154 Meganium [T]	254 Sceptile [T]	497 Serperior [T]	389 Torterra [T]
		003 Venusaur [T]					
Ice	**Frost Breath (TM79)**	460 Abomasnow [TM]	698 Amaura [TM]	752 Araquanid [TM]	144 Articuno [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		614 Beartic [TM]	712 Bergmite [TM]	779 Bruxish [TM]	091 Cloyster [TM]	740 Crabominable [TM]	739 Crabrawler [TM]
		615 Cryogonal [TM]	613 Cubchoo [TM]	225 Delibird [TM]	087 Dewgong [TM]	751 Dewpider [TM]	478 Froslass [TM]
		471 Glaceon [TM]	362 Glalie [37, TM]	768 Golisopod [TM]	124 Jynx [TM]	131 Lapras [TM]	747 Mareanie [TM]
		151 Mew [TM]	038 Ninetales (Alola Form) [TM]	378 Regice [TM]	027 Sandshrew (Alola Form) [TM]	028 Sandslash (Alola Form) [TM]	364 Sealeo [TM]
		238 Smoochum [TM]	361 Snorunt [37, TM]	459 Snover [TM]	363 Spheal [TM]	748 Toxapex [TM]	583 Vanillish [TM]
		582 Vanillite [TM]	584 Vanilluxe [TM]	037 Vulpix (Alola Form) [TM]	365 Walrein [TM]		
Normal	**Frustration (TM21)**	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [1, TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]

Type	Move Name	Pokémon					
Normal	**Frustration (TM21)**	740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]
		093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]
		601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]
		645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]
		381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]
		667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]
		294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]
		337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]
		068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	801 Magearna [TM]
		126 Magmar [TM]	467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]
		687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]
		226 Mantine [TM]	458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]
		105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]
		307 Meditite [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]
		376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]
		262 Mightyena [TM]	350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]
		774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]
		755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]
		089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]
		177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]

Type	Move Name	Pokémon					
Normal	**Frustration (TM21)**	030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]
		164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]
		224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]
		741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]
		674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]
		047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]
		548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]
		018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]
		731 Pikipek [TM]	221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]
		803 Poipole [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]
		261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]
		057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]
		509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]
		211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]
		020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]
		111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]
		315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]
		373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]
		028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]
		545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]
		364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]
		496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]
		372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]
		756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]
		773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]
		188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]
		287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]
		685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]	361 Snorunt [TM]
		459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]
		363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]
		007 Squirtle [TM]	805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]
		121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]
		618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]
		283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]
		277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]
		663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]
		639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]
		468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]
		726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]
		520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]
		732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	772 Type: Null [TM]
		157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]
		521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]
		134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]
		329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]
		640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]
		629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]
		505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]
		340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]
		527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]
		562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]
		145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]
		041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]			

Type	Move Name	Pokémon					
Normal	**Fury Attack**	334 Altaria [7]	015 Beedrill [1, 11]	626 Bouffalant [11]	628 Braviary [1, 5]	441 Chatot [17]	723 Dartrix [33]
		724 Decidueye [33]	085 Dodrio [12]	084 Doduo [12]	232 Donphan [1, EV]	395 Empoleon [28]	589 Escavalier [16]
		083 Farfetch'd [7]	022 Fearow [11]	118 Goldeen [24]	214 Heracross [25]	588 Karrablast [16]	473 Mamoswine [1]
		630 Mandibuzz [1, 5]	804 Naganadel [7]	032 Nidoran♂ [19]	033 Nidorino [20]	731 Pikipek [21]	221 Piloswine [1, EV]
		127 Pinsir [E]	393 Piplup [25]	803 Poipole [7]	394 Prinplup [28]	078 Rapidash [1, EV]	112 Rhydon [1, 5]
		111 Rhyhorn [5]	464 Rhyperior [1, 5]	722 Rowlet [29]	627 Rufflet [5]	119 Seaking [24]	227 Skarmory [17]
		021 Spearow [11]	396 Starly [E]	333 Swablu [7]	733 Toucannon [24]	732 Trumbeak [24]	629 Vullaby [5]
Bug	**Fury Cutter**	681 Aegislash [1]	347 Anorith [10]	348 Armaldo [10]	689 Barbaracle [37]	688 Binacle [37]	625 Bisharp [1, 9]
		418 Buizel [E]	502 Dewott [21]	680 Doublade [1, 5]	632 Durant [1]	557 Dwebble [1]	083 Farfetch'd [1]
		753 Fomantis [1]	475 Gallade [14]	596 Galvantula [12]	649 Genesect [7]	207 Gligar [16]	472 Gliscor [16]
		768 Golisopod [1, 4]	253 Grovyle [1, EV]	679 Honedge [5]	595 Joltik [12]	588 Karrablast [13]	798 Kartana [1]
		402 Kricketune [1, EV]	754 Lurantis [1]	291 Ninjask [1, EV]	501 Oshawott [19]	046 Paras [17]	047 Parasect [17]
		624 Pawniard [9]	503 Samurott [21]	027 Sandshrew [11]	028 Sandslash ◆ [11]	254 Sceptile [1]	212 Scizor [25]
		123 Scyther [25]	328 Trapinch [E]	416 Vespiquen [5]	335 Zangoose [8]		
Normal	**Fury Swipes**	190 Aipom [18]	424 Ambipom [18]	168 Ariados [23]	689 Barbaracle [10]	614 Beartic [17]	399 Bidoof [E]
		688 Binacle [10]	418 Buizel [E]	390 Chimchar [15]	613 Cubchoo [17]	155 Cyndaquil [E]	529 Drilbur [12]
		530 Excadrill [12]	162 Furret [13]	431 Glameow [20]	055 Golduck [13]	631 Heatmor [21]	727 Incineroar [33]
		392 Infernape [16]	352 Kecleon [13]	510 Liepard [12]	264 Linoone [19]	725 Litten [29]	271 Lombre [12]
		056 Mankey [5]	052 Meowth [14]	391 Monferno [16]	029 Nidoran♀ [19]	030 Nidorina [20]	290 Nincada [13]
		291 Ninjask [13]	515 Panpour [13]	511 Pansage [13]	513 Pansear [13]	053 Persian [14]	057 Primeape [5]
		054 Psyduck [13]	509 Purrloin [12]	432 Purugly [20]	019 Rattata [E]	302 Sableye [11]	027 Sandshrew [20]
		028 Sandslash ◆ [20]	161 Sentret [13]	292 Shedinja [13]	516 Simipour [1]	512 Simisage [1]	514 Simisear [1]
		435 Skuntank [9]	215 Sneasel [16]	167 Spinarak [22]	434 Stunky [9]	216 Teddiursa [8]	726 Torracat [33]
		217 Ursaring [8]	416 Vespiquen [13]	288 Vigoroth [14]	461 Weavile [16]	335 Zangoose [E]	571 Zoroark [13]
		570 Zorua [13]					
Electric	**Fusion Bolt**	646 Black Kyurem [43]	644 Zekrom [50]				
Fire	**Fusion Flare**	643 Reshiram [50]	646 White Kyurem [43]				
Psychic	**Future Sight**	359 Absol [1, 53]	065 Alakazam [43]	493 Arceus [60]	482 Azelf [36]	339 Barboach [39]	437 Bronzong [29]
		436 Bronzor [29]	351 Castform [E]	251 Celebi [64]	358 Chimecho [E]	433 Chingling [E]	488 Cresselia [38]
		225 Delibird [E]	655 Delphox [1, 80]	096 Drowzee [61]	578 Duosion [31]	356 Dusclops [1, 64]	477 Dusknoir [1, 64]
		355 Duskull [54]	196 Espeon [25]	282 Gardevoir [40]	203 Girafarig [E]	574 Gothita [31]	576 Gothitelle [31]
		575 Gothorita [31]	250 Ho-Oh [79]	097 Hypno [1, 61]	385 Jirachi [55]	064 Kadabra [43]	281 Kirlia [37]
		131 Lapras [E]	249 Lugia [79]	337 Lunatone [41]	183 Marill [E]	678 Meowstic (Female) [50]	481 Mesprit [36]
		150 Mewtwo [15]	439 Mime Jr. [E]	122 Mr. Mime [E]	517 Munna [31]	177 Natu [44]	765 Oranguru [46]
		054 Psyduck [E]	280 Ralts [32]	579 Reuniclus [31]	561 Sigilyph [E]	079 Slowpoke [E]	577 Solosis [31]
		325 Spoink [E]	528 Swoobat [36]	175 Togepi [E]	480 Uxie [36]	340 Whiscash [45]	527 Woobat [36]
		178 Xatu [49]					
Poison	**Gastro Acid**	617 Accelgor [BP]	591 Amoonguss [BP]	024 Arbok [44, BP]	182 Bellossom [BP]	069 Bellsprout [35, BP]	455 Carnivine [BP]
		346 Cradily [31, BP]	660 Diggersby [BP]	603 Eelektrik [64, BP]	604 Eelektross [1, BP]	023 Ekans [36, BP]	590 Foongus [E, BP]
		596 Galvantula [23, BP]	044 Gloom [BP]	088 Grimer (Alola Form) [BP]	316 Gulpin [36, BP]	799 Guzzlord [53, BP]	631 Heatmor [BP]
		595 Joltik [23, BP]	345 Lileep [31, BP]	747 Mareanie [BP]	151 Mew [BP]	089 Muk (Alola Form) [BP]	804 Naganadel [BP]
		043 Oddish [BP]	536 Palpitoad [BP]	515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]	803 Poipole [BP]
		771 Pyukumuku [29, BP]	537 Seismitoad [BP]	497 Serperior [56, BP]	496 Servine [48, BP]	336 Seviper [29, BP]	616 Shelmet [BP]
		213 Shuckle [27, BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	685 Slurpuff [BP]	495 Snivy [40, BP]
		317 Swalot [42, BP]	684 Swirlix [BP]	748 Toxapex [BP]	071 Victreebel [BP]	045 Vileplume [BP]	070 Weepinbell [39, BP]
Steel	**Gear Grind**	600 Klang [1, 16]	599 Klink [16]	601 Klinklang [1, 16]			
Steel	**Gear Up**	601 Klinklang [1]	801 Magearna [1]				
Fairy	**Geomancy**	716 Xerneas [26]					
Grass	**Giga Drain**	460 Abomasnow [BP]	617 Accelgor [37, BP]	591 Amoonguss [28, BP]	752 Araquanid [BP]	024 Arbok [BP]	493 Arceus [BP]
		168 Ariados [BP]	153 Bayleef [BP]	267 Beautifly [32, BP]	015 Beedrill [BP]	182 Bellossom [BP]	069 Bellsprout [E, BP]
		761 Bounsweet [BP]	286 Breloom [BP]	406 Budew [E, BP]	001 Bulbasaur [E, BP]	012 Butterfree [BP]	331 Cacnea [BP]
		332 Cacturne [BP]	455 Carnivine [E, BP]	251 Celebi [BP]	797 Celesteela [31, BP]	421 Cherrim [BP]	420 Cherubi [BP]
		652 Chesnaught [BP]	650 Chespin [BP]	152 Chikorita [BP]	764 Comfey [BP]	546 Cottonee [26, BP]	346 Cradily [26, BP]
		169 Crobat [BP]	723 Dartrix [BP]	724 Decidueye [BP]	585 Deerling [BP]	751 Dewpider [BP]	781 Dhelmise [23, BP]
		269 Dustox [BP]	603 Eelektrik [BP]	604 Eelektross [BP]	023 Ekans [BP]	589 Escavalier [BP]	102 Exeggcute [E, BP]

Type	Move Name	Pokémon					
Grass	**Giga Drain**	103 Exeggutor [BP]	597 Ferroseed [BP]	598 Ferrothorn [BP]	669 Flabébé [BP]	670 Floette [BP]	671 Florges [BP]
		330 Flygon [BP]	753 Fomantis [E, BP]	590 Foongus [28, BP]	205 Forretress [BP]	592 Frillish [BP]	596 Galvantula [BP]
		569 Garbodor [BP]	092 Gastly [BP]	649 Genesect [BP]	094 Gengar [BP]	044 Gloom [34, BP]	673 Gogoat [BP]
		042 Golbat [BP]	711 Gourgeist [BP]	088 Grimer [BP]	388 Grotle [47, BP]	253 Grovyle [BP]	316 Gulpin [BP]
		093 Haunter [BP]	631 Heatmor [BP]	250 Ho-Oh [BP]	187 Hoppip [43, BP]	314 Illumise [BP]	002 Ivysaur [BP]
		593 Jellicent [BP]	595 Joltik [BP]	189 Jumpluff [59, BP]	140 Kabuto [E, BP]	141 Kabutops [BP]	588 Karrablast [BP]
		798 Kartana [BP]	636 Larvesta [BP]	470 Leafeon [25, BP]	542 Leavanny [BP]	166 Ledian [BP]	165 Ledyba [BP]
		345 Lileep [26, BP]	549 Lilligant [BP]	271 Lombre [BP]	270 Lotad [30, E, BP]	272 Ludicolo [BP]	249 Lugia [BP]
		754 Lurantis [BP]	556 Maractus [26, BP]	284 Masquerain [BP]	154 Meganium [BP]	151 Mew [BP]	778 Mimikyu [BP]
		755 Morelull [29, BP]	414 Mothim [BP]	089 Muk [BP]	177 Natu [BP]	290 Nincada [BP]	291 Ninjask [BP]
		274 Nuzleaf [BP]	043 Oddish [31, BP]	770 Palossand [36, BP]	511 Pansage [BP]	046 Paras [38, BP]	047 Parasect [44, BP]
		548 Petilil [26, BP]	708 Phantump [BP]	204 Pineco [BP]	710 Pumpkaboo [BP]	651 Quilladin [BP]	315 Roselia [25, E, BP]
		407 Roserade [BP]	722 Rowlet [BP]	769 Sandygast [36, BP]	586 Sawsbuck [BP]	254 Sceptile [BP]	273 Seedot [BP]
		497 Serperior [44, BP]	496 Servine [40, BP]	336 Seviper [BP]	540 Sewaddle [BP]	492 Shaymin [BP]	292 Shedinja [BP]
		616 Shelmet [37, BP]	275 Shiftry [BP]	756 Shiinotic [31, BP]	285 Shroomish [26, BP]	512 Simisage [BP]	672 Skiddo [BP]
		188 Skiploom [52, BP]	495 Snivy [34, BP]	459 Snover [BP]	167 Spinarak [BP]	762 Steenee [BP]	192 Sunflora [22, BP]
		191 Sunkern [22, BP]	283 Surskit [BP]	541 Swadloon [BP]	317 Swalot [BP]	528 Swoobat [BP]	114 Tangela [36, E, BP]
		465 Tangrowth [36, BP]	787 Tapu Bulu [14, BP]	072 Tentacool [BP]	073 Tentacruel [BP]	389 Torterra [51, BP]	328 Trapinch [BP]
		252 Treecko [21, BP]	709 Trevenant [BP]	357 Tropius [BP]	568 Trubbish [BP]	763 Tsareena [BP]	387 Turtwig [41, BP]
		480 Uxie [BP]	049 Venomoth [BP]	048 Venonat [E, BP]	003 Venusaur [BP]	329 Vibrava [BP]	071 Victreebel [BP]
		045 Vileplume [BP]	640 Virizion [25, BP]	666 Vivillon [BP]	313 Volbeat [BP]	637 Volcarona [BP]	070 Weepinbell [BP]
		547 Whimsicott [BP]	527 Woobat [BP]	413 Wormadam (Plant Cloak) [BP]	178 Xatu [BP]	193 Yanma [BP]	469 Yanmega [BP]
		335 Zangoose [BP]	041 Zubat [E, BP]				
Normal	**Giga Impact (TM68)**	460 Abomasnow [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [81, TM]	306 Aggron [TM]
		065 Alakazam [TM]	334 Altaria [TM]	424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]	683 Aromatisse [TM]
		144 Articuno [TM]	699 Aurorus [TM]	713 Avalugg [TM]	610 Axew [61, TM]	482 Azelf [TM]	184 Azumarill [TM]
		354 Banette [TM]	689 Barbaracle [TM]	411 Bastiodon [TM]	614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]
		606 Beheeyem [TM]	182 Bellossom [TM]	760 Bewear [TM]	400 Bibarel [TM]	625 Bisharp [TM]	009 Blastoise [TM]
		257 Blaziken [TM]	242 Blissey [TM]	626 Bouffalant [61, TM]	628 Braviary [TM]	286 Breloom [TM]	437 Bronzong [TM]
		779 Bruxish [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	332 Cacturne [TM]	323 Camerupt [TM]	455 Carnivine [TM]
		565 Carracosta [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		421 Cherrim [TM]	652 Chesnaught [78, TM]	573 Cinccino [TM]	693 Clawitzer [TM]	344 Claydol [TM]	036 Clefable [TM]
		091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]	534 Conkeldurr [TM]	740 Crabominable [TM]	346 Cradily [TM]
		342 Crawdaunt [TM]	488 Cresselia [TM]	169 Crobat [TM]	558 Crustle [TM]	491 Darkrai [TM]	555 Darmanitan [TM]
		724 Decidueye [TM]	702 Dedenne [TM]	301 Delcatty [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	085 Dodrio [TM]	232 Donphan [50, TM]
		691 Dragalge [TM]	149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	426 Drifblim [TM]	621 Druddigon [TM]
		051 Dugtrio [TM]	632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	269 Dustox [TM]	604 Eelektross [TM]
		125 Electabuzz [TM]	466 Electivire [62, TM]	101 Electrode [TM]	500 Emboar [TM]	395 Empoleon [TM]	244 Entei [TM]
		589 Escavalier [56, TM]	196 Espeon [TM]	530 Excadrill [TM]	103 Exeggutor [TM]	295 Exploud [TM]	022 Fearow [TM]
		160 Feraligatr [TM]	598 Ferrothorn [TM]	136 Flareon [TM]	419 Floatzel [TM]	671 Florges [TM]	330 Flygon [TM]
		205 Forretress [TM]	611 Fraxure [66, TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]	475 Gallade [TM]
		596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	423 Gastrodon [TM]	649 Genesect [TM]
		094 Gengar [TM]	526 Gigalith [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	472 Gliscor [TM]
		673 Gogoat [TM]	042 Golbat [TM]	055 Golduck [TM]	076 Golem [TM]	768 Golisopod [TM]	623 Golurk [TM]
		706 Goodra [TM]	368 Gorebyss [TM]	576 Gothitelle [TM]	711 Gourgeist [TM]	210 Granbull [TM]	658 Greninja [TM]
		383 Groudon [TM]	326 Grumpig [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	297 Hariyama [TM]	701 Hawlucha [TM]
		612 Haxorus [74, TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]	214 Heracross [TM]	507 Herdier [47, TM]
		450 Hippowdon [TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]	229 Houndoom [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	727 Incineroar [TM]	392 Infernape [TM]	593 Jellicent [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	189 Jumpluff [TM]	124 Jynx [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]	798 Kartana [TM]
		647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]	707 Klefki [TM]	601 Klinklang [TM]	784 Kommo-o [TM]
		402 Kricketune [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	645 Landorus [TM]	171 Lanturn [TM]
		131 Lapras [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]
		463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]	549 Lilligant [TM]	506 Lillipup [40, TM]	264 Linoone [TM]
		428 Lopunny [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]

Type	Move Name	Pokémon					
Normal	Giga Impact (TM68)	337 Lunatone [TM]	754 Lurantis [TM]	405 Luxray [TM]	068 Machamp [TM]	219 Magcargo [TM]	801 Magearna [TM]
		126 Magmar [TM]	467 Magmortar [TM]	082 Magneton [TM]	462 Magnezone [TM]	687 Malamar [TM]	473 Mamoswine [TM]
		490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	226 Mantine [TM]	105 Marowak [TM]	802 Marshadow [TM]
		284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]
		481 Mesprit [TM]	376 Metagross [TM]	151 Mew [TM]	150 Mewtwo [TM]	620 Mienshao [TM]	262 Mightyena [TM]
		350 Milotic [TM]	241 Miltank [TM]	774 Minior [TM]	429 Mismagius [TM]	146 Moltres [TM]	414 Mothim [TM]
		122 Mr. Mime [TM]	750 Mudsdale [TM]	089 Muk [TM]	518 Musharna [TM]	800 Necrozma [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]	715 Noivern [TM]	224 Octillery [TM]
		139 Omastar [TM]	765 Oranguru [TM]	484 Palkia [TM]	770 Palossand [TM]	675 Pangoro [TM]	047 Parasect [TM]
		766 Passimian [50, TM]	279 Pelipper [TM]	053 Persian [TM]	795 Pheromosa [TM]	018 Pidgeot [TM]	221 Piloswine [TM]
		127 Pinsir [TM]	186 Politoed [TM]	062 Poliwrath [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]
		730 Primarina [TM]	057 Primeape [TM]	476 Probopass [TM]	432 Purugly [TM]	668 Pyroar [TM]	195 Quagsire [TM]
		026 Raichu [TM]	243 Raikou [TM]	409 Rampardos [TM]	078 Rapidash [TM]	020 Raticate [TM]	384 Rayquaza [TM]
		378 Regice [TM]	486 Regigigas [100, TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	643 Reshiram [TM]
		579 Reuniclus [TM]	112 Rhydon [TM]	464 Rhyperior [TM]	407 Roserade [TM]	373 Salamence [TM]	503 Samurott [TM]
		028 Sandslash [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]	545 Scolipede [TM]
		560 Scrafty [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]	537 Seismitoad [TM]	497 Serperior [TM]
		319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]	275 Shiftry [TM]	756 Shiinotic [TM]	773 Silvally [TM]
		516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	435 Skuntank [TM]	289 Slaking [TM]	080 Slowbro [TM]
		199 Slowking [TM]	685 Slurpuff [TM]	143 Snorlax [35, TM]	791 Solgaleo [73, TM]	338 Solrock [TM]	442 Spiritomb [TM]
		805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	121 Starmie [TM]	208 Steelix [TM]	508 Stoutland [59, TM]
		245 Suicune [TM]	192 Sunflora [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]	277 Swellow [TM]
		528 Swoobat [TM]	700 Sylveon [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]
		788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [71, TM]	073 Tentacruel [TM]	639 Terrakion [TM]
		538 Throh [TM]	642 Thundurus [TM]	777 Togedemaru [TM]	468 Togekiss [TM]	176 Togetic [TM]	324 Torkoal [TM]
		641 Tornadus [TM]	389 Torterra [TM]	454 Toxicroak [TM]	709 Trevenant [TM]	357 Tropius [TM]	763 Tsareena [TM]
		776 Turtonator [TM]	772 Type: Null [TM]	157 Typhlosion [TM]	248 Tyranitar [82, TM]	697 Tyrantrum [68, TM]	197 Umbreon [TM]
		521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]	049 Venomoth [TM]
		003 Venusaur [TM]	416 Vespiquen [TM]	494 Victini [TM]	071 Victreebel [TM]	738 Vikavolt [TM]	045 Vileplume [TM]
		640 Virizion [TM]	666 Vivillon [TM]	721 Volcanion [TM]	637 Volcarona [TM]	321 Wailord [TM]	365 Walrein [TM]
		505 Watchog [TM]	461 Weavile [TM]	110 Weezing [TM]	547 Whimsicott [TM]	340 Whiscash [TM]	040 Wigglytuff [TM]
		413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [88, TM]	796 Xurkitree [TM]	469 Yanmega [TM]	717 Yveltal [TM]
		145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	571 Zoroark [TM]	718 Zygarde [TM]	
Ice	Glaciate	646 Kyurem [50]					
Normal	Glare	024 Arbok [12]	780 Drampa [13]	621 Druddigon [E]	206 Dunsparce [36]	023 Ekans [12]	694 Helioptile [E]
		336 Seviper [19]	495 Snivy [E]	718 Zygarde [1]			
Grass	Grass Knot (TM86)	460 Abomasnow [TM]	063 Abra [TM]	190 Aipom [TM]	065 Alakazam [TM]	424 Ambipom [TM]	591 Amoonguss [TM]
		493 Arceus [TM]	531 Audino [TM]	482 Azelf [TM]	184 Azumarill [TM]	343 Baltoy [TM]	689 Barbaracle [TM]
		153 Bayleef [TM]	614 Beartic [TM]	182 Bellossom [TM]	069 Bellsprout [TM]	400 Bibarel [TM]	399 Bidoof [TM]
		688 Binacle [TM]	625 Bisharp [TM]	242 Blissey [TM]	761 Bounsweet [TM]	654 Braixen [TM]	286 Breloom [TM]
		437 Bronzong [TM]	436 Bronzor [TM]	406 Budew [TM]	001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]
		331 Cacnea [TM]	332 Cacturne [TM]	455 Carnivine [TM]	251 Celebi [TM]	797 Celesteela [TM]	113 Chansey [TM]
		421 Cherrim [TM]	420 Cherubi [TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]
		358 Chimecho [TM]	433 Chingling [TM]	573 Cinccino [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]
		173 Cleffa [TM]	563 Cofagrigus [TM]	764 Comfey [34, TM]	534 Conkeldurr [TM]	546 Cottonee [TM]	346 Cradily [TM]
		488 Cresselia [TM]	613 Cubchoo [TM]	555 Darmanitan [TM]	723 Dartrix [TM]	554 Darumaka [TM]	724 Decidueye [TM]
		702 Dedenne [TM]	585 Deerling [TM]	301 Delcatty [TM]	655 Delphox [TM]	386 Deoxys [TM]	502 Dewott [TM]
		781 Dhelmise [TM]	660 Diggersby [TM]	780 Drampa [TM]	096 Drowzee [TM]	604 Eelektross [TM]	500 Emboar [TM]
		395 Empoleon [TM]	196 Espeon [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	653 Fennekin [TM]	598 Ferrothorn [TM]
		669 Flabébé [TM]	670 Floette [TM]	671 Florges [1, TM]	753 Fomantis [TM]	590 Foongus [TM]	656 Froakie [TM]
		657 Frogadier [TM]	676 Furfrou [TM]	162 Furret [TM]	475 Gallade [TM]	282 Gardevoir [TM]	203 Girafarig [TM]
		044 Gloom [TM]	673 Gogoat [TM]	622 Golett [TM]	623 Golurk [TM]	574 Gothita [TM]	576 Gothitelle [TM]
		575 Gothorita [TM]	711 Gourgeist [TM]	658 Greninja [TM]	388 Grotle [TM]	253 Grovyle [TM]	326 Grumpig [TM]
		533 Gurdurr [TM]	440 Happiny [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		720 Hoopa [TM]	187 Hoppip [TM]	097 Hypno [TM]	174 Igglybuff [TM]	392 Infernape [TM]	002 Ivysaur [TM]
		039 Jigglypuff [TM]	385 Jirachi [TM]	189 Jumpluff [TM]	124 Jynx [TM]	064 Kadabra [TM]	352 Kecleon [TM]
		281 Kirlia [TM]	552 Krokorok [TM]	553 Krookodile [TM]	645 Landorus [TM]	380 Latias [TM]	381 Latios [TM]

Type	Move Name	Pokémon					
Grass	Grass Knot (TM86)	470 Leafeon [TM]	542 Leavanny [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	264 Linoone [TM]
		271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	272 Ludicolo [TM]	337 Lunatone [TM]	754 Lurantis [TM]
		801 Magearna [TM]	490 Manaphy [TM]	556 Maractus [TM]	183 Marill [TM]	802 Marshadow [TM]	303 Mawile [TM]
		308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]	648 Meloetta [TM]	481 Mesprit [TM]	376 Metagross [TM]
		375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	439 Mime Jr. [TM]
		572 Minccino [TM]	312 Minun [TM]	391 Monferno [TM]	755 Morelull [TM]	122 Mr. Mime [TM]	177 Natu [TM]
		793 Nihilego [TM]	274 Nuzleaf [TM]	043 Oddish [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	674 Pancham [TM]
		675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [34, TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]
		766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	548 Petilil [TM]	708 Phantump [TM]	489 Phione [TM]
		172 Pichu [TM]	499 Pignite [TM]	025 Pikachu [TM]	393 Piplup [TM]	311 Plusle [TM]	394 Prinplup [TM]
		710 Pumpkaboo [TM]	509 Purrloin [TM]	651 Quilladin [TM]	026 Raichu [TM]	280 Ralts [TM]	020 Raticate [TM]
		019 Rattata [TM]	579 Reuniclus [TM]	315 Roselia [TM]	407 Roserade [TM]	722 Rowlet [TM]	503 Samurott [TM]
		539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	560 Scrafty [TM]	559 Scraggy [TM]	273 Seedot [TM]
		537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]	496 Servine [TM]	540 Sewaddle [TM]	492 Shaymin [TM]
		275 Shiftry [TM]	756 Shiinotic [TM]	285 Shroomish [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]
		672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]
		238 Smoochum [TM]	495 Snivy [TM]	459 Snover [TM]	338 Solrock [TM]	325 Spoink [TM]	121 Starmie [TM]
		762 Steenee [TM]	192 Sunflora [TM]	191 Sunkern [TM]	541 Swadloon [TM]	114 Tangela [TM]	465 Tangrowth [TM]
		787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	498 Tepig [TM]	538 Throh [TM]
		642 Thundurus [TM]	532 Timburr [TM]	777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]
		641 Tornadus [TM]	389 Torterra [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	763 Tsareena [TM]
		387 Turtwig [TM]	480 Uxie [TM]	003 Venusaur [TM]	494 Victini [TM]	071 Victreebel [TM]	045 Vileplume [TM]
		640 Virizion [TM]	505 Watchog [TM]	070 Weepinbell [TM]	547 Whimsicott [TM]	040 Wigglytuff [TM]	413 Wormadam (Plant Cloak) [TM]
		178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]
		718 Zygarde [TM]					
Grass	Grass Pledge	153 Bayleef [T]	001 Bulbasaur [T]	652 Chesnaught [T]	650 Chespin [T]	152 Chikorita [T]	723 Dartrix [T]
		724 Decidueye [T]	388 Grotle [T]	253 Grovyle [T]	002 Ivysaur [T]	154 Meganium [T]	511 Pansage [T]
		651 Quilladin [T]	722 Rowlet [T]	254 Sceptile [T]	497 Serperior [T]	496 Servine [T]	773 Silvally [T]
		512 Simisage [T]	495 Snivy [T]	389 Torterra [T]	252 Treecko [T]	387 Turtwig [T]	003 Venusaur [T]
Grass	Grass Whistle	460 Abomasnow [13]	761 Bounsweet [E]	406 Budew [E]	001 Bulbasaur [E]	331 Cacnea [E]	455 Carnivine [E]
		420 Cherubi [E]	152 Chikorita [E]	546 Cottonee [E]	585 Deerling [E]	470 Leafeon [17]	556 Maractus [E]
		511 Pansage [E]	548 Petilil [E]	315 Roselia [22, E]	459 Snover [13]	192 Sunflora [7]	191 Sunkern [7, E]
		541 Swadloon [1]	252 Treecko [E]				
Grass	Grassy Terrain	001 Bulbasaur [E]	420 Cherubi [E]	152 Chikorita [E]	764 Comfey [46]	102 Exeggcute [E]	669 Flabébé [24]
		670 Floette [27]	671 Florges [1]	044 Gloom [54]	187 Hoppip [E]	556 Maractus [E]	043 Oddish [47]
		046 Paras [E]	407 Roserade [1]	273 Seedot [E]	540 Sewaddle [E]	672 Skiddo [E]	495 Snivy [E]
		191 Sunkern [E]	114 Tangela [48]	465 Tangrowth [50]	787 Tapu Bulu [1]	252 Treecko [E]	387 Turtwig [E]
Psychic	Gravity	063 Abra [BP]	065 Alakazam [BP]	493 Arceus [10, BP]	531 Audino [BP]	343 Baltoy [BP]	606 Beheeyem [BP]
		242 Blissey [BP]	525 Boldore [BP]	437 Bronzong [BP]	436 Bronzor [BP]	703 Carbink [BP]	797 Celesteela [BP]
		113 Chansey [E, BP]	358 Chimecho [BP]	433 Chingling [BP]	344 Claydol [BP]	036 Clefable [BP]	035 Clefairy [49, BP]
		173 Cleffa [BP]	488 Cresselia [BP]	386 Deoxys [BP]	483 Dialga [BP]	719 Diancie [BP]	578 Duosion [BP]
		356 Dusclops [1, BP]	477 Dusknoir [1, BP]	355 Duskull [BP]	605 Elgyem [BP]	677 Espurr [BP]	102 Exeggcute [BP]
		103 Exeggutor [BP]	597 Ferroseed [E, BP]	598 Ferrothorn [BP]	205 Forretress [BP]	649 Genesect [BP]	526 Gigalith [BP]
		203 Girafarig [BP]	487 Giratina [BP]	622 Golett [BP]	623 Golurk [BP]	574 Gothita [BP]	576 Gothitelle [BP]
		575 Gothorita [BP]	440 Happiny [E, BP]	720 Hoopa [BP]	174 Igglybuff [E, BP]	039 Jigglypuff [BP]	385 Jirachi [45, BP]
		064 Kadabra [BP]	600 Klang [BP]	599 Klink [BP]	601 Klinklang [BP]	645 Landorus [BP]	337 Lunatone [BP]
		081 Magnemite [BP]	082 Magneton [BP]	462 Magnezone [BP]	308 Medicham [BP]	307 Meditite [BP]	648 Meloetta [BP]
		678 Meowstic [BP]	376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]	150 Mewtwo [BP]	774 Minior [BP]
		517 Munna [BP]	518 Musharna [BP]	800 Necrozma [31, BP]	299 Nosepass [BP]	765 Oranguru [BP]	484 Palkia [BP]
		770 Palossand [BP]	204 Pineco [BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	476 Probopass [1, BP]
		378 Regice [BP]	486 Regigigas [BP]	377 Regirock [BP]	379 Registeel [BP]	579 Reuniclus [BP]	524 Roggenrola [E, BP]
		302 Sableye [BP]	769 Sandygast [BP]	561 Sigilyph [38, BP]	577 Solosis [BP]	338 Solrock [BP]	805 Stakataka [BP]
		234 Stantler [BP]	121 Starmie [BP]	120 Staryu [BP]	788 Tapu Fini [BP]	786 Tapu Lele [BP]	777 Togedemaru [BP]
		040 Wigglytuff [BP]	716 Xerneas [18, BP]	796 Xurkitree [BP]			
Normal	Growl	334 Altaria [1]	698 Amaura [1]	181 Ampharos [1]	531 Audino [1]	699 Aurorus [1]	153 Bayleef [1]
		614 Beartic [1]	606 Beheeyem [1, 4]	400 Bibarel [1]	399 Bidoof [1]	257 Blaziken [1]	242 Blissey [1]
		729 Brionne [1, 4]	418 Buizel [4]	001 Bulbasaur [3]	323 Camerupt [1]	113 Chansey [1]	006 Charizard [1]

Type	Move Name	Pokémon					
Normal	Growl	004 Charmander [1]	005 Charmeleon [1]	441 Chatot [5]	652 Chesnaught [1]	650 Chespin [1]	152 Chikorita [1]
		358 Chimecho [1, 4]	433 Chingling [4]	035 Clefairy [1]	256 Combusken [1]	613 Cubchoo [1]	104 Cubone [1]
		723 Dartrix [1, 4]	724 Decidueye [1, 4]	585 Deerling [4]	087 Dewgong [1, 3]	050 Diglett [4]	085 Dodrio [1]
		084 Doduo [1]	232 Donphan [1]	051 Dugtrio [1, 4]	133 Eevee [1]	605 Elgyem [4]	395 Empoleon [1, 4]
		022 Fearow [1]	180 Flaaffy [1]	662 Fletchinder [1]	661 Fletchling [1]	419 Floatzel [1, 4]	656 Froakie [1]
		657 Frogadier [1]	676 Furfrou [1]	282 Gardevoir [1]	203 Girafarig [1]	431 Glameow [8]	658 Greninja [1]
		163 Hoothoot [1]	727 Incineroar [1, 4]	002 Ivysaur [1, 3]	281 Kirlia [1]	401 Kricketot [1]	402 Kricketune [1]
		131 Lapras [1]	510 Liepard [1, 3]	264 Linoone [1]	725 Litten [4]	271 Lombre [3]	270 Lotad [3]
		272 Ludicolo [1]	179 Mareep [1]	105 Marowak [1]	259 Marshtomp [1]	303 Mawile [1]	154 Meganium [1]
		052 Meowth [1]	241 Miltank [3]	312 Minun [1]	200 Misdreavus [1]	429 Mismagius [1]	258 Mudkip [1]
		804 Naganadel [1]	029 Nidoran♀ [1]	030 Nidorina [1]	164 Noctowl [1]	322 Numel [1]	741 Oricorio [4]
		417 Pachirisu [1]	536 Palpitoad [1]	279 Pelipper [1]	053 Persian [1]	231 Phanpy [1]	519 Pidove [4]
		025 Pikachu [5]	731 Pikipek [3]	393 Piplup [4]	311 Plusle [1]	803 Poipole [1]	077 Ponyta [1]
		728 Popplio [4]	730 Primarina [1, 4]	394 Prinplup [1, 4]	509 Purrloin [3]	432 Purugly [1, 8]	651 Quilladin [1]
		280 Ralts [1]	078 Rapidash [1]	722 Rowlet [4]	586 Sawsbuck [1, 4]	364 Sealeo [1]	086 Seel [3]
		537 Seismitoad [1]	300 Skitty [1]	080 Slowbro [1, 5]	199 Slowking [5]	079 Slowpoke [5]	021 Spearow [1]
		363 Spheal [1]	398 Staraptor [1]	397 Staravia [1]	396 Starly [1]	333 Swablu [1]	260 Swampert [1]
		277 Swellow [1]	276 Taillow [1]	663 Talonflame [1]	175 Togepi [1]	176 Togetic [1]	255 Torchic [1]
		726 Torracat [1, 4]	733 Toucannon [1, 3]	520 Tranquill [1, 4]	732 Trumbeak [1, 3]	535 Tympole [1]	521 Unfezant [1, 4]
		003 Venusaur [1, 3]	320 Wailmer [4]	321 Wailord [1, 4]	365 Walrein [1]	278 Wingull [1]	746 Wishiwashi [1]
		263 Zigzagoon [1]					
Normal	Growth	591 Amoonguss [1, 6]	069 Bellsprout [7]	406 Budew [4]	001 Bulbasaur [25]	331 Cacnea [7]	332 Cacturne [1, 7]
		455 Carnivine [1]	421 Cherrim [1, 7]	420 Cherubi [7]	764 Comfey [13]	546 Cottonee [4]	781 Dhelmise [1]
		753 Fomantis [14]	590 Foongus [6, E]	044 Gloom [1]	673 Gogoat [1]	314 Illumise [E]	002 Ivysaur [28]
		549 Lilligant [1]	754 Lurantis [1, 14]	556 Maractus [6]	755 Morelull [E]	322 Numel [E]	274 Nuzleaf [6]
		043 Oddish [1]	046 Paras [33]	047 Parasect [37]	548 Petilil [4]	708 Phantump [8]	315 Roselia [4]
		273 Seedot [9]	497 Serperior [13]	496 Servine [13]	492 Shaymin [1]	285 Shroomish [29]	672 Skiddo [1]
		495 Snivy [13]	459 Snover [E]	192 Sunflora [1]	191 Sunkern [1]	114 Tangela [20]	465 Tangrowth [20]
		709 Trevenant [1, 8]	357 Tropius [1]	387 Turtwig [E]	003 Venusaur [28]	070 Weepinbell [1, 7]	547 Whimsicott [1]
		413 Wormadam (Plant Cloak) [29]					
Ghost	Grudge	354 Banette [52]	563 Cofagrigus [45]	355 Duskull [E]	092 Gastly [E]	109 Koffing [E]	778 Mimikyu [E]
		200 Misdreavus [50]	708 Phantump [E]	280 Ralts [E]	292 Shedinja [37]	353 Shuppet [46]	442 Spiritomb [E]
		037 Vulpix [44]	562 Yamask [41]				
Psychic	Guard Split	063 Abra [E]	343 Baltoy [34]	606 Beheeyem [56]	703 Carbink [27]	344 Claydol [34]	563 Cofagrigus [33]
		719 Diancie [21]	605 Elgyem [50]	720 Hoopa [29]	380 Latias [46]	793 Nihilego [1]	111 Rhyhorn [E]
		616 Shelmet [E]	410 Shieldon [E]	213 Shuckle [45]	327 Spinda [E]	562 Yamask [33]	
Psychic	Guard Swap	063 Abra [E]	351 Castform [E]	096 Drowzee [E]	605 Elgyem [E]	203 Girafarig [1]	686 Inkay [E]
		303 Mawile [E]	307 Meditite [E]	150 Mewtwo [43]	122 Mr. Mime [1]	177 Natu [47]	616 Shelmet [50]
		227 Skarmory [E]	218 Slugma [E]	564 Tirtouga [E]	197 Umbreon [45]	194 Wooper [E]	178 Xatu [53]
Normal	Guillotine	610 Axew [50]	625 Bisharp [1, 71]	341 Corphish [48]	342 Crawdaunt [54]	632 Durant [1, 51]	611 Fraxure [54]
		207 Gligar [55]	472 Gliscor [1, 55]	612 Haxorus [58]	798 Kartana [73]	099 Kingler [37]	098 Krabby [31]
		624 Pawniard [62]	127 Pinsir [50]	738 Vikavolt [25]			
Poison	Gunk Shot	190 Aipom [BP]	424 Ambipom [BP]	024 Arbok [63, BP]	354 Banette [BP]	390 Chimchar [BP]	573 Cinccino [BP]
		453 Croagunk [BP]	225 Delibird [BP]	660 Diggersby [BP]	232 Donphan [BP]	691 Dragalge [BP]	621 Druddigon [BP]
		023 Ekans [49, BP]	657 Frogadier [BP]	569 Garbodor [54, BP]	649 Genesect [BP]	658 Greninja [BP]	088 Grimer [40, BP]
		316 Gulpin [49, E, BP]	720 Hoopa [BP]	392 Infernape [BP]	510 Liepard [BP]	264 Linoone [BP]	056 Mankey [BP]
		226 Mantine [BP]	747 Mareanie [BP]	052 Meowth [BP]	151 Mew [BP]	572 Minccino [BP]	391 Monferno [BP]
		089 Muk [40, BP]	446 Munchlax [BP]	804 Naganadel [BP]	793 Nihilego [BP]	224 Octillery [1, BP]	417 Pachirisu [BP]
		674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]	766 Passimian [BP]
		504 Patrat [BP]	279 Pelipper [BP]	053 Persian [BP]	231 Phanpy [BP]	731 Pikipek [BP]	803 Poipole [BP]
		057 Primeape [BP]	509 Purrloin [BP]	223 Remoraid [BP]	757 Salandit [BP]	758 Salazzle [BP]	353 Shuppet [E, BP]
		516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	690 Skrelp [BP]	289 Slaking [BP]	287 Slakoth [BP]
		143 Snorlax [BP]	317 Swalot [1, 61, BP]	216 Teddiursa [BP]	733 Toucannon [BP]	748 Toxapex [BP]	454 Toxicroak [BP]
		568 Trubbish [45, BP]	732 Trumbeak [BP]	217 Ursaring [BP]	288 Vigoroth [BP]	505 Watchog [BP]	413 Wormadam (Trash Cloak) [BP]
		263 Zigzagoon [BP]					

Type	Move Name	Pokémon					
Flying	Gust	144 Articuno [1]	267 Beautifly [1, EV]	012 Butterfree [1, EV]	415 Combee [1]	426 Drifblim [1, 8]	425 Drifloon [8]
		580 Ducklett [E]	269 Dustox [1, EV]	083 Farfetch'd [E]	456 Finneon [17]	250 Ho-Oh [9]	249 Lugia [9]
		457 Lumineon [1, 17]	630 Mandibuzz [1]	284 Masquerain [17]	414 Mothim [26]	290 Nincada [E]	714 Noibat [11]
		715 Noivern [11]	018 Pidgeot [1, 9]	017 Pidgeotto [1, 9]	016 Pidgey [9]	519 Pidove [1]	561 Sigilyph [1]
		245 Suicune [22]	528 Swoobat [1, 8]	641 Tornadus [1]	520 Tranquill [1]	328 Trapinch [E]	357 Tropius [1]
		521 Unfezant [1]	049 Venomoth [1, EV]	416 Vespiquen [1]	666 Vivillon [1, EV]	637 Volcarona [1, 20]	629 Vullaby [1]
		547 Whimsicott [10]	278 Wingull [E]	527 Woobat [8]	041 Zubat [E]		
Steel	Gyro Ball (TM74)	681 Aegislash [TM]	683 Aromatisse [TM]	713 Avalugg [TM]	343 Baltoy [TM]	712 Bergmite [TM]	009 Blastoise [TM]
		437 Bronzong [36, TM]	436 Bronzor [35, TM]	794 Buzzwole [TM]	703 Carbink [TM]	797 Celesteela [TM]	652 Chesnaught [TM]
		650 Chespin [TM]	344 Claydol [TM]	555 Darmanitan [TM]	554 Darumaka [TM]	781 Dhelmise [14, TM]	719 Diancie [TM]
		232 Donphan [TM]	680 Doublade [TM]	426 Drifblim [TM]	425 Drifloon [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		101 Electrode [54, TM]	500 Emboar [TM]	597 Ferroseed [21, TM]	598 Ferrothorn [21, TM]	205 Forretress [46, TM]	074 Geodude [TM]
		362 Glalie [TM]	076 Golem [TM]	622 Golett [TM]	623 Golurk [TM]	711 Gourgeist [TM]	075 Graveler [TM]
		799 Guzzlord [TM]	237 Hitmontop [42, TM]	679 Honedge [TM]	039 Jigglypuff [35, TM]	109 Koffing [29, TM]	463 Lickilicky [61, TM]
		337 Lunatone [TM]	219 Magcargo [TM]	801 Magearna [TM]	081 Magnemite [47, TM]	082 Magneton [59, TM]	462 Magnezone [59, TM]
		376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	241 Miltank [41, TM]	774 Minior [TM]	517 Munna [TM]
		518 Musharna [TM]	800 Necrozma [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [20, TM]	766 Passimian [TM]
		499 Pignite [TM]	204 Pineco [42, TM]	710 Pumpkaboo [TM]	651 Quilladin [TM]	211 Qwilfish [TM]	384 Rayquaza [TM]
		579 Reuniclus [TM]	027 Sandshrew [34, TM]	028 Sandslash (Alola Form) [TM]	028 Sandslash ◆ [38, TM]	545 Scolipede [TM]	213 Shuckle [TM]
		791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	682 Spritzee [TM]	007 Squirtle [TM]	805 Stakataka [TM]
		121 Starmie [TM]	120 Staryu [24, TM]	208 Steelix [20, TM]	528 Swoobat [TM]	498 Tepig [TM]	777 Togedemaru [TM]
		324 Torkoal [TM]	157 Typhlosion [1, TM]	543 Venipede [TM]	721 Volcanion [TM]	100 Voltorb [46, TM]	008 Wartortle [TM]
		110 Weezing [29, TM]	544 Whirlipede [TM]	040 Wigglytuff [TM]	527 Woobat [TM]	413 Wormadam (Trash Cloak) [TM]	
Ice	Hail (TM07)	460 Abomasnow [TM]	359 Absol [TM]	594 Alomomola [TM]	698 Amaura [38, TM]	493 Arceus [TM]	144 Articuno [57, TM]
		699 Aurorus [38, TM]	713 Avalugg [TM]	184 Azumarill [TM]	298 Azurill [TM]	339 Barboach [TM]	550 Basculin [TM]
		614 Beartic [53, TM]	712 Bergmite [TM]	009 Blastoise [TM]	242 Blissey [TM]	729 Brionne [TM]	418 Buizel [TM]
		703 Carbink [TM]	318 Carvanha [TM]	351 Castform [20, TM]	113 Chansey [TM]	170 Chinchou [TM]	366 Clamperl [TM]
		091 Cloyster [TM]	341 Corphish [TM]	222 Corsola [TM]	740 Crabominable [TM]	342 Crawdaunt [TM]	159 Croconaw [TM]
		615 Cryogonal [TM]	613 Cubchoo [49, TM]	225 Delibird [TM]	087 Dewgong [65, TM]	502 Dewott [TM]	719 Diancie [TM]
		691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]	147 Dratini [TM]	580 Ducklett [TM]	395 Empoleon [TM]
		349 Feebas [TM]	160 Feraligatr [TM]	456 Finneon [TM]	419 Floatzel [TM]	592 Frillish [TM]	478 Froslass [54, TM]
		423 Gastrodon [TM]	471 Glaceon [37, TM]	362 Glalie [54, TM]	118 Goldeen [TM]	055 Golduck [TM]	768 Golisopod [TM]
		706 Goodra [TM]	368 Gorebyss [TM]	130 Gyarados [TM]	440 Happiny [TM]	116 Horsea [TM]	367 Huntail [TM]
		593 Jellicent [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	098 Krabby [TM]	382 Kyogre [TM]	646 Kyurem [TM]	171 Lanturn [TM]
		131 Lapras [TM]	271 Lombre [TM]	270 Lotad [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]
		370 Luvdisc [TM]	473 Mamoswine [21, TM]	490 Manaphy [TM]	226 Mantine [TM]	458 Mantyke [TM]	747 Mareanie [TM]
		183 Marill [TM]	259 Marshtomp [TM]	151 Mew [TM]	150 Mewtwo [TM]	350 Milotic [TM]	258 Mudkip [TM]
		038 Ninetales (Alola Form) [TM]	138 Omanyte [TM]	139 Omastar [TM]	501 Oshawott [TM]	484 Palkia [TM]	536 Palpitoad [TM]
		515 Panpour [TM]	279 Pelipper [TM]	489 Phione [TM]	221 Piloswine [TM]	393 Piplup [TM]	186 Politoed [TM]
		060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	728 Popplio [TM]	730 Primarina [TM]	394 Prinplup [TM]
		054 Psyduck [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]	211 Qwilfish [TM]	378 Regice [TM]	369 Relicanth [TM]
		503 Samurott [TM]	027 Sandshrew (Alola Form) [42, TM]	028 Sandslash (Alola Form) [TM]	117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [38, TM]
		086 Seel [53, TM]	537 Seismitoad [TM]	319 Sharpedo [TM]	090 Shellder [TM]	422 Shellos [TM]	773 Silvally [TM]
		516 Simipour [TM]	690 Skrelp [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	238 Smoochum [TM]
		215 Sneasel [TM]	361 Snorunt [50, TM]	459 Snover [TM]	363 Spheal [36, TM]	007 Squirtle [TM]	121 Starmie [TM]
		120 Staryu [TM]	245 Suicune [TM]	260 Swampert [TM]	581 Swanna [TM]	220 Swinub [TM]	072 Tentacool [TM]
		073 Tentacruel [TM]	158 Totodile [TM]	748 Toxapex [TM]	535 Tympole [TM]	772 Type: Null [TM]	583 Vanillish [42, TM]
		582 Vanillite [40, TM]	584 Vanilluxe [42, TM]	134 Vaporeon [TM]	037 Vulpix (Alola Form) [TM]	320 Wailmer [TM]	321 Wailord [TM]
		365 Walrein [38, TM]	008 Wartortle [TM]	461 Weavile [TM]	340 Whiscash [TM]	767 Wimpod [TM]	278 Wingull [TM]
		746 Wishiwashi [TM]	194 Wooper [TM]	716 Xerneas [TM]			
Fighting	Hammer Arm	760 Bewear [36]	794 Buzzwole [47]	652 Chesnaught [1, 72]	534 Conkeldurr [45]	408 Cranidos [E]	555 Darmanitan [1, EV]
		554 Darumaka [E]	660 Diggersby [1, 60]	239 Elekid [E]	500 Emboar [1]	074 Geodude ◆ [E]	622 Golett [55]
		623 Golurk [61]	383 Groudon [80]	533 Gurdurr [45]	799 Guzzlord [43]	115 Kangaskhan [E]	645 Landorus [1, 73]
		108 Lickitung [E]	376 Metagross [1, EV]	241 Miltank [E]	675 Pangoro [1, 70]	378 Regice [49]	377 Regirock [49]

Type	Move Name	Pokémon					
Fighting	Hammer Arm	379 Registeel [49]	112 Rhydon [1, EV]	464 Rhyperior [1]	289 Slaking [1, 61]	287 Slakoth [E]	759 Stufful [32]
		185 Sudowoodo [50]	260 Swampert [1, 63]	642 Thundurus [1, 73]	532 Timburr [40]	641 Tornadus [1, 73]	217 Ursaring [1, 67]
		293 Whismur [E]					
Normal	Harden	306 Aggron [1]	347 Anorith [1]	348 Armaldo [1]	304 Aron [1]	713 Avalugg [1]	610 Axew [E]
		343 Baltoy [1]	712 Bergmite [1]	525 Boldore [1, 4]	438 Bonsly [E]	794 Buzzwole [1]	703 Carbink [1]
		268 Cascoon [1, EV]	797 Celesteela [1]	344 Claydol [1]	341 Corphish [5]	222 Corsola [1]	342 Crawdaunt [1, 5]
		719 Diancie [1]	597 Ferroseed [1]	598 Ferrothorn [1]	423 Gastrodon [1, 4]	526 Gigalith [1, 4]	207 Gligar [7]
		472 Gliscor [1, 7]	088 Grimer [4]	736 Grubbin [E]	214 Heracross [E]	140 Kabuto [1]	141 Kabutops [1]
		014 Kakuna [1, EV]	099 Kingler [11]	098 Krabby [11]	305 Lairon [1]	636 Larvesta [E]	337 Lunatone [1]
		219 Magcargo [13]	011 Metapod [1, EV]	089 Muk [1, 4]	290 Nincada [1]	291 Ninjask [1]	299 Nosepass [4]
		274 Nuzleaf [3]	095 Onix [1]	770 Palossand [1]	127 Pinsir [11]	771 Pyukumuku [1]	211 Qwilfish [9]
		369 Relicanth [1]	524 Roggenrola [4]	769 Sandygast [1]	273 Seedot [3]	292 Shedinja [1]	422 Shellos [4]
		266 Silcoon [1, EV]	218 Slugma [13]	338 Solrock [1]	665 Spewpa [1]	120 Staryu [1]	208 Steelix [1]
		185 Sudowoodo [E]	583 Vanillish [1, 4]	582 Vanillite [4]	584 Vanilluxe [1, 4]	767 Wimpod [E]	413 Wormadam (Sandy Cloak) [29]
Ice	Haze	698 Amaura [E]	024 Arbok [51]	563 Cofagrigus [1, 9]	169 Crobat [40]	615 Cryogonal [9]	491 Darkrai [57]
		084 Doduo [E]	147 Dratini [E]	425 Drifloon [E]	355 Duskull [E]	023 Ekans [41]	349 Feebas [E]
		092 Gastly [E]	042 Golbat [40]	118 Goldeen [E]	658 Greninja [1, 70]	088 Grimer ◆ [E]	430 Honchkrow [1]
		109 Koffing [26]	098 Krabby [E]	607 Litwick [E]	226 Mantine [E]	458 Mantyke [E]	747 Mareanie [E]
		198 Murkrow [11]	177 Natu [E]	138 Omanyte [E]	060 Poliwag [E]	195 Quagsire [48]	211 Qwilfish [E]
		223 Remoraid [E]	722 Rowlet [E]	336 Seviper [34]	690 Skrelp [E]	007 Squirtle [E]	434 Stunky [E]
		283 Surskit [25]	333 Swablu [E]	788 Tapu Fini [1]	072 Tentacool [E]	568 Trubbish [E]	134 Vaporeon [33]
		721 Volcanion [11]	110 Weezing [26]	194 Wooper [43]	562 Yamask [9]	041 Zubat [35]	718 Zygarde [44]
Normal	Head Charge	626 Bouffalant [31]					
Rock	Head Smash	681 Aegislash [1]	566 Archen [E]	304 Aron [E]	550 Basculin [46, E]	222 Corsola [E]	408 Cranidos [46]
		633 Deino [E]	500 Emboar [50]	032 Nidoran♂ [E]	793 Nihilego [73]	231 Phanpy [E]	499 Pignite [44]
		409 Rampardos [58]	369 Relicanth [1, 56]	560 Scrafty [65]	559 Scraggy [50]	185 Sudowoodo [54]	498 Tepig [37]
		776 Turtonator [E]	697 Tyrantrum [1, 58]				
Normal	Headbutt	306 Aggron [1, 7]	304 Aron [7]	371 Bagon [17]	550 Basculin [5]	606 Beheeyem [18]	400 Bibarel [13]
		399 Bidoof [13]	525 Boldore [1, 10]	438 Bonsly [E]	626 Bouffalant [E]	286 Breloom [15]	418 Buizel [E]
		351 Castform [15]	408 Cranidos [1]	453 Croagunk [E]	104 Cubone [11]	555 Darmanitan [14]	554 Darumaka [14]
		585 Deerling [E]	633 Deino [12]	087 Dewgong [1]	050 Diglett [E]	096 Drowzee [13]	206 Dunsparce [E]
		603 Eelektrik [1]	604 Eelektross [1]	309 Electrike [E]	605 Elgyem [18]	589 Escavalier [20]	676 Furfrou [12]
		526 Gigalith [1, 10]	362 Glalie [28]	210 Granbull [19]	783 Hakamo-o [25]	635 Hydreigon [12]	097 Hypno [13]
		782 Jangmo-o [25]	588 Karrablast [20]	784 Kommo-o [25]	305 Lairon [1, 7]	264 Linoone [11]	667 Litleo [11]
		226 Mantine [16]	458 Mantyke [16]	105 Marowak ◆ [1, 11]	793 Nihilego [19]	624 Pawniard [E]	668 Pyroar [11]
		409 Rampardos [1]	524 Roggenrola [10]	373 Salamence [17]	560 Scrafty [1]	559 Scraggy [1]	086 Seel [1]
		372 Shelgon [17]	410 Shieldon [E]	285 Shroomish [15]	080 Slowbro [23]	199 Slowking [23]	079 Slowpoke [23]
		361 Snorunt [28]	209 Snubbull [19]	185 Sudowoodo [E]	357 Tropius [E]	494 Victini [17]	263 Zigzagoon [11]
		634 Zweilous [12]					
Normal	Heal Bell	334 Altaria [BP]	181 Ampharos [BP]	683 Aromatisse [BP]	531 Audino [E, BP]	242 Blissey [BP]	427 Buneary [BP]
		251 Celebi [1, BP]	113 Chansey [E, BP]	358 Chimecho [27, BP]	170 Chinchou [BP]	433 Chingling [BP]	036 Clefable [BP]
		035 Clefairy [BP]	764 Comfey [BP]	301 Delcatty [BP]	719 Diancie [BP]	133 Eevee [BP]	196 Espeon [BP]
		677 Espurr [BP]	180 Flaaffy [BP]	669 Flabébé [BP]	136 Flareon [BP]	670 Floette [BP]	671 Florges [BP]
		282 Gardevoir [BP]	471 Glaceon [BP]	574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	210 Granbull [BP]
		326 Grumpig [BP]	440 Happiny [E, BP]	174 Igglybuff [BP]	039 Jigglypuff [BP]	135 Jolteon [BP]	124 Jynx [BP]
		402 Kricketune [BP]	171 Lanturn [BP]	131 Lapras [BP]	470 Leafeon [BP]	542 Leavanny [BP]	549 Lilligant [BP]
		428 Lopunny [BP]	801 Magearna [BP]	490 Manaphy [BP]	179 Mareep [BP]	648 Meloetta [BP]	678 Meowstic [BP]
		151 Mew [BP]	241 Miltank [48, BP]	200 Misdreavus [BP]	429 Mismagius [BP]	517 Munna [BP]	518 Musharna [BP]
		038 Ninetales (Alola Form) [BP]	548 Petilil [BP]	489 Phione [BP]	300 Skitty [37, BP]	685 Slurpuff [BP]	238 Smoochum [BP]
		209 Snubbull [E, BP]	325 Spoink [BP]	682 Spritzee [BP]	333 Swablu [BP]	684 Swirlix [BP]	700 Sylveon [BP]
		468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]	197 Umbreon [BP]	480 Uxie [BP]	134 Vaporeon [BP]
		037 Vulpix (Alola Form) [BP]	040 Wigglytuff [BP]				
Psychic	Heal Block	343 Baltoy [10]	606 Beheeyem [1, 8]	437 Bronzong [52]	436 Bronzor [45]	251 Celebi [55]	344 Claydol [10]
		578 Duosion [50]	605 Elgyem [8]	574 Gothita [33]	576 Gothitelle [34]	575 Gothorita [34]	707 Klefki [50]
		381 Latios [1]	337 Lunatone [33]	579 Reuniclus [54]	292 Shedinja [41]	773 Silvally [1]	577 Solosis [46]
		338 Solrock [33]	642 Thundurus [25]	772 Type: Null [85]	562 Yamask [E]		
Bug	Heal Order	416 Vespiquen [29]					

Type	Move Name	Pokémon					
Psychic	**Heal Pulse**	594 Alomomola [17]	683 Aromatisse [1]	531 Audino [37]	242 Blissey [39]	113 Chansey [39]	420 Cherubi [E]
		152 Chikorita [E]	358 Chimecho [47]	693 Clawitzer [1]	173 Cleffa [E]	475 Gallade [19]	282 Gardevoir [19]
		574 Gothita [E]	174 Igglybuff [E]	281 Kirlia [19]	380 Latias [16]	381 Latios [16]	448 Lucario [51]
		370 Luvdisc [E]	280 Ralts [19]	080 Slowbro [1, 68]	199 Slowking [1, 58]	079 Slowpoke [58]	788 Tapu Fini [1]
		716 Xerneas [1]					
Psychic	**Healing Wish**	594 Alomomola [1, 57]	531 Audino [E]	242 Blissey [57]	427 Buneary [63]	251 Celebi [73]	113 Chansey [57]
		420 Cherubi [E]	358 Chimecho [1, 57]	035 Clefairy [55]	282 Gardevoir [1]	385 Jirachi [50]	380 Latias [1, 61]
		428 Lopunny [1, 63]	481 Mesprit [1, 76]	439 Mime Jr. [E]	517 Munna [E]	548 Petilil [E]	492 Shaymin (Land Forme) [91]
Psychic	**Heart Stamp**	124 Jynx [21]	370 Luvdisc [22]	241 Miltank [E]	238 Smoochum [21]	528 Swoobat [15]	527 Woobat [15]
Psychic	**Heart Swap**	801 Magearna [89]	490 Manaphy [76]				
Fire	**Heat Crash**	500 Emboar [31]	499 Pignite [31]	498 Tepig [27]			
Fire	**Heat Wave**	142 Aerodactyl [BP]	334 Altaria [BP]	059 Arcanine [BP]	493 Arceus [BP]	566 Archen [BP]	567 Archeops [BP]
		806 Blacephalon [BP]	257 Blaziken [BP]	654 Braixen [BP]	628 Braviary [BP]	323 Camerupt [BP]	609 Chandelure [BP]
		006 Charizard [1, 71, BP]	004 Charmander [BP]	005 Charmeleon [BP]	441 Chatot [BP]	390 Chimchar [E, BP]	256 Combusken [BP]
		169 Crobat [BP]	155 Cyndaquil [BP]	555 Darmanitan [BP]	554 Darumaka [BP]	655 Delphox [BP]	149 Dragonite [BP]
		780 Drampa [BP]	621 Druddigon [BP]	500 Emboar [BP]	244 Entei [BP]	083 Farfetch'd [BP]	022 Fearow [BP]
		653 Fennekin [E, BP]	136 Flareon [BP]	662 Fletchinder [BP]	661 Fletchling [BP]	330 Flygon [BP]	042 Golbat [BP]
		058 Growlithe [41, E, BP]	799 Guzzlord [BP]	631 Heatmor [E, BP]	485 Heatran [1, 81, BP]	430 Honchkrow [BP]	250 Ho-Oh [BP]
		163 Hoothoot [BP]	229 Houndoom [BP]	228 Houndour [BP]	635 Hydreigon [BP]	727 Incineroar [BP]	392 Infernape [BP]
		608 Lampent [BP]	636 Larvesta [BP]	667 Litleo [BP]	725 Litten [E, BP]	607 Litwick [E, BP]	792 Lunala [BP]
		240 Magby [BP]	219 Magcargo [BP]	126 Magmar [BP]	467 Magmortar [BP]	630 Mandibuzz [BP]	105 Marowak (Alola Form) [BP]
		151 Mew [BP]	146 Moltres [64, BP]	391 Monferno [BP]	198 Murkrow [BP]	804 Naganadel [BP]	177 Natu [BP]
		800 Necrozma [BP]	038 Ninetales ◆ [BP]	164 Noctowl [BP]	714 Noibat [BP]	715 Noivern [BP]	322 Numel [E, BP]
		513 Pansear [E, BP]	018 Pidgeot [BP]	017 Pidgeotto [BP]	016 Pidgey [BP]	519 Pidove [BP]	499 Pignite [BP]
		731 Pikipek [BP]	077 Ponyta [BP]	668 Pyroar [BP]	156 Quilava [BP]	078 Rapidash [BP]	643 Reshiram [BP]
		627 Rufflet [BP]	373 Salamence [BP]	757 Salandit [BP]	758 Salazzle [BP]	561 Sigilyph [BP]	773 Silvally [BP]
		514 Simisear [BP]	218 Slugma [E, BP]	338 Solrock [BP]	021 Spearow [BP]	398 Staraptor [BP]	397 Staravia [BP]
		396 Starly [BP]	333 Swablu [BP]	277 Swellow [BP]	528 Swoobat [BP]	276 Taillow [BP]	663 Talonflame [BP]
		498 Tepig [BP]	468 Togekiss [BP]	176 Togetic [BP]	255 Torchic [BP]	324 Torkoal [45, BP]	641 Tornadus [BP]
		726 Torracat [BP]	733 Toucannon [BP]	520 Tranquill [BP]	732 Trumbeak [BP]	776 Turtonator [BP]	157 Typhlosion [BP]
		521 Unfezant [BP]	329 Vibrava [BP]	494 Victini [BP]	721 Volcanion [BP]	637 Volcarona [1, 60, BP]	629 Vullaby [BP]
		037 Vulpix ◆ [E, BP]	527 Woobat [BP]	178 Xatu [BP]	717 Yveltal [BP]	145 Zapdos [BP]	041 Zubat [BP]
Steel	**Heavy Slam**	306 Aggron [57]	304 Aron [46]	411 Bastiodon [58]	437 Bronzong [58]	436 Bronzor [49]	797 Celesteela [67]
		781 Dhelmise [50]	205 Forretress [1, 64]	076 Golem [1, 60]	623 Golurk [1, EV]	799 Guzzlord [59]	297 Hariyama [54]
		305 Lairon [51]	066 Machop [E]	296 Makuhita [46]	749 Mudbray [31]	750 Mudsdale [34]	322 Numel [E]
		095 Onix [E]	231 Phanpy [E]	486 Regigigas [1, 90]	524 Roggenrola [E]	410 Shieldon [46]	143 Snorlax [50]
		498 Tepig [E]	387 Turtwig [E]	320 Wailmer [53]	321 Wailord [1, 65]		
Normal	**Helping Hand**	594 Alomomola [1, 53, BP]	059 Arcanine [BP]	683 Aromatisse [BP]	531 Audino [1, BP]	482 Azelf [BP]	184 Azumarill [16, BP]
		298 Azurill [16, BP]	689 Barbaracle [BP]	688 Binacle [E, BP]	257 Blaziken [BP]	242 Blissey [BP]	438 Bonsly [BP]
		761 Bounsweet [BP]	286 Breloom [BP]	729 Brionne [BP]	418 Buizel [E, BP]	427 Buneary [BP]	251 Celebi [BP]
		113 Chansey [E, BP]	421 Cherrim [13, BP]	420 Cherubi [13, BP]	652 Chesnaught [BP]	650 Chespin [BP]	390 Chimchar [E, BP]
		358 Chimecho [BP]	433 Chingling [BP]	573 Cinccino [1, BP]	692 Clauncher [E, BP]	693 Clawitzer [BP]	036 Clefable [BP]
		035 Clefairy [BP]	173 Cleffa [BP]	638 Cobalion [13, BP]	256 Combusken [BP]	764 Comfey [1, BP]	534 Conkeldurr [BP]
		546 Cottonee [31, BP]	488 Cresselia [BP]	453 Croagunk [BP]	742 Cutiefly [BP]	702 Dedenne [E, BP]	301 Delcatty [BP]
		502 Dewott [BP]	781 Dhelmise [BP]	719 Diancie [BP]	780 Drampa [BP]	578 Duosion [BP]	133 Eevee [1, BP]
		125 Electabuzz [BP]	466 Electivire [BP]	239 Elekid [BP]	500 Emboar [BP]	587 Emolga [BP]	196 Espeon [1, BP]
		677 Espurr [BP]	083 Farfetch'd [BP]	669 Flabébé [BP]	136 Flareon [1, BP]	419 Floatzel [BP]	670 Floette [BP]
		671 Florges [BP]	676 Furfrou [BP]	162 Furret [17, BP]	475 Gallade [35, BP]	282 Gardevoir [BP]	471 Glaceon [1, BP]
		574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	058 Growlithe [12, BP]	533 Gurdurr [BP]	440 Happiny [E, BP]
		297 Hariyama [BP]	701 Hawlucha [BP]	214 Heracross [BP]	507 Herdier [12, BP]	107 Hitmonchan [BP]	106 Hitmonlee [BP]
		237 Hitmontop [BP]	187 Hoppip [E, BP]	174 Igglybuff [BP]	314 Illumise [36, BP]	392 Infernape [BP]	039 Jigglypuff [BP]
		385 Jirachi [15, BP]	135 Jolteon [1, BP]	189 Jumpluff [BP]	124 Jynx [BP]	115 Kangaskhan [BP]	647 Keldeo [25, BP]
		281 Kirlia [BP]	380 Latias [1, BP]	381 Latios [1, BP]	470 Leafeon [1, BP]	542 Leavanny [32, BP]	549 Lilligant [BP]
		506 Lillipup [12, BP]	264 Linoone [BP]	667 Litleo [BP]	428 Lopunny [BP]	448 Lucario [BP]	337 Lunatone [BP]

Type	Move Name	Pokémon					
Normal	Helping Hand	404 Luxio [BP]	405 Luxray [BP]	068 Machamp [BP]	067 Machoke [BP]	066 Machop [BP]	240 Magby [BP]
		801 Magearna [1, BP]	126 Magmar [BP]	467 Magmortar [BP]	296 Makuhita [E, BP]	490 Manaphy [BP]	056 Mankey [BP]
		226 Mantine [BP]	458 Mantyke [BP]	556 Maractus [BP]	183 Marill [16, BP]	308 Medicham [BP]	307 Meditite [BP]
		648 Meloetta [BP]	678 Meowstic (Female) [BP]	678 Meowstic (Male) [1, BP]	481 Mesprit [BP]	151 Mew [BP]	619 Mienfoo [BP]
		620 Mienshao [BP]	241 Miltank [E, BP]	439 Mime Jr. [BP]	572 Minccino [7, BP]	312 Minun [4, BP]	391 Monferno [BP]
		122 Mr. Mime [BP]	517 Munna [E, BP]	518 Musharna [BP]	804 Naganadel [1, BP]	034 Nidoking [BP]	031 Nidoqueen [BP]
		029 Nidoran♀ [25, BP]	032 Nidoran♂ [25, BP]	030 Nidorina [28, BP]	033 Nidorino [28, BP]	741 Oricorio [10, BP]	501 Oshawott [BP]
		417 Pachirisu [BP]	674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]
		504 Patrat [BP]	548 Petilil [31, BP]	489 Phione [BP]	172 Pichu [BP]	499 Pignite [BP]	025 Pikachu [BP]
		311 Plusle [4, BP]	803 Poipole [1, BP]	186 Politoed [BP]	060 Poliwag [BP]	061 Poliwhirl [BP]	062 Poliwrath [BP]
		728 Popplio [BP]	730 Primarina [BP]	057 Primeape [BP]	668 Pyroar [BP]	771 Pyukumuku [5, BP]	651 Quilladin [BP]
		026 Raichu [BP]	280 Ralts [BP]	579 Reuniclus [BP]	743 Ribombee [BP]	447 Riolu [BP]	757 Salandit [BP]
		758 Salazzle [BP]	503 Samurott [BP]	539 Sawk [BP]	161 Sentret [16, BP]	403 Shinx [E, BP]	285 Shroomish [E, BP]
		213 Shuckle [E, BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	188 Skiploom [BP]	300 Skitty [E, BP]
		685 Slurpuff [BP]	238 Smoochum [BP]	577 Solosis [E, BP]	338 Solrock [BP]	327 Spinda [BP]	682 Spritzee [BP]
		762 Steenee [BP]	508 Stoutland [12, BP]	185 Sudowoodo [BP]	192 Sunflora [BP]	191 Sunkern [E, BP]	684 Swirlix [BP]
		528 Swoobat [BP]	700 Sylveon [1, BP]	128 Tauros [BP]	498 Tepig [BP]	639 Terrakion [13, BP]	538 Throh [BP]
		532 Timburr [BP]	777 Togedemaru [BP]	255 Torchic [BP]	454 Toxicroak [BP]	763 Tsareena [BP]	236 Tyrogue [1, E, BP]
		197 Umbreon [1, BP]	480 Uxie [BP]	134 Vaporeon [1, BP]	494 Victini [BP]	640 Virizion [13, BP]	313 Volbeat [36, BP]
		505 Watchog [BP]	547 Whimsicott [BP]	040 Wigglytuff [BP]	746 Wishiwashi [6, BP]	527 Woobat [E, BP]	263 Zigzagoon [E, BP]
Ghost	Hex	359 Absol [E]	354 Banette [22]	351 Castform [E]	609 Chandelure [1]	563 Cofagrigus [17]	426 Drifblim [27]
		425 Drifloon [27]	206 Dunsparce [E]	356 Dusclops [40]	477 Dusknoir [40]	355 Duskull [38]	592 Frillish [43]
		092 Gastly [43]	094 Gengar [55]	487 Giratina [50]	093 Haunter [55]	593 Jellicent [45]	608 Lampent [28]
		607 Litwick [28]	105 Marowak (Alola Form) [17]	200 Misdreavus [23]	479 Rotom [50]	353 Shuppet [22]	361 Snorunt [E]
		072 Tentacool [40]	073 Tentacruel [44]	037 Vulpix (Alola Form) [26]	037 Vulpix ◆ [26, E]	562 Yamask [17]	
Normal	Hidden Power (TM10)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [22, TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	412 Burmy [20, TM]	012 Butterfree [TM]	794 Buzzwole [TM]
		331 Cacnea [TM]	332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]
		318 Carvanha [TM]	351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]
		006 Charizard [TM]	737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]
		420 Cherubi [TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]
		170 Chinchou [TM]	433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]
		344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]
		563 Cofagrigus [TM]	256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]
		546 Cottonee [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]
		488 Cresselia [TM]	453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]
		613 Cubchoo [TM]	104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]
		723 Dartrix [TM]	554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]
		301 Delcatty [TM]	225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]
		751 Dewpider [TM]	781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]
		085 Dodrio [TM]	084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]
		149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]
		529 Drilbur [TM]	096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]
		578 Duosion [14, TM]	632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]
		557 Dwebble [TM]	603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]

Type	Move Name	Pokémon					
Normal	**Hidden Power (TM10)**	466 Electivire [TM]	309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [22, TM]	500 Emboar [TM]
		587 Emolga [TM]	395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]
		530 Excadrill [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]
		349 Feebas [TM]	653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]
		180 Flaaffy [TM]	669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]
		670 Floette [TM]	671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]
		611 Fraxure [TM]	592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]
		162 Furret [TM]	444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]
		282 Gardevoir [TM]	092 Gastly [TM]	423 Gastrodon [16, TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]
		443 Gible [TM]	526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]
		431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]
		118 Goldeen [TM]	055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]
		706 Goodra [TM]	704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		711 Gourgeist [TM]	210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]
		383 Groudon [TM]	253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]
		735 Gumshoos [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]
		297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]
		695 Heliolisk [TM]	694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]
		107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]
		720 Hoopa [TM]	163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]
		367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]
		392 Infernape [TM]	686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]
		385 Jirachi [TM]	135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]
		141 Kabutops [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]
		647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]
		599 Klink [TM]	601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]
		402 Kricketune [TM]	552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]
		608 Lampent [TM]	645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]
		380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]
		463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]
		264 Linoone [TM]	667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]
		270 Lotad [TM]	294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]
		792 Lunala [TM]	337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]
		745 Lycanroc [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]
		801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]
		296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]
		056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]
		183 Marill [TM]	105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]
		308 Medicham [20, TM]	307 Meditite [20, TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]
		481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]
		572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]
		391 Monferno [TM]	755 Morelull [TM]	414 Mothim [20, TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]
		750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]
		804 Naganadel [TM]	177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]
		032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]
		291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]
		274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]
		765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]
		536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]
		046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]
		053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]
		172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]
		025 Pikachu [TM]	731 Pikipek [TM]	221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]
		311 Plusle [TM]	803 Poipole [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]
		077 Ponyta [TM]	261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]
		730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]
		247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	195 Quagsire [TM]	156 Quilava [TM]

Type	Move Name	Pokémon					
Normal	Hidden Power (TM10)	651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]
		078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]
		377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [14, TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]
		524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]
		302 Sableye [TM]	373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]
		027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]
		212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]
		119 Seaking [TM]	364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]
		497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]
		292 Shedinja [TM]	372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [16, TM]	616 Shelmet [TM]	410 Shieldon [TM]
		275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]
		561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]
		289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [1, TM]	079 Slowpoke [TM]
		218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]
		361 Snorunt [TM]	459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [14, TM]	338 Solrock [TM]
		021 Spearow [TM]	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]
		682 Spritzee [TM]	007 Squirtle [TM]	805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]
		396 Starly [TM]	121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]
		759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]
		191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]
		581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]
		276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]
		785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]
		498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]
		777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]
		641 Tornadus [TM]	726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]
		454 Toxicroak [TM]	520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]
		568 Trubbish [TM]	732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]
		772 Type: Null [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]
		197 Umbreon [TM]	521 Unfezant [TM]	201 Unown [1, TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]
		582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]
		003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]
		738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]
		637 Volcarona [TM]	100 Voltorb [TM]	629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]
		365 Walrein [TM]	008 Wartortle [TM]	505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]
		547 Whimsicott [TM]	544 Whirlipede [TM]	340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]
		278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [20, TM]	178 Xatu [TM]
		716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]
		717 Yveltal [TM]	335 Zangoose [TM]	145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]
		571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]	
Ground	High Horsepower	623 Golurk [1]	749 Mudbray [24]	750 Mudsdale [24]	231 Phanpy [E]	077 Ponyta [E]	143 Snorlax [57]
Fighting	High Jump Kick	257 Blaziken [1]	701 Hawlucha [44]	106 Hitmonlee [29]	428 Lopunny [66]	308 Medicham [28]	307 Meditite [28]
		619 Mienfoo [50]	620 Mienshao [56]	795 Pheromosa [67]	447 Riolu [E]	560 Scrafty [31]	559 Scraggy [31]
		763 Tsareena [49]	236 Tyrogue [E]				
Dark	Hone Claws	689 Barbaracle [32]	688 Binacle [32]	628 Braviary [14]	452 Drapion [30]	529 Drilbur [22]	621 Druddigon [5]
		530 Excadrill [22]	431 Glameow [48]	701 Hawlucha [1]	631 Heatmor [1]	510 Liepard [26]	778 Mimikyu [41]
		509 Purrloin [24]	432 Purugly [60]	627 Rufflet [14]	027 Sandshrew [E]	451 Skorupi [30]	215 Sneasel [25]
		461 Weavile [25]	335 Zangoose [15]	571 Zoroark [1, 9]			
Normal	Horn Attack	626 Bouffalant [16]	232 Donphan [1]	118 Goldeen [8]	214 Heracross [1]	588 Karrablast [E]	032 Nidoran♂ [21]
		033 Nidorino [23]	112 Rhydon [1]	111 Rhyhorn [1]	464 Rhyperior [1]	119 Seaking [8]	787 Tapu Bulu [8]
		128 Tauros [8]					
Normal	Horn Drill	530 Excadrill [1, EV]	118 Goldeen [37]	131 Lapras [E]	032 Nidoran♂ [45]	033 Nidorino [58]	077 Ponyta [E]
		112 Rhydon [1, 62]	111 Rhyhorn [53]	464 Rhyperior [1, 62]	119 Seaking [40]	086 Seel [E]	697 Tyrantrum [53]
		696 Tyrunt [49]					

Type	Move Name	Pokémon					
Grass	Horn Leech	673 Gogoat [47]	708 Phantump [54]	586 Sawsbuck [1, EV]	672 Skiddo [42]	787 Tapu Bulu [32]	709 Trevenant [1, 54]
		716 Xerneas [55]					
Normal	Howl	654 Braixen [11]	155 Cyndaquil [E]	655 Delphox [1, 11]	309 Electrike [7]	295 Exploud [1, 11]	653 Fennekin [11]
		058 Growlithe [E]	229 Houndoom [1, 4]	228 Houndour [4]	506 Lillipup [E]	294 Loudred [1, 11]	745 Lycanroc [12]
		310 Manectric [1, 7]	262 Mightyena [1, 4]	322 Numel [E]	261 Poochyena [4]	744 Rockruff [12]	403 Shinx [E]
		037 Vulpix [E]	293 Whismur [11]				
Flying	Hurricane	144 Articuno [92]	351 Castform [45]	149 Dragonite [1, 81]	780 Drampa [E]	580 Ducklett [46]	130 Gyarados [48]
		163 Hoothoot [E]	146 Moltres [92]	714 Noibat [58]	715 Noivern [1, 62]	741 Oricorio [50]	279 Pelipper [1, 55]
		018 Pidgeot [1, 68]	017 Pidgeotto [62]	016 Pidgey [53]	275 Shiftry [32]	581 Swanna [55]	276 Taillow [E]
		641 Tornadus [1, 61]	666 Vivillon [50]	637 Volcarona [1, 90]	547 Whimsicott [46]	278 Wingull [43]	717 Yveltal [1]
Water	Hydro Cannon	009 Blastoise [T]	395 Empoleon [T]	160 Feraligatr [T]	658 Greninja [T]	730 Primarina [T]	503 Samurott [T]
		260 Swampert [T]					
Water	Hydro Pump	594 Alomomola [1, 65]	184 Azumarill [55]	371 Bagon [E]	339 Barboach [E]	009 Blastoise [60]	729 Brionne [51]
		418 Buizel [45]	565 Carracosta [61]	318 Carvanha [E]	351 Castform [35]	170 Chinchou [45]	091 Cloyster [1]
		159 Croconaw [60]	502 Dewott [53]	691 Dragalge [42]	395 Empoleon [59]	160 Feraligatr [76]	419 Floatzel [57]
		592 Frillish [49]	656 Froakie [48]	657 Frogadier [56]	118 Goldeen [E]	055 Golduck [46]	368 Gorebyss [50]
		658 Greninja [68]	130 Gyarados [42]	116 Horsea [52]	367 Huntail [50]	593 Jellicent [53]	647 Keldeo [67]
		230 Kingdra [1, 60]	382 Kyogre [75]	171 Lanturn [51]	131 Lapras [47]	271 Lombre [44]	249 Lugia [37]
		370 Luvdisc [46]	226 Mantine [49, E]	458 Mantyke [49, E]	183 Marill [47]	350 Milotic [44]	258 Mudkip [41]
		224 Octillery [52]	138 Omanyte [55]	139 Omastar [1, 75]	501 Oshawott [43]	484 Palkia [50]	536 Palpitoad [47]
		515 Panpour [E]	279 Pelipper [1, 50]	393 Piplup [43, E]	060 Poliwag [38]	061 Poliwhirl [48]	728 Popplio [43]
		730 Primarina [55]	394 Prinplup [50]	054 Psyduck [40]	211 Qwilfish [1, 57]	369 Relicanth [46]	223 Remoraid [42]
		479 Rotom (Wash Rotom) [*]	503 Samurott [63]	117 Seadra [1, 60]	537 Seismitoad [53]	090 Shellder [61]	690 Skrelp [42]
		007 Squirtle [40]	121 Starmie [1]	120 Staryu [53]	245 Suicune [71]	283 Surskit [E]	788 Tapu Fini [58]
		072 Tentacool [46]	073 Tentacruel [52]	564 Tirtouga [50]	158 Totodile [50, E]	535 Tympole [42]	134 Vaporeon [45]
		721 Volcanion [50]	320 Wailmer [49]	321 Wailord [58]	008 Wartortle [49]	746 Wishiwashi [54]	
Normal	Hyper Beam (TM15)	460 Abomasnow [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [65, TM]	306 Aggron [TM]
		065 Alakazam [TM]	334 Altaria [TM]	698 Amaura [57, TM]	424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]
		024 Arbok [TM]	059 Arcanine [TM]	493 Arceus [80, TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [63, TM]	713 Avalugg [TM]	482 Azelf [TM]
		184 Azumarill [TM]	354 Banette [TM]	689 Barbaracle [TM]	411 Bastiodon [TM]	614 Beartic [TM]	267 Beautifly [TM]
		015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	760 Bewear [TM]	400 Bibarel [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	628 Braviary [TM]	286 Breloom [TM]
		437 Bronzong [TM]	012 Butterfree [TM]	332 Cacturne [TM]	323 Camerupt [TM]	455 Carnivine [TM]	565 Carracosta [TM]
		251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]	421 Cherrim [TM]
		652 Chesnaught [TM]	573 Cinccino [TM]	693 Clawitzer [TM]	344 Claydol [1, EV, TM]	036 Clefable [TM]	091 Cloyster [TM]
		638 Cobalion [TM]	563 Cofagrigus [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	346 Cradily [TM]	342 Crawdaunt [TM]
		488 Cresselia [TM]	169 Crobat [TM]	558 Crustle [TM]	615 Cryogonal [TM]	491 Darkrai [TM]	555 Darmanitan [TM]
		301 Delcatty [TM]	655 Delphox [TM]	386 Deoxys (Normal Forme) [73, TM]	386 Deoxys (Attack Forme) [73, TM]	386 Deoxys (Defense Forme) [TM]	386 Deoxys (Speed Forme) [TM]
		087 Dewgong [TM]	781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	085 Dodrio [TM]
		232 Donphan [TM]	691 Dragalge [TM]	148 Dragonair [75, TM]	149 Dragonite [75, TM]	780 Drampa [TM]	452 Drapion [TM]
		147 Dratini [61, TM]	426 Drifblim [TM]	621 Druddigon [TM]	051 Dugtrio [TM]	356 Dusclops [TM]	477 Dusknoir [TM]
		269 Dustox [TM]	604 Eelektross [TM]	125 Electabuzz [TM]	466 Electivire [TM]	101 Electrode [TM]	500 Emboar [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	530 Excadrill [TM]	103 Exeggutor [TM]
		295 Exploud [64, TM]	022 Fearow [TM]	160 Feraligatr [TM]	598 Ferrothorn [TM]	136 Flareon [TM]	419 Floatzel [TM]
		671 Florges [TM]	330 Flygon [43, TM]	205 Forretress [TM]	478 Froslass [TM]	162 Furret [TM]	475 Gallade [TM]
		596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	423 Gastrodon [TM]	649 Genesect [73, TM]
		094 Gengar [TM]	526 Gigalith [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	472 Gliscor [TM]
		673 Gogoat [TM]	042 Golbat [TM]	055 Golduck [TM]	076 Golem [TM]	623 Golurk [TM]	706 Goodra [TM]
		368 Gorebyss [TM]	576 Gothitelle [TM]	711 Gourgeist [TM]	210 Granbull [TM]	658 Greninja [TM]	383 Groudon [TM]
		326 Grumpig [TM]	799 Guzzlord [TM]	130 Gyarados [54, TM]	297 Hariyama [TM]	612 Haxorus [TM]	485 Heatran [TM]
		695 Heliolisk [TM]	214 Heracross [TM]	450 Hippowdon [TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		229 Houndoom [TM]	367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [TM]	727 Incineroar [TM]	392 Infernape [TM]
		593 Jellicent [TM]	385 Jirachi [TM]	135 Jolteon [TM]	189 Jumpluff [TM]	124 Jynx [TM]	141 Kabutops [TM]
		115 Kangaskhan [TM]	647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]	600 Klang [64, TM]	707 Klefki [TM]
		599 Klink [57, TM]	601 Klinklang [72, TM]	784 Kommo-o [TM]	402 Kricketune [TM]	553 Krookodile [TM]	382 Kyogre [TM]
		646 Kyurem [TM]	645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	246 Larvitar [55, TM]	380 Latias [TM]

*When Rotom becomes Wash Rotom, it learns the move Hydro Pump. It forgets the move when it changes back to Rotom.

Type	Move Name	Pokémon					
Normal	Hyper Beam (TM15)	381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		510 Liepard [TM]	549 Lilligant [TM]	264 Linoone [TM]	428 Lopunny [TM]	448 Lucario [TM]	272 Ludicolo [TM]
		249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [73, TM]	337 Lunatone [TM]	754 Lurantis [TM]	405 Luxray [TM]
		068 Machamp [TM]	219 Magcargo [TM]	801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [62, TM]	082 Magneton [TM]
		462 Magnezone [TM]	687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]
		226 Mantine [TM]	105 Marowak [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	154 Meganium [TM]
		648 Meloetta [TM]	678 Meowstic [TM]	481 Mesprit [TM]	376 Metagross [60, TM]	375 Metang [50, TM]	151 Mew [TM]
		150 Mewtwo [TM]	620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [TM]	241 Miltank [TM]	778 Mimikyu [TM]
		774 Minior [TM]	429 Mismagius [TM]	146 Moltres [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	089 Muk [TM]
		518 Musharna [TM]	804 Naganadel [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	038 Ninetales [TM]
		291 Ninjask [TM]	164 Noctowl [TM]	715 Noivern [TM]	274 Nuzleaf [TM]	224 Octillery [58, TM]	139 Omastar [TM]
		484 Palkia [TM]	675 Pangoro [TM]	047 Parasect [TM]	766 Passimian [TM]	279 Pelipper [TM]	053 Persian [TM]
		795 Pheromosa [TM]	018 Pidgeot [TM]	221 Piloswine [TM]	127 Pinsir [TM]	186 Politoed [TM]	062 Poliwrath [TM]
		137 Porygon [TM]	233 Porygon2 [67, TM]	474 Porygon-Z [67, TM]	057 Primeape [TM]	476 Probopass [TM]	247 Pupitar [67, TM]
		432 Purugly [TM]	668 Pyroar [1, TM]	195 Quagsire [TM]	026 Raichu [TM]	243 Raikou [TM]	409 Rampardos [TM]
		078 Rapidash [TM]	020 Raticate [TM]	384 Rayquaza [90, TM]	378 Regice [67, TM]	486 Regigigas [TM]	377 Regirock [67, TM]
		379 Registeel [67, TM]	369 Relicanth [TM]	223 Remoraid [46, TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]
		464 Rhyperior [TM]	407 Roserade [TM]	373 Salamence [TM]	503 Samurott [TM]	028 Sandslash [TM]	586 Sawsbuck [TM]
		254 Sceptile [TM]	212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [TM]	123 Scyther [TM]	117 Seadra [TM]
		119 Seaking [TM]	537 Seismitoad [TM]	497 Serperior [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]
		275 Shiftry [TM]	561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]
		435 Skuntank [TM]	289 Slaking [TM]	080 Slowbro [TM]	199 Slowking [TM]	685 Slurpuff [TM]	143 Snorlax [TM]
		791 Solgaleo [TM]	338 Solrock [TM]	442 Spiritomb [TM]	398 Staraptor [TM]	121 Starmie [TM]	208 Steelix [TM]
		508 Stoutland [TM]	245 Suicune [TM]	192 Sunflora [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]
		277 Swellow [TM]	528 Swoobat [TM]	700 Sylveon [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]
		787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [TM]	073 Tentacruel [TM]
		639 Terrakion [TM]	642 Thundurus [TM]	468 Togekiss [TM]	176 Togetic [TM]	324 Torkoal [TM]	641 Tornadus [TM]
		389 Torterra [TM]	454 Toxicroak [TM]	328 Trapinch [43, TM]	709 Trevenant [TM]	357 Tropius [TM]	776 Turtonator [TM]
		157 Typhlosion [TM]	248 Tyranitar [73, TM]	697 Tyrantrum [TM]	197 Umbreon [TM]	521 Unfezant [TM]	217 Ursaring [TM]
		480 Uxie [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]	049 Venomoth [TM]	003 Venusaur [TM]	416 Vespiquen [TM]
		329 Vibrava [43, TM]	494 Victini [TM]	071 Victreebel [TM]	738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]
		666 Vivillon [TM]	721 Volcanion [TM]	637 Volcarona [TM]	321 Wailord [TM]	365 Walrein [TM]	505 Watchog [TM]
		461 Weavile [TM]	110 Weezing [TM]	547 Whimsicott [TM]	340 Whiscash [TM]	040 Wigglytuff [TM]	413 Wormadam [TM]
		178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	469 Yanmega [TM]	717 Yveltal [88, TM]	145 Zapdos [TM]
		523 Zebstrika [TM]	644 Zekrom [TM]	571 Zoroark [TM]	718 Zygarde [TM]		
Normal	Hyper Fang	400 Bibarel [18]	399 Bidoof [17]	735 Gumshoos [43]	417 Pachirisu [49]	504 Patrat [31]	020 Raticate [16]
		019 Rattata [16]	505 Watchog [36]	734 Yungoos [37]			
Normal	Hyper Voice	334 Altaria [BP]	698 Amaura [BP]	493 Arceus [30, BP]	531 Audino [1, 53, BP]	699 Aurorus [BP]	184 Azumarill [BP]
		298 Azurill [BP]	371 Bagon [BP]	242 Blissey [BP]	729 Brionne [37, BP]	427 Buneary [BP]	113 Chansey [BP]
		441 Chatot [1, 57, BP]	358 Chimecho [BP]	433 Chingling [BP]	573 Cinccino [BP]	036 Clefable [BP]	035 Clefairy [BP]
		173 Cleffa [BP]	633 Deino [58, BP]	301 Delcatty [BP]	483 Dialga [BP]	232 Donphan [BP]	780 Drampa [49, BP]
		133 Eevee [BP]	196 Espeon [BP]	295 Exploud [47, BP]	136 Flareon [BP]	676 Furfrou [BP]	162 Furret [56, BP]
		475 Gallade [BP]	282 Gardevoir [BP]	203 Girafarig [BP]	487 Giratina [BP]	471 Glaceon [BP]	431 Glameow [BP]
		210 Granbull [BP]	440 Happiny [BP]	695 Heliolisk [BP]	507 Herdier [BP]	250 Ho-Oh [BP]	163 Hoothoot [BP]
		229 Houndoom [BP]	228 Houndour [BP]	635 Hydreigon [1, 68, BP]	174 Igglybuff [BP]	039 Jigglypuff [41, BP]	135 Jolteon [BP]
		124 Jynx [BP]	281 Kirlia [BP]	784 Kommo-o [BP]	402 Kricketune [BP]	646 Kyurem [92, BP]	131 Lapras [BP]
		470 Leafeon [BP]	510 Liepard [BP]	506 Lillipup [BP]	264 Linoone [BP]	667 Litleo [43, BP]	271 Lombre [BP]
		428 Lopunny [BP]	294 Loudred [45, BP]	272 Ludicolo [BP]	249 Lugia [BP]	745 Lycanroc [BP]	556 Maractus [BP]
		183 Marill [BP]	648 Meloetta [64, BP]	052 Meowth [BP]	151 Mew [BP]	262 Mightyena [BP]	572 Minccino [43, BP]
		200 Misdreavus [BP]	429 Mismagius [BP]	446 Munchlax [BP]	800 Necrozma [BP]	164 Noctowl [BP]	714 Noibat [BP]
		715 Noivern [BP]	484 Palkia [BP]	536 Palpitoad [51, BP]	674 Pancham [BP]	675 Pangoro [BP]	053 Persian [BP]
		231 Phanpy [BP]	731 Pikipek [37, BP]	186 Politoed [48, BP]	261 Poochyena [BP]	728 Popplio [32, BP]	730 Primarina [38, BP]
		509 Purrloin [BP]	432 Purugly [BP]	668 Pyroar [48, BP]	280 Ralts [BP]	384 Rayquaza [75, BP]	643 Reshiram [92, BP]
		744 Rockruff [BP]	373 Salamence [BP]	537 Seismitoad [59, BP]	161 Sentret [47, BP]	372 Shelgon [BP]	773 Silvally [BP]
		300 Skitty [BP]	143 Snorlax [BP]	209 Snubbull [BP]	791 Solgaleo [BP]	327 Spinda [BP]	508 Stoutland [BP]
		333 Swablu [E, BP]	700 Sylveon [BP]	785 Tapu Koko [BP]	216 Teddiursa [BP]	468 Togekiss [BP]	175 Togepi [BP]
		176 Togetic [BP]	733 Toucannon [50, BP]	732 Trumbeak [45, BP]	776 Turtonator [BP]	535 Tympole [45, BP]	697 Tyrantrum [BP]

Type	Move Name	Pokémon					
Normal	Hyper Voice	696 Tyrunt [BP]	197 Umbreon [BP]	217 Ursaring [BP]	134 Vaporeon [BP]	320 Wailmer [BP]	321 Wailord [BP]
		293 Whismur [39, BP]	040 Wigglytuff [BP]	716 Xerneas [BP]	717 Yveltal [BP]	644 Zekrom [92, BP]	263 Zigzagoon [BP]
		571 Zoroark [BP]	570 Zorua [BP]	634 Zweilous [64, BP]	718 Zygarde [BP]		
Dark	Hyperspace Fury	720 Hoopa Unbound [1, 85]					
Psychic	Hyperspace Hole	720 Hoopa Confined [1, 85]					
Psychic	Hypnosis	437 Bronzong [1, 5]	436 Bronzor [5]	358 Chimecho [E]	433 Chingling [E]	491 Darkrai [20]	425 Drifloon [E]
		096 Drowzee [1]	102 Exeggcute [1]	103 Exeggutor [1]	349 Feebas [E]	653 Fennekin [E]	282 Gardevoir [49]
		092 Gastly [1]	094 Gengar [1]	431 Glameow [13]	093 Haunter [1]	163 Hoothoot [4]	097 Hypno [1]
		686 Inkay [18]	281 Kirlia [44]	792 Lunala [1]	337 Lunatone [5]	687 Malamar [18]	052 Meowth [E]
		439 Mime Jr. [E]	122 Mr. Mime [E]	517 Munna [19]	518 Musharna [1]	164 Noctowl [1, 4]	770 Palossand [27]
		504 Patrat [18]	519 Pidove [E]	186 Politoed [1]	060 Poliwag [8]	061 Poliwhirl [1, 8]	062 Poliwrath [1]
		077 Ponyta [E]	054 Psyduck [E]	432 Purugly [13]	280 Ralts [37]	769 Sandygast [27]	561 Sigilyph [4]
		327 Spinda [19]	442 Spiritomb [13]	234 Stantler [10]	037 Vulpix [E]	505 Watchog [18]	796 Xurkitree [43]
		193 Yanma [38]	041 Zubat [E]				
Ice	Ice Ball	713 Avalugg [30]	712 Bergmite [30]	225 Delibird [E]	258 Mudkip [E]	060 Poliwag [E]	027 Sandshrew (Alola Form) [7]
		028 Sandslash (Alola Form) [1]	364 Sealeo [13]	363 Spheal [13]	365 Walrein [13]		
Ice	Ice Beam (TM13)	460 Abomasnow [TM]	359 Absol [TM]	306 Aggron [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [50, TM]
		752 Araquanid [TM]	493 Arceus [TM]	144 Articuno [71, TM]	531 Audino [TM]	699 Aurorus [56, TM]	713 Avalugg [TM]
		184 Azumarill [TM]	298 Azurill [TM]	343 Baltoy [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]
		411 Bastiodon [TM]	614 Beartic [TM]	712 Bergmite [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]
		009 Blastoise [TM]	242 Blissey [TM]	729 Brionne [TM]	779 Bruxish [TM]	418 Buizel [TM]	427 Buneary [TM]
		565 Carracosta [TM]	318 Carvanha [TM]	351 Castform [TM]	113 Chansey [TM]	170 Chinchou [TM]	366 Clamperl [TM]
		692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	091 Cloyster [TM]
		341 Corphish [TM]	222 Corsola [TM]	740 Crabominable [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		159 Croconaw [TM]	615 Cryogonal [25, TM]	613 Cubchoo [TM]	104 Cubone [TM]	491 Darkrai [TM]	301 Delcatty [TM]
		225 Delibird [TM]	386 Deoxys [TM]	087 Dewgong [55, TM]	502 Dewott [TM]	751 Dewpider [TM]	483 Dialga [TM]
		148 Dragonair [TM]	149 Dragonite [TM]	780 Drampa [TM]	147 Dratini [TM]	580 Ducklett [TM]	206 Dunsparce [TM]
		356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	395 Empoleon [TM]	295 Exploud [TM]	349 Feebas [TM]
		160 Feraligatr [TM]	456 Finneon [TM]	419 Floatzel [TM]	592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]
		478 Froslass [TM]	162 Furret [TM]	423 Gastrodon [TM]	649 Genesect [TM]	471 Glaceon [TM]	362 Glalie [TM]
		118 Goldeen [TM]	055 Golduck [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		368 Gorebyss [TM]	658 Greninja [TM]	316 Gulpin [TM]	130 Gyarados [TM]	116 Horsea [TM]	367 Huntail [TM]
		593 Jellicent [TM]	039 Jigglypuff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]
		352 Kecleon [TM]	230 Kingdra [TM]	099 Kingler [TM]	098 Krabby [TM]	382 Kyogre [35, TM]	646 Kyurem [22, TM]
		171 Lanturn [TM]	131 Lapras [32, TM]	380 Latias [TM]	381 Latios [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		264 Linoone [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [TM]	272 Ludicolo [TM]
		249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]	337 Lunatone [TM]	370 Luvdisc [TM]	801 Magearna [TM]
		473 Mamoswine [TM]	490 Manaphy [TM]	226 Mantine [TM]	458 Mantyke [TM]	747 Mareanie [TM]	183 Marill [TM]
		105 Marowak [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	481 Mesprit [TM]	151 Mew [TM]
		150 Mewtwo [TM]	350 Milotic [TM]	241 Miltank [TM]	258 Mudkip [TM]	446 Munchlax [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	038 Ninetales (Alola Form) [1, TM]
		224 Octillery [40, TM]	138 Omanyte [TM]	139 Omastar [TM]	501 Oshawott [TM]	484 Palkia [TM]	515 Panpour [TM]
		279 Pelipper [TM]	795 Pheromosa [TM]	489 Phione [TM]	221 Piloswine [TM]	393 Piplup [TM]	186 Politoed [TM]
		060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]
		474 Porygon-Z [TM]	730 Primarina [TM]	394 Prinplup [TM]	054 Psyduck [TM]	195 Quagsire [TM]	211 Qwilfish [TM]
		409 Rampardos [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [43, TM]	369 Relicanth [TM]
		223 Remoraid [34, TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	503 Samurott [TM]	117 Seadra [TM]
		119 Seaking [TM]	364 Sealeo [TM]	086 Seel [47, TM]	161 Sentret [TM]	319 Sharpedo [TM]	090 Shellder [52, TM]
		422 Shellos [TM]	410 Shieldon [TM]	561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	300 Skitty [TM]
		289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]
		238 Smoochum [TM]	215 Sneasel [TM]	143 Snorlax [TM]	361 Snorunt [TM]	459 Snover [TM]	363 Spheal [TM]
		007 Squirtle [TM]	121 Starmie [TM]	120 Staryu [TM]	245 Suicune [TM]	283 Surskit [TM]	333 Swablu [TM]
		317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]	220 Swinub [TM]	788 Tapu Fini [TM]	128 Tauros [TM]
		072 Tentacool [TM]	073 Tentacruel [TM]	564 Tirtouga [TM]	158 Totodile [TM]	748 Toxapex [TM]	248 Tyranitar [TM]
		583 Vanillish [36, TM]	582 Vanillite [35, TM]	584 Vanilluxe [36, TM]	134 Vaporeon [TM]	288 Vigoroth [TM]	037 Vulpix (Alola Form) [36, TM]

Type	Move Name	Pokémon					
Ice	**Ice Beam (TM13)**	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]	461 Weavile [TM]	340 Whiscash [TM]
		293 Whismur [TM]	040 Wigglytuff [TM]	278 Wingull [TM]	746 Wishiwashi [TM]	194 Wooper [TM]	335 Zangoose [TM]
		263 Zigzagoon [TM]					
Ice	**Ice Burn**	646 White Kyurem [50]					
Ice	**Ice Fang**	142 Aerodactyl [1]	024 Arbok [1]	713 Avalugg [26]	712 Bergmite [26]	779 Bruxish [E]	318 Carvanha [25]
		159 Croconaw [21]	633 Deino [E]	452 Drapion [1]	309 Electrike [E]	295 Exploud [1]	160 Feraligatr [21]
		419 Floatzel [1]	471 Glaceon [20]	362 Glalie [23]	472 Gliscor [1]	210 Granbull [1]	130 Gyarados [27]
		450 Hippowdon [1]	367 Huntail [16]	506 Lillipup [E]	473 Mamoswine [24]	303 Mawile [E]	262 Mightyena [1]
		221 Piloswine [24]	261 Poochyena [E]	111 Rhyhorn [E]	319 Sharpedo [25]	403 Shinx [E]	773 Silvally [1]
		361 Snorunt [23]	209 Snubbull [1, E]	208 Steelix [1]	508 Stoutland [1]	245 Suicune [50]	158 Totodile [20]
		248 Tyranitar [1]	696 Tyrunt [E]	365 Walrein [1, EV]	734 Yungoos [E]		
Ice	**Ice Hammer**	740 Crabominable [37]					
Ice	**Ice Punch**	460 Abomasnow [1, BP]	063 Abra [E, BP]	306 Aggron [BP]	190 Aipom [BP]	065 Alakazam [BP]	424 Ambipom [BP]
		531 Audino [BP]	482 Azelf [BP]	184 Azumarill [BP]	614 Beartic [BP]	760 Bewear [BP]	009 Blastoise [BP]
		242 Blissey [BP]	418 Buizel [BP]	427 Buneary [E, BP]	794 Buzzwole [1, BP]	113 Chansey [BP]	036 Clefable [BP]
		035 Clefairy [BP]	534 Conkeldurr [BP]	740 Crabominable [1, EV, BP]	739 Crabrawler [BP]	453 Croagunk [BP]	159 Croconaw [BP]
		613 Cubchoo [E, BP]	225 Delibird [E, BP]	386 Deoxys (Normal Forme) [BP]	386 Deoxys (Speed Forme) [BP]	660 Diggersby [BP]	149 Dragonite [BP]
		096 Drowzee [E, BP]	356 Dusclops [1, BP]	477 Dusknoir [1, BP]	125 Electabuzz [BP]	466 Electivire [BP]	239 Elekid [E, BP]
		295 Exploud [BP]	160 Feraligatr [BP]	419 Floatzel [BP]	657 Frogadier [BP]	478 Froslass [BP]	162 Furret [BP]
		475 Gallade [BP]	282 Gardevoir [BP]	092 Gastly [E, BP]	094 Gengar [BP]	055 Golduck [BP]	622 Golett [BP]
		623 Golurk [BP]	210 Granbull [BP]	658 Greninja [BP]	088 Grimer [BP]	326 Grumpig [BP]	316 Gulpin [BP]
		735 Gumshoos [BP]	533 Gurdurr [BP]	297 Hariyama [BP]	093 Haunter [BP]	107 Hitmonchan [36, BP]	720 Hoopa [BP]
		097 Hypno [BP]	314 Illumise [BP]	039 Jigglypuff [BP]	385 Jirachi [BP]	124 Jynx [18, BP]	064 Kadabra [BP]
		115 Kangaskhan [BP]	352 Kecleon [BP]	281 Kirlia [BP]	784 Kommo-o [BP]	166 Ledian [BP]	165 Ledyba [BP]
		463 Lickilicky [BP]	108 Lickitung [BP]	271 Lombre [BP]	428 Lopunny [BP]	294 Loudred [BP]	448 Lucario [BP]
		272 Ludicolo [BP]	068 Machamp [BP]	067 Machoke [BP]	066 Machop [E, BP]	296 Makuhita [BP]	056 Mankey [BP]
		183 Marill [BP]	802 Marshadow [1, BP]	259 Marshtomp [BP]	303 Mawile [BP]	308 Medicham [1, BP]	307 Meditite [E, BP]
		648 Meloetta [BP]	481 Mesprit [BP]	376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]	150 Mewtwo [BP]
		241 Miltank [BP]	122 Mr. Mime [BP]	089 Muk [BP]	446 Munchlax [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]
		299 Nosepass [BP]	674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]	186 Politoed [BP]	061 Poliwhirl [BP]
		062 Poliwrath [BP]	057 Primeape [BP]	476 Probopass [BP]	054 Psyduck [BP]	195 Quagsire [BP]	280 Ralts [BP]
		378 Regice [BP]	486 Regigigas [1, BP]	377 Regirock [BP]	379 Registeel [BP]	579 Reuniclus [BP]	112 Rhydon [BP]
		464 Rhyperior [BP]	447 Riolu [BP]	302 Sableye [BP]	027 Sandshrew (Alola Form) [BP]	028 Sandslash (Alola Form) [BP]	539 Sawk [BP]
		560 Scrafty [BP]	559 Scraggy [E, BP]	537 Seismitoad [BP]	161 Sentret [BP]	516 Simipour [BP]	289 Slaking [BP]
		287 Slakoth [BP]	080 Slowbro [BP]	199 Slowking [BP]	238 Smoochum [E, BP]	215 Sneasel [E, BP]	143 Snorlax [BP]
		459 Snover [BP]	209 Snubbull [BP]	327 Spinda [BP]	007 Squirtle [BP]	759 Stufful [E, BP]	185 Sudowoodo [BP]
		317 Swalot [BP]	260 Swampert [BP]	788 Tapu Fini [BP]	216 Teddiursa [BP]	538 Throh [BP]	532 Timburr [BP]
		158 Totodile [E, BP]	454 Toxicroak [BP]	248 Tyranitar [BP]	217 Ursaring [BP]	480 Uxie [BP]	288 Vigoroth [BP]
		313 Volbeat [BP]	008 Wartortle [BP]	505 Watchog [BP]	461 Weavile [BP]	293 Whismur [BP]	040 Wigglytuff [BP]
		194 Wooper [BP]	335 Zangoose [BP]				
Ice	**Ice Shard**	460 Abomasnow [26]	144 Articuno [15]	615 Cryogonal [1]	225 Delibird [E]	087 Dewgong [17]	478 Froslass [1, 10]
		471 Glaceon [25]	362 Glalie [1, 10]	131 Lapras [10]	038 Ninetales (Alola Form) [1]	231 Phanpy [E]	086 Seel [17]
		090 Shellder [28]	215 Sneasel [47, E]	361 Snorunt [10]	459 Snover [26]	220 Swinub [24]	582 Vanillite [E]
		037 Vulpix (Alola Form) [10]					
Ice	**Icicle Crash**	614 Beartic [1, EV]	091 Cloyster [50]	027 Sandshrew (Alola Form) [E]	028 Sandslash (Alola Form) [1]	215 Sneasel [E]	220 Swinub [E]
Ice	**Icicle Spear**	222 Corsola [E]	027 Sandshrew (Alola Form) [E]	028 Sandslash (Alola Form) [1, EV]	086 Seel [E]	090 Shellder [13, E]	220 Swinub [E]
		583 Vanillish [1]	582 Vanillite [1]	584 Vanilluxe [1]			
Ice	**Icy Wind**	460 Abomasnow [1, 9, BP]	359 Absol [BP]	306 Aggron [BP]	594 Alomomola [BP]	698 Amaura [13, BP]	752 Araquanid [BP]
		493 Arceus [BP]	144 Articuno [BP]	531 Audino [BP]	699 Aurorus [13, BP]	713 Avalugg [10, BP]	184 Azumarill [BP]
		298 Azurill [BP]	354 Banette [BP]	689 Barbaracle [BP]	339 Barboach [BP]	550 Basculin [BP]	614 Beartic [1, 13, BP]
		712 Bergmite [10, BP]	400 Bibarel [BP]	399 Bidoof [BP]	688 Binacle [BP]	009 Blastoise [BP]	242 Blissey [BP]
		729 Brionne [16, BP]	418 Buizel [BP]	565 Carracosta [BP]	318 Carvanha [BP]	351 Castform [BP]	113 Chansey [BP]

Type	Move Name	Pokémon					
Ice	Icy Wind	358 Chimecho [BP]	170 Chinchou [BP]	433 Chingling [BP]	366 Clamperl [BP]	692 Clauncher [BP]	693 Clawitzer [BP]
		036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	091 Cloyster [BP]	341 Corphish [BP]	222 Corsola [BP]
		740 Crabominable [BP]	342 Crawdaunt [BP]	488 Cresselia [BP]	453 Croagunk [BP]	159 Croconaw [BP]	615 Cryogonal [5, BP]
		613 Cubchoo [13, BP]	104 Cubone [BP]	491 Darkrai [BP]	301 Delcatty [BP]	225 Delibird [E, BP]	386 Deoxys (Normal Forme) [BP]
		087 Dewgong [1, 11, BP]	502 Dewott [BP]	751 Dewpider [BP]	691 Dragalge [BP]	148 Dragonair [BP]	149 Dragonite [BP]
		780 Drampa [BP]	147 Dratini [BP]	426 Drifblim [BP]	425 Drifloon [BP]	580 Ducklett [BP]	356 Dusclops [BP]
		477 Dusknoir [BP]	355 Duskull [BP]	395 Empoleon [BP]	295 Exploud [BP]	349 Feebas [BP]	160 Feraligatr [BP]
		456 Finneon [BP]	419 Floatzel [BP]	592 Frillish [BP]	656 Froakie [BP]	657 Frogadier [BP]	478 Froslass [14, BP]
		282 Gardevoir [BP]	092 Gastly [BP]	423 Gastrodon [BP]	094 Gengar [BP]	487 Giratina [BP]	471 Glaceon [1, EV, BP]
		362 Glalie [14, BP]	118 Goldeen [BP]	055 Golduck [BP]	622 Golett [BP]	768 Golisopod [BP]	623 Golurk [BP]
		368 Gorebyss [BP]	658 Greninja [BP]	326 Grumpig [BP]	130 Gyarados [BP]	440 Happiny [BP]	093 Haunter [BP]
		430 Honchkrow [BP]	116 Horsea [BP]	367 Huntail [BP]	174 Igglybuff [BP]	593 Jellicent [BP]	039 Jigglypuff [BP]
		385 Jirachi [BP]	124 Jynx [BP]	140 Kabuto [E, BP]	141 Kabutops [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]
		647 Keldeo [BP]	230 Kingdra [BP]	099 Kingler [BP]	281 Kirlia [BP]	098 Krabby [BP]	382 Kyogre [BP]
		646 Kyurem [1, BP]	171 Lanturn [BP]	131 Lapras [BP]	380 Latias [BP]	381 Latios [BP]	463 Lickilicky [BP]
		108 Lickitung [BP]	264 Linoone [BP]	271 Lombre [BP]	270 Lotad [BP]	294 Loudred [BP]	272 Ludicolo [BP]
		249 Lugia [BP]	457 Lumineon [BP]	792 Lunala [BP]	337 Lunatone [BP]	370 Luvdisc [BP]	473 Mamoswine [BP]
		490 Manaphy [BP]	226 Mantine [BP]	458 Mantyke [BP]	747 Mareanie [BP]	183 Marill [BP]	105 Marowak [BP]
		259 Marshtomp [BP]	284 Masquerain [BP]	303 Mawile [BP]	052 Meowth [BP]	376 Metagross [BP]	375 Metang [BP]
		151 Mew [BP]	150 Mewtwo [BP]	350 Milotic [BP]	241 Miltank [BP]	439 Mime Jr. [E, BP]	200 Misdreavus [BP]
		429 Mismagius [BP]	122 Mr. Mime [E, BP]	258 Mudkip [BP]	446 Munchlax [BP]	198 Murkrow [BP]	034 Nidoking [BP]
		031 Nidoqueen [BP]	038 Ninetales (Alola Form) [BP]	224 Octillery [BP]	138 Omanyte [BP]	139 Omastar [BP]	741 Oricorio [BP]
		501 Oshawott [BP]	536 Palpitoad [BP]	515 Panpour [BP]	279 Pelipper [BP]	053 Persian [BP]	795 Pheromosa [BP]
		489 Phione [BP]	221 Piloswine [21, BP]	393 Piplup [E, BP]	186 Politoed [BP]	060 Poliwag [BP]	061 Poliwhirl [BP]
		062 Poliwrath [BP]	728 Popplio [16, BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	730 Primarina [16, BP]
		394 Prinplup [BP]	054 Psyduck [BP]	195 Quagsire [BP]	211 Qwilfish [BP]	280 Ralts [BP]	020 Raticate [BP]
		019 Rattata [BP]	384 Rayquaza [BP]	378 Regice [1, 7, BP]	486 Regigigas [BP]	369 Relicanth [BP]	223 Remoraid [BP]
		112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]	302 Sableye [BP]	503 Samurott [BP]	027 Sandshrew (Alola Form) [BP]
		028 Sandslash (Alola Form) [BP]	117 Seadra [BP]	119 Seaking [BP]	364 Sealeo [BP]	086 Seel [11, BP]	537 Seismitoad [BP]
		319 Sharpedo [BP]	090 Shellder [BP]	422 Shellos [BP]	275 Shiftry [BP]	353 Shuppet [BP]	561 Sigilyph [BP]
		773 Silvally [BP]	516 Simipour [BP]	227 Skarmory [BP]	300 Skitty [BP]	690 Skrelp [BP]	289 Slaking [BP]
		287 Slakoth [BP]	080 Slowbro [BP]	199 Slowking [BP]	079 Slowpoke [BP]	238 Smoochum [BP]	215 Sneasel [14, BP]
		143 Snorlax [BP]	361 Snorunt [14, BP]	459 Snover [9, BP]	363 Spheal [BP]	327 Spinda [E, BP]	442 Spiritomb [BP]
		325 Spoink [BP]	007 Squirtle [BP]	121 Starmie [BP]	120 Staryu [BP]	245 Suicune [BP]	283 Surskit [BP]
		260 Swampert [BP]	581 Swanna [BP]	220 Swinub [21, BP]	788 Tapu Fini [BP]	128 Tauros [BP]	072 Tentacool [BP]
		073 Tentacruel [BP]	564 Tirtouga [BP]	641 Tornadus [BP]	158 Totodile [BP]	748 Toxapex [BP]	454 Toxicroak [BP]
		535 Tympole [BP]	772 Type: Null [BP]	583 Vanillish [13, BP]	582 Vanillite [13, BP]	584 Vanilluxe [13, BP]	134 Vaporeon [BP]
		288 Vigoroth [BP]	037 Vulpix (Alola Form) [15, BP]	320 Wailmer [BP]	321 Wailord [BP]	365 Walrein [BP]	008 Wartortle [BP]
		461 Weavile [14, BP]	340 Whiscash [BP]	293 Whismur [BP]	040 Wigglytuff [BP]	278 Wingull [BP]	194 Wooper [BP]
		335 Zangoose [BP]	263 Zigzagoon [BP]				
Psychic	Imprison	482 Azelf [6]	343 Baltoy [43]	606 Beheeyem [25]	437 Bronzong [1, 9]	436 Bronzor [9]	344 Claydol [52]
		355 Duskull [E]	605 Elgyem [25]	282 Gardevoir [35]	088 Grimer [E]	281 Kirlia [33]	707 Klefki [36]
		646 Kyurem [8]	608 Lampent [24]	645 Landorus [1]	607 Litwick [24]	678 Meowstic (Male) [45]	481 Mesprit [6]
		200 Misdreavus [E]	517 Munna [13]	038 Ninetales [1]	708 Phantump [E]	280 Ralts [29]	643 Reshiram [8]
		302 Sableye [E]	353 Shuppet [E]	773 Silvally [1]	577 Solosis [E]	442 Spiritomb [E]	234 Stantler [49]
		528 Swoobat [19]	772 Type: Null [15]	480 Uxie [6]	582 Vanillite [E]	037 Vulpix [39]	527 Woobat [19]
		562 Yamask [E]	644 Zekrom [8]	571 Zoroark [1, 59]	570 Zorua [53]		
Fire	Incinerate	555 Darmanitan [1, 6]	554 Darumaka [6]	631 Heatmor [1]	667 Litleo [46]	219 Magcargo [15]	513 Pansear [10]
		668 Pyroar [51]	218 Slugma [15]	776 Turtonator [13]	494 Victini [1]		
Fire	Inferno	006 Charizard [62]	004 Charmander [46]	005 Charmeleon [54]	155 Cyndaquil [46]	631 Heatmor [66]	229 Houndoom [1, 65]
		228 Houndour [56]	608 Lampent [38]	607 Litwick [38]	077 Ponyta [33]	156 Quilava [53]	078 Rapidash [33]
		218 Slugma [E]	324 Torkoal [50]	157 Typhlosion [56]	494 Victini [57]	037 Vulpix ◆ [50]	

Type	Move Name	Pokémon					
Bug	Infestation (TM83)	617 Accelgor [TM]	752 Araquanid [1, 5, TM]	024 Arbok [TM]	168 Ariados [8, TM]	354 Banette [TM]	689 Barbaracle [TM]
		267 Beautifly [TM]	015 Beedrill [TM]	182 Bellossom [TM]	069 Bellsprout [TM]	688 Binacle [TM]	012 Butterfree [TM]
		455 Carnivine [TM]	563 Cofagrigus [TM]	346 Cradily [TM]	742 Cutiefly [TM]	751 Dewpider [5, TM]	452 Drapion [TM]
		578 Duosion [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	023 Ekans [TM]
		589 Escavalier [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	596 Galvantula [TM]	569 Garbodor [TM]	092 Gastly [TM]
		423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	044 Gloom [TM]	706 Goodra [TM]	704 Goomy [TM]
		368 Gorebyss [TM]	088 Grimer [TM]	316 Gulpin [TM]	093 Haunter [TM]	187 Hoppip [TM]	367 Huntail [TM]
		314 Illumise [50, TM]	595 Joltik [TM]	189 Jumpluff [TM]	588 Karrablast [TM]	109 Koffing [TM]	402 Kricketune [TM]
		166 Ledian [TM]	165 Ledyba [TM]	345 Lileep [TM]	219 Magcargo [TM]	747 Mareanie [TM]	284 Masquerain [TM]
		151 Mew [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	089 Muk [TM]
		043 Oddish [TM]	770 Palossand [TM]	536 Palpitoad [TM]	675 Pangoro [TM]	195 Quagsire [TM]	579 Reuniclus [TM]
		743 Ribombee [TM]	769 Sandygast [TM]	545 Scolipede [TM]	537 Seismitoad [TM]	336 Seviper [TM]	422 Shellos [TM]
		616 Shelmet [TM]	213 Shuckle [TM]	188 Skiploom [TM]	451 Skorupi [TM]	705 Sliggoo [TM]	218 Slugma [TM]
		577 Solosis [TM]	167 Spinarak [8, TM]	442 Spiritomb [TM]	805 Stakataka [TM]	618 Stunfisk [TM]	283 Surskit [TM]
		317 Swalot [TM]	114 Tangela [TM]	465 Tangrowth [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	748 Toxapex [TM]
		568 Trubbish [TM]	535 Tympole [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	416 Vespiquen [TM]
		071 Victreebel [TM]	045 Vileplume [TM]	666 Vivillon [TM]	313 Volbeat [50, TM]	070 Weepinbell [TM]	110 Weezing [TM]
		544 Whirlipede [TM]	194 Wooper [TM]	413 Wormadam [TM]	562 Yamask [TM]		
Grass	Ingrain	460 Abomasnow [31]	591 Amoonguss [18]	069 Bellsprout [E]	001 Bulbasaur [E]	331 Cacnea [22]	332 Cacturne [22]
		455 Carnivine [21]	797 Celesteela [1]	152 Chikorita [E]	222 Corsola [E]	346 Cradily [1, 9]	102 Exeggcute [E]
		597 Ferroseed [35]	598 Ferrothorn [35]	753 Fomantis [19]	590 Foongus [18]	345 Lileep [9]	754 Lurantis [19]
		556 Maractus [33]	755 Morelull [22]	043 Oddish [E]	548 Petilil [E]	708 Phantump [13]	315 Roselia [34]
		756 Shiinotic [1, 22]	459 Snover [31]	192 Sunflora [4]	191 Sunkern [4, E]	114 Tangela [1]	465 Tangrowth [1]
		709 Trevenant [13]	716 Xerneas [1]	796 Xurkitree [19]			
Psychic	Instruct	765 Oranguru [32]					
Electric	Ion Deluge	181 Ampharos [1]	170 Chinchou [47]	604 Eelektross [1]	466 Electivire [1]	587 Emolga [E]	171 Lanturn [54]
		417 Pachirisu [E]	796 Xurkitree [67]	523 Zebstrika [1, 58]			
Steel	Iron Defense	681 Aegislash [1, BP]	306 Aggron [39, BP]	698 Amaura [BP]	347 Anorith [E, BP]	752 Araquanid [BP]	493 Arceus [BP]
		566 Archen [BP]	567 Archeops [BP]	348 Armaldo [BP]	304 Aron [37, BP]	699 Aurorus [BP]	713 Avalugg [1, BP]
		689 Barbaracle [BP]	411 Bastiodon [19, BP]	374 Beldum [BP]	712 Bergmite [BP]	688 Binacle [BP]	625 Bisharp [46, BP]
		009 Blastoise [47, BP]	525 Boldore [20, BP]	437 Bronzong [19, BP]	436 Bronzor [19, BP]	703 Carbink [BP]	565 Carracosta [BP]
		268 Cascoon [BP]	797 Celesteela [59, BP]	737 Charjabug [49, BP]	652 Chesnaught [BP]	650 Chespin [BP]	366 Clamperl [1, BP]
		091 Cloyster [BP]	638 Cobalion [BP]	563 Cofagrigus [BP]	341 Corphish [BP]	222 Corsola [29, BP]	740 Crabominable [42, BP]
		739 Crabrawler [42, BP]	342 Crawdaunt [BP]	558 Crustle [BP]	615 Cryogonal [BP]	104 Cubone [BP]	386 Deoxys (Defense Forme) [55, BP]
		751 Dewpider [BP]	781 Dhelmise [BP]	483 Dialga [BP]	719 Diancie [BP]	050 Diglett (Alola Form) [BP]	232 Donphan [BP]
		680 Doublade [32, BP]	529 Drilbur [E, BP]	051 Dugtrio (Alola Form) [BP]	578 Duosion [BP]	632 Durant [46, BP]	557 Dwebble [E, BP]
		395 Empoleon [BP]	589 Escavalier [40, BP]	530 Excadrill [BP]	597 Ferroseed [26, BP]	598 Ferrothorn [26, BP]	205 Forretress [42, BP]
		649 Genesect [BP]	074 Geodude [BP]	526 Gigalith [20, BP]	076 Golem [BP]	622 Golett [17, BP]	768 Golisopod [36, BP]
		623 Golurk [17, BP]	075 Graveler [BP]	799 Guzzlord [BP]	783 Hakamo-o [38, BP]	485 Heatran [BP]	214 Heracross [BP]
		679 Honedge [32, BP]	782 Jangmo-o [37, BP]	385 Jirachi [BP]	140 Kabuto [BP]	141 Kabutops [BP]	014 Kakuna [BP]
		588 Karrablast [BP]	798 Kartana [BP]	099 Kingler [BP]	600 Klang [BP]	707 Klefki [E, BP]	599 Klink [BP]
		601 Klinklang [BP]	784 Kommo-o [38, BP]	098 Krabby [BP]	305 Lairon [39, BP]	246 Larvitar [E, BP]	542 Leavanny [BP]
		448 Lucario [BP]	745 Lycanroc [BP]	219 Magcargo [BP]	801 Magearna [57, BP]	081 Magnemite [BP]	082 Magneton [BP]
		462 Magnezone [BP]	630 Mandibuzz [BP]	747 Mareanie [BP]	105 Marowak [BP]	303 Mawile [33, BP]	376 Metagross [52, BP]
		375 Metang [47, BP]	011 Metapod [BP]	151 Mew [BP]	122 Mr. Mime [BP]	749 Mudbray [29, BP]	750 Mudsdale [29, BP]
		800 Necrozma [59, BP]	299 Nosepass [BP]	138 Omanyte [BP]	139 Omastar [BP]	770 Palossand [32, BP]	624 Pawniard [46, BP]
		204 Pineco [39, BP]	127 Pinsir [BP]	476 Probopass [1, 4, BP]	247 Pupitar [BP]	651 Quilladin [BP]	377 Regirock [37, BP]
		379 Registeel [37, BP]	579 Reuniclus [BP]	447 Riolu [E, BP]	744 Rockruff [BP]	524 Roggenrola [20, BP]	027 Sandshrew (Alola Form) [23, BP]
		028 Sandslash (Alola Form) [BP]	769 Sandygast [32, BP]	212 Scizor [37, BP]	545 Scolipede [1, BP]	560 Scrafty [BP]	559 Scraggy [BP]
		540 Sewaddle [BP]	372 Shelgon [BP]	090 Shellder [49, BP]	410 Shieldon [19, BP]	266 Silcoon [BP]	773 Silvally [BP]
		227 Skarmory [BP]	080 Slowbro [BP]	199 Slowking [BP]	218 Slugma [BP]	791 Solgaleo [BP]	577 Solosis [BP]
		338 Solrock [BP]	665 Spewpa [BP]	007 Squirtle [34, BP]	805 Stakataka [37, BP]	541 Swadloon [BP]	787 Tapu Bulu [BP]
		788 Tapu Fini [BP]	785 Tapu Koko [BP]	786 Tapu Lele [BP]	564 Tirtouga [E, BP]	324 Torkoal [38, BP]	748 Toxapex [BP]
		776 Turtonator [25, BP]	772 Type: Null [BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]	583 Vanillish [BP]

Type	Move Name	Pokémon					
Steel	Iron Defense	582 Vanillite [E, BP]	584 Vanilluxe [BP]	543 Venipede [BP]	738 Vikavolt [BP]	008 Wartortle [41, BP]	544 Whirlipede [1, EV, BP]
		413 Wormadam (Trash Cloak) [BP]	562 Yamask [BP]				
Steel	Iron Head	681 Aegislash [1, BP]	142 Aerodactyl [1, 57, BP]	306 Aggron [22, BP]	698 Amaura [BP]	059 Arcanine [BP]	493 Arceus [BP]
		304 Aron [22, E, BP]	699 Aurorus [BP]	713 Avalugg [BP]	411 Bastiodon [51, BP]	374 Beldum [BP]	760 Bewear [BP]
		625 Bisharp [1, 57, BP]	626 Bouffalant [E, BP]	437 Bronzong [BP]	659 Bunnelby [BP]	794 Buzzwole [BP]	323 Camerupt [BP]
		565 Carracosta [BP]	797 Celesteela [29, BP]	652 Chesnaught [BP]	650 Chespin [BP]	638 Cobalion [25, BP]	740 Crabominable [BP]
		739 Crabrawler [BP]	408 Cranidos [E, BP]	104 Cubone [E, BP]	781 Dhelmise [BP]	483 Dialga [BP]	660 Diggersby [BP]
		050 Diglett (Alola Form) [35, BP]	680 Doublade [45, BP]	149 Dragonite [BP]	621 Druddigon [BP]	051 Dugtrio (Alola Form) [41, BP]	632 Durant [26, BP]
		500 Emboar [BP]	244 Entei [BP]	589 Escavalier [37, BP]	530 Excadrill [BP]	103 Exeggutor (Alola Form) [BP]	597 Ferroseed [43, BP]
		598 Ferrothorn [46, BP]	444 Gabite [BP]	445 Garchomp [BP]	649 Genesect [BP]	443 Gible [E, BP]	526 Gigalith [BP]
		487 Giratina [BP]	362 Glalie [BP]	076 Golem [BP]	768 Golisopod [BP]	383 Groudon [BP]	735 Gumshoos [BP]
		799 Guzzlord [BP]	130 Gyarados [BP]	783 Hakamo-o [BP]	297 Hariyama [BP]	701 Hawlucha [BP]	485 Heatran [1, 65, BP]
		450 Hippowdon [BP]	679 Honedge [42, BP]	250 Ho-Oh [BP]	727 Incineroar [BP]	782 Jangmo-o [BP]	385 Jirachi [BP]
		230 Kingdra [BP]	775 Komala [BP]	784 Kommo-o [BP]	382 Kyogre [BP]	646 Kyurem [BP]	305 Lairon [22, BP]
		131 Lapras [BP]	246 Larvitar [E, BP]	249 Lugia [BP]	337 Lunatone [BP]	745 Lycanroc [BP]	801 Magearna [1, BP]
		462 Magnezone [BP]	473 Mamoswine [BP]	226 Mantine [BP]	105 Marowak [BP]	802 Marshadow [BP]	303 Mawile [1, 45, BP]
		376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]	350 Milotic [BP]	241 Miltank [BP]	774 Minior [BP]
		749 Mudbray [BP]	750 Mudsdale [BP]	800 Necrozma [BP]	793 Nihilego [BP]	322 Numel [E, BP]	095 Onix [BP]
		674 Pancham [BP]	675 Pangoro [BP]	766 Passimian [E, BP]	624 Pawniard [54, BP]	476 Probopass [BP]	247 Pupitar [BP]
		651 Quilladin [BP]	243 Raikou [BP]	409 Rampardos [BP]	384 Rayquaza [BP]	378 Regice [BP]	486 Regigigas [BP]
		377 Regirock [BP]	379 Registeel [43, BP]	464 Rhyperior [BP]	744 Rockruff [BP]	027 Sandshrew (Alola Form) [30, BP]	028 Sandslash (Alola Form) [BP]
		212 Scizor [50, BP]	560 Scrafty [BP]	559 Scraggy [BP]	410 Shieldon [42, BP]	773 Silvally [1, BP]	227 Skarmory [BP]
		143 Snorlax [BP]	791 Solgaleo [7, BP]	338 Solrock [BP]	805 Stakataka [43, BP]	208 Steelix [BP]	508 Stoutland [BP]
		759 Stufful [BP]	245 Suicune [BP]	785 Tapu Koko [BP]	128 Tauros [BP]	639 Terrakion [BP]	777 Togedemaru [BP]
		389 Torterra [BP]	776 Turtonator [BP]	772 Type: Null [50, BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]
		321 Wailord [BP]	365 Walrein [BP]	413 Wormadam (Trash Cloak) [47, BP]			
Steel	Iron Tail	460 Abomasnow [BP]	063 Abra [BP]	359 Absol [BP]	142 Aerodactyl [BP]	306 Aggron [35, BP]	190 Aipom [BP]
		065 Alakazam [BP]	334 Altaria [BP]	698 Amaura [BP]	424 Ambipom [BP]	181 Ampharos [BP]	024 Arbok [BP]
		059 Arcanine [BP]	493 Arceus [BP]	566 Archen [BP]	567 Archeops [BP]	348 Armaldo [BP]	304 Aron [34, BP]
		531 Audino [BP]	699 Aurorus [BP]	610 Axew [E, BP]	482 Azelf [BP]	184 Azumarill [BP]	298 Azurill [BP]
		411 Bastiodon [BP]	153 Bayleef [BP]	400 Bibarel [BP]	399 Bidoof [BP]	009 Blastoise [BP]	242 Blissey [BP]
		654 Braixen [BP]	286 Breloom [BP]	729 Brionne [BP]	779 Bruxish [BP]	418 Buizel [BP]	427 Buneary [BP]
		659 Bunnelby [BP]	565 Carracosta [BP]	113 Chansey [BP]	006 Charizard [BP]	004 Charmander [BP]	005 Charmeleon [BP]
		652 Chesnaught [BP]	650 Chespin [BP]	152 Chikorita [BP]	390 Chimchar [BP]	573 Cinccino [BP]	692 Clauncher [BP]
		693 Clawitzer [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	408 Cranidos [E, BP]	159 Croconaw [BP]
		104 Cubone [BP]	702 Dedenne [BP]	301 Delcatty [BP]	655 Delphox [BP]	087 Dewgong [BP]	502 Dewott [BP]
		483 Dialga [42, BP]	660 Diggersby [BP]	232 Donphan [BP]	691 Dragalge [BP]	148 Dragonair [BP]	149 Dragonite [BP]
		452 Drapion [BP]	147 Dratini [E, BP]	621 Druddigon [E, BP]	206 Dunsparce [BP]	603 Eelektrik [BP]	604 Eelektross [BP]
		133 Eevee [BP]	023 Ekans [E, BP]	125 Electabuzz [BP]	466 Electivire [BP]	309 Electrike [BP]	500 Emboar [BP]
		587 Emolga [E, BP]	244 Entei [BP]	196 Espeon [BP]	677 Espurr [BP]	103 Exeggutor (Alola Form) [BP]	083 Farfetch'd [BP]
		349 Feebas [E, BP]	653 Fennekin [BP]	160 Feraligatr [BP]	180 Flaaffy [BP]	136 Flareon [BP]	419 Floatzel [BP]
		330 Flygon [BP]	611 Fraxure [BP]	676 Furfrou [BP]	162 Furret [BP]	444 Gabite [BP]	445 Garchomp [BP]
		443 Gible [E, BP]	203 Girafarig [BP]	487 Giratina [BP]	471 Glaceon [BP]	431 Glameow [BP]	207 Gligar [BP]
		472 Gliscor [BP]	673 Gogoat [BP]	055 Golduck [BP]	706 Goodra [BP]	704 Goomy [E, BP]	210 Granbull [BP]
		388 Grotle [BP]	383 Groudon [BP]	253 Grovyle [BP]	058 Growlithe [E, BP]	326 Grumpig [BP]	735 Gumshoos [BP]
		799 Guzzlord [29, BP]	130 Gyarados [BP]	783 Hakamo-o [BP]	612 Haxorus [BP]	695 Heliolisk [BP]	694 Helioptile [BP]
		449 Hippopotas [BP]	450 Hippowdon [BP]	229 Houndoom [BP]	228 Houndour [BP]	635 Hydreigon [BP]	392 Infernape [BP]
		782 Jangmo-o [BP]	135 Jolteon [BP]	064 Kadabra [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]	784 Kommo-o [BP]
		552 Krokorok [BP]	553 Krookodile [BP]	305 Lairon [35, BP]	645 Landorus [BP]	131 Lapras [BP]	246 Larvitar [E, BP]
		470 Leafeon [BP]	463 Lickilicky [BP]	108 Lickitung [BP]	510 Liepard [BP]	264 Linoone [BP]	667 Litleo [BP]
		428 Lopunny [BP]	448 Lucario [BP]	249 Lugia [BP]	404 Luxio [BP]	405 Luxray [BP]	745 Lycanroc [BP]
		240 Magby [E, BP]	126 Magmar [BP]	467 Magmortar [BP]	310 Manectric [BP]	056 Mankey [BP]	179 Mareep [E, BP]

Type	Move Name	Pokémon					
Steel	Iron Tail	183 Marill [BP]	105 Marowak [BP]	259 Marshtomp [BP]	154 Meganium [BP]	678 Meowstic [BP]	052 Meowth (Alola Form) [BP]
		052 Meowth ◆ [E, BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]	262 Mightyena [BP]	350 Milotic [BP]
		241 Miltank [BP]	572 Minccino [E, BP]	312 Minun [BP]	391 Monferno [BP]	258 Mudkip [BP]	804 Naganadel [BP]
		034 Nidoking [BP]	031 Nidoqueen [BP]	029 Nidoran♀ [E, BP]	032 Nidoran♂ [E, BP]	030 Nidorina [BP]	033 Nidorino [BP]
		038 Ninetales [BP]	714 Noibat [BP]	715 Noivern [BP]	095 Onix [40, BP]	501 Oshawott [BP]	417 Pachirisu [E, BP]
		515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]	766 Passimian [BP]	504 Patrat [E, BP]	053 Persian [BP]
		231 Phanpy [BP]	172 Pichu [BP]	499 Pignite [BP]	025 Pikachu [BP]	311 Plusle [BP]	803 Poipole [BP]
		077 Ponyta [BP]	261 Poochyena [BP]	728 Popplio [BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]
		730 Primarina [BP]	057 Primeape [BP]	054 Psyduck [BP]	247 Pupitar [BP]	509 Purrloin [BP]	432 Purugly [BP]
		668 Pyroar [BP]	195 Quagsire [BP]	651 Quilladin [BP]	026 Raichu [BP]	243 Raikou [BP]	409 Rampardos [BP]
		078 Rapidash [BP]	020 Raticate [BP]	019 Rattata [BP]	384 Rayquaza [BP]	112 Rhydon [BP]	111 Rhyhorn [E, BP]
		464 Rhyperior [BP]	447 Riolu [BP]	744 Rockruff [BP]	373 Salamence [BP]	757 Salandit [BP]	758 Salazzle [BP]
		503 Samurott [BP]	551 Sandile [BP]	027 Sandshrew [BP]	028 Sandslash [BP]	254 Sceptile [BP]	545 Scolipede [BP]
		560 Scrafty [BP]	559 Scraggy [BP]	364 Sealeo [BP]	086 Seel [E, BP]	161 Sentret [E, BP]	497 Serperior [BP]
		496 Servine [BP]	336 Seviper [E, BP]	410 Shieldon [BP]	403 Shinx [BP]	516 Simipour [BP]	512 Simisage [BP]
		514 Simisear [BP]	672 Skiddo [BP]	300 Skitty [BP]	451 Skorupi [E, BP]	690 Skrelp [BP]	435 Skuntank [BP]
		705 Sliggoo [BP]	080 Slowbro [BP]	199 Slowking [BP]	079 Slowpoke [BP]	215 Sneasel [BP]	495 Snivy [E, BP]
		459 Snover [BP]	791 Solgaleo [BP]	363 Spheal [BP]	325 Spoink [BP]	007 Squirtle [BP]	234 Stantler [BP]
		208 Steelix [40, BP]	434 Stunky [E, BP]	245 Suicune [BP]	260 Swampert [BP]	700 Sylveon [BP]	128 Tauros [BP]
		498 Tepig [BP]	642 Thundurus [BP]	564 Tirtouga [BP]	777 Togedemaru [BP]	324 Torkoal [BP]	641 Tornadus [BP]
		389 Torterra [BP]	158 Totodile [BP]	252 Treecko [BP]	776 Turtonator [BP]	387 Turtwig [BP]	248 Tyranitar [BP]
		697 Tyrantrum [BP]	696 Tyrunt [BP]	197 Umbreon [BP]	480 Uxie [BP]	134 Vaporeon [BP]	037 Vulpix [BP]
		365 Walrein [BP]	008 Wartortle [BP]	505 Watchog [BP]	461 Weavile [BP]	746 Wishiwashi [BP]	194 Wooper [BP]
		734 Yungoos [BP]	335 Zangoose [E, BP]	263 Zigzagoon [BP]	718 Zygarde [BP]		
Normal	Judgment*	493 Arceus [100]					
Fighting	Jump Kick	427 Buneary [23]	585 Deerling [24]	085 Dodrio [43]	084 Doduo [40]	106 Hitmonlee [1, 13]	428 Lopunny [23]
		802 Marshadow [35]	619 Mienfoo [37]	620 Mienshao [37]	795 Pheromosa [31]	586 Sawsbuck [24]	234 Stantler [43]
Fighting	Karate Chop	239 Elekid [E]	701 Hawlucha [4]	068 Machamp [1, 7]	067 Machoke [1, 7]	066 Machop [7]	240 Magby [E]
		056 Mankey [8]	674 Pancham [12]	675 Pangoro [12]	057 Primeape [8]	539 Sawk [17]	
Psychic	Kinesis	065 Alakazam [1, EV]	064 Kadabra [1, EV]				
Steel	King's Shield	681 Aegislash [1]					
Dark	Knock Off	063 Abra [E, BP]	359 Absol [BP]	617 Accelgor [BP]	190 Aipom [BP]	065 Alakazam [BP]	594 Alomomola [BP]
		424 Ambipom [BP]	347 Anorith [E, BP]	566 Archen [E, BP]	567 Archeops [BP]	348 Armaldo [BP]	531 Audino [BP]
		482 Azelf [BP]	184 Azumarill [BP]	298 Azurill [BP]	354 Banette [1, BP]	015 Beedrill [BP]	069 Bellsprout [27, BP]
		625 Bisharp [BP]	806 Blacephalon [BP]	257 Blaziken [BP]	001 Bulbasaur [BP]	455 Carnivine [BP]	565 Carracosta [BP]
		358 Chimecho [BP]	433 Chingling [BP]	573 Cinccino [BP]	036 Clefable [BP]	035 Clefairy [BP]	563 Cofagrigus [BP]
		534 Conkeldurr [BP]	341 Corphish [23, E, BP]	546 Cottonee [BP]	342 Crawdaunt [23, BP]	453 Croagunk [BP]	558 Crustle [BP]
		615 Cryogonal [BP]	104 Cubone [BP]	491 Darkrai [BP]	386 Deoxys (Normal Forme) [19, BP]	386 Deoxys (Defense Forme) [19, BP]	386 Deoxys (Speed Forme) [19, BP]
		781 Dhelmise [BP]	660 Diggersby [BP]	085 Dodrio [BP]	084 Doduo [BP]	232 Donphan [19, BP]	452 Drapion [1, 5, BP]
		426 Drifblim [BP]	425 Drifloon [BP]	557 Dwebble [BP]	603 Eelektrik [BP]	604 Eelektross [BP]	587 Emolga [BP]
		395 Empoleon [BP]	589 Escavalier [BP]	103 Exeggutor (Alola Form) [BP]	083 Farfetch'd [13, BP]	597 Ferroseed [BP]	598 Ferrothorn [BP]
		162 Furret [BP]	475 Gallade [BP]	092 Gastly [BP]	094 Gengar [BP]	431 Glameow [BP]	207 Gligar [10, BP]
		472 Gliscor [1, 10, BP]	118 Goldeen [BP]	768 Golisopod [BP]	088 Grimer (Alola Form) [29, BP]	533 Gurdurr [BP]	799 Guzzlord [BP]
		297 Hariyama [19, BP]	093 Haunter [BP]	631 Heatmor [BP]	214 Heracross [BP]	106 Hitmonlee [BP]	720 Hoopa (Hoopa Confined) [BP]
		720 Hoopa (Hoopa Unbound) [46, BP]	727 Incineroar [BP]	686 Inkay [BP]	002 Ivysaur [BP]	039 Jigglypuff [BP]	140 Kabuto [E, BP]
		141 Kabutops [BP]	064 Kadabra [BP]	588 Karrablast [E, BP]	798 Kartana [BP]	352 Kecleon [BP]	099 Kingler [BP]
		775 Komala [BP]	098 Krabby [E, BP]	402 Kricketune [BP]	552 Krokorok [BP]	553 Krookodile [BP]	645 Landorus [BP]
		470 Leafeon [BP]	542 Leavanny [BP]	166 Ledian [BP]	165 Ledyba [E, BP]	463 Lickilicky [13, BP]	108 Lickitung [13, BP]
		510 Liepard [BP]	271 Lombre [36, BP]	272 Ludicolo [BP]	754 Lurantis [BP]	068 Machamp [21, BP]	067 Machoke [21, BP]
		066 Machop [21, E, BP]	296 Makuhita [19, BP]	687 Malamar [BP]	473 Mamoswine [BP]	490 Manaphy [BP]	630 Mandibuzz [BP]
		556 Maractus [BP]	747 Mareanie [BP]	183 Marill [BP]	105 Marowak [BP]	802 Marshadow [BP]	303 Mawile [BP]
		648 Meloetta [BP]	052 Meowth [BP]	481 Mesprit [BP]	151 Mew [BP]	619 Mienfoo [E, BP]	620 Mienshao [BP]
		572 Minccino [E, BP]	089 Muk (Alola Form) [29, BP]	800 Necrozma [BP]	793 Nihilego [BP]	138 Omanyte [E, BP]	139 Omastar [BP]

*Judgment's type varies depending on the kind of Plate the user is holding.

Type	Move Name	Pokémon					
Dark	Knock Off	765 Oranguru [BP]	674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]
		046 Paras [BP]	047 Parasect [BP]	766 Passimian [BP]	624 Pawniard [BP]	279 Pelipper [BP]	053 Persian [BP]
		231 Phanpy [BP]	489 Phione [BP]	025 Pikachu [BP]	731 Pikipek [BP]	127 Pinsir [BP]	509 Purrloin [BP]
		432 Purugly [BP]	026 Raichu [BP]	020 Raticate (Alola Form) [BP]	486 Regigigas [1, BP]	579 Reuniclus [BP]	302 Sableye [26, BP]
		757 Salandit [E, BP]	758 Salazzle [BP]	503 Samurott [BP]	027 Sandshrew [BP]	028 Sandslash [BP]	539 Sawk [BP]
		212 Scizor [BP]	560 Scrafty [BP]	559 Scraggy [BP]	123 Scyther [BP]	119 Seaking [BP]	537 Seismitoad [BP]
		161 Sentret [BP]	497 Serperior [BP]	496 Servine [BP]	336 Seviper [BP]	275 Shiftry [BP]	213 Shuckle [E, BP]
		353 Shuppet [1, BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	451 Skorupi [5, BP]	215 Sneasel [BP]
		495 Snivy [BP]	791 Solgaleo [BP]	762 Steenee [BP]	528 Swoobat [BP]	114 Tangela [27, BP]	465 Tangrowth [27, BP]
		788 Tapu Fini [BP]	072 Tentacool [E, BP]	073 Tentacruel [BP]	538 Throh [BP]	642 Thundurus [BP]	532 Timburr [BP]
		564 Tirtouga [E, BP]	641 Tornadus [BP]	733 Toucannon [BP]	748 Toxapex [BP]	454 Toxicroak [BP]	732 Trumbeak [BP]
		763 Tsareena [BP]	480 Uxie [BP]	003 Venusaur [BP]	071 Victreebel [BP]	629 Vullaby [E, BP]	505 Watchog [BP]
		461 Weavile [BP]	070 Weepinbell [29, BP]	547 Whimsicott [BP]	040 Wigglytuff [BP]	278 Wingull [E, BP]	527 Woobat [E, BP]
		562 Yamask [BP]	717 Yveltal [BP]	335 Zangoose [BP]	571 Zoroark [BP]	570 Zorua [BP]	
Ground	Land's Wrath	718 Zygarde [26]					
Normal	Laser Focus	359 Absol [BP]	617 Accelgor [BP]	681 Aegislash [BP]	142 Aerodactyl [BP]	065 Alakazam [BP]	424 Ambipom [BP]
		181 Ampharos [BP]	752 Araquanid [BP]	059 Arcanine [BP]	493 Arceus [BP]	144 Articuno [BP]	531 Audino [BP]
		482 Azelf [BP]	689 Barbaracle [BP]	153 Bayleef [BP]	267 Beautifly [BP]	015 Beedrill [BP]	182 Bellossom [BP]
		625 Bisharp [BP]	257 Blaziken [BP]	242 Blissey [BP]	654 Braixen [BP]	628 Braviary [BP]	286 Breloom [BP]
		251 Celebi [BP]	609 Chandelure [BP]	113 Chansey [BP]	421 Cherrim [BP]	358 Chimecho [BP]	573 Cinccino [BP]
		693 Clawitzer [BP]	036 Clefable [BP]	638 Cobalion [BP]	615 Cryogonal [BP]	555 Darmanitan [BP]	724 Decidueye [BP]
		301 Delcatty [BP]	655 Delphox [BP]	386 Deoxys [BP]	680 Doublade [BP]	477 Dusknoir [BP]	269 Dustox [BP]
		133 Eevee [BP]	395 Empoleon [BP]	244 Entei [BP]	589 Escavalier [BP]	196 Espeon [BP]	083 Farfetch'd [BP]
		022 Fearow [BP]	136 Flareon [BP]	330 Flygon [BP]	205 Forretress [BP]	478 Froslass [BP]	444 Gabite [BP]
		475 Gallade [BP]	445 Garchomp [BP]	282 Gardevoir [BP]	094 Gengar [BP]	526 Gigalith [BP]	471 Glaceon [BP]
		362 Glalie [BP]	055 Golduck [BP]	768 Golisopod [BP]	706 Goodra [BP]	576 Gothitelle [BP]	326 Grumpig [BP]
		701 Hawlucha [BP]	612 Haxorus [BP]	107 Hitmonchan [BP]	106 Hitmonlee [BP]	237 Hitmontop [BP]	679 Honedge [BP]
		250 Ho-Oh [BP]	720 Hoopa [BP]	229 Houndoom [BP]	392 Infernape [BP]	135 Jolteon [BP]	798 Kartana [29, BP]
		230 Kingdra [BP]	784 Kommo-o [BP]	402 Kricketune [BP]	646 Kyurem [BP]	380 Latias [BP]	381 Latios [BP]
		470 Leafeon [BP]	542 Leavanny [BP]	510 Liepard [BP]	549 Lilligant [BP]	428 Lopunny [BP]	448 Lucario [1, BP]
		249 Lugia [BP]	337 Lunatone [BP]	754 Lurantis [BP]	405 Luxray [BP]	745 Lycanroc (Midnight Form) [BP]	310 Manectric [BP]
		105 Marowak [BP]	802 Marshadow [1, BP]	303 Mawile [BP]	308 Medicham [BP]	154 Meganium [BP]	648 Meloetta [BP]
		481 Mesprit [BP]	376 Metagross [BP]	151 Mew [BP]	150 Mewtwo [1, BP]	620 Mienshao [BP]	262 Mightyena [BP]
		350 Milotic [BP]	429 Mismagius [BP]	146 Moltres [BP]	804 Naganadel [BP]	038 Ninetales [BP]	291 Ninjask [BP]
		164 Noctowl [BP]	715 Noivern [BP]	417 Pachirisu [BP]	675 Pangoro [BP]	766 Passimian [BP]	504 Patrat [BP]
		548 Petilil [BP]	795 Pheromosa [BP]	018 Pidgeot [BP]	025 Pikachu [BP]	026 Raichu [BP]	243 Raikou [BP]
		409 Rampardos [BP]	643 Reshiram [BP]	579 Reuniclus [BP]	447 Riolu [BP]	407 Roserade [BP]	373 Salamence [BP]
		758 Salazzle [BP]	539 Sawk [BP]	254 Sceptile [BP]	212 Scizor [BP]	123 Scyther [BP]	117 Seadra [BP]
		492 Shaymin [BP]	773 Silvally [BP]	199 Slowking [BP]	215 Sneasel [BP]	338 Solrock [BP]	398 Staraptor [BP]
		245 Suicune [BP]	277 Swellow [BP]	528 Swoobat [BP]	700 Sylveon [BP]	639 Terrakion [BP]	538 Throh [BP]
		468 Togekiss [BP]	763 Tsareena [BP]	157 Typhlosion [BP]	236 Tyrogue [BP]	197 Umbreon [BP]	217 Ursaring [BP]
		480 Uxie [BP]	134 Vaporeon [BP]	416 Vespiquen [BP]	494 Victini [BP]	738 Vikavolt [BP]	640 Virizion [BP]
		666 Vivillon [BP]	505 Watchog [BP]	461 Weavile [BP]	040 Wigglytuff [BP]	178 Xatu [BP]	716 Xerneas [BP]
		469 Yanmega [BP]	717 Yveltal [BP]	145 Zapdos [BP]	523 Zebstrika [BP]	644 Zekrom [BP]	571 Zoroark [BP]
Normal	Last Resort	190 Aipom [43, BP]	424 Ambipom [43, BP]	493 Arceus [BP]	531 Audino [1, 57, BP]	482 Azelf [1, 61, BP]	400 Bibarel [BP]
		399 Bidoof [BP]	806 Blacephalon [BP]	257 Blaziken [BP]	242 Blissey [BP]	427 Buneary [BP]	659 Bunnelby [BP]
		351 Castform [BP]	251 Celebi [BP]	113 Chansey [BP]	358 Chimecho [BP]	433 Chingling [16, BP]	573 Cinccino [BP]
		036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	256 Combusken [BP]	742 Cutiefly [BP]	491 Darkrai [BP]
		702 Dedenne [BP]	585 Deerling [BP]	301 Delcatty [BP]	719 Diancie [BP]	660 Diggersby [BP]	232 Donphan [BP]
		206 Dunsparce [BP]	133 Eevee [41, BP]	587 Emolga [BP]	196 Espeon [41, BP]	083 Farfetch'd [BP]	136 Flareon [41, BP]
		676 Furfrou [BP]	162 Furret [BP]	649 Genesect [BP]	471 Glaceon [41, BP]	431 Glameow [E, BP]	210 Granbull [BP]
		735 Gumshoos [BP]	799 Guzzlord [BP]	440 Happiny [E, BP]	701 Hawlucha [BP]	507 Herdier [42, BP]	720 Hoopa [BP]
		174 Igglybuff [E, BP]	039 Jigglypuff [BP]	385 Jirachi [65, BP]	135 Jolteon [41, BP]	798 Kartana [BP]	352 Kecleon [BP]
		647 Keldeo [BP]	707 Klefki [BP]	775 Komala [BP]	380 Latias [BP]	381 Latios [BP]	470 Leafeon [41, BP]
		506 Lillipup [36, BP]	264 Linoone [BP]	428 Lopunny [BP]	745 Lycanroc [BP]	801 Magearna [BP]	490 Manaphy [BP]
		802 Marshadow [BP]	303 Mawile [BP]	648 Meloetta [BP]	052 Meowth (Alola Form) [BP]	052 Meowth ◆ [E, BP]	151 Mew [BP]

Type	Move Name	Pokémon					
Normal	Last Resort	778 Mimikyu [BP]	572 Minccino [45, BP]	774 Minior [BP]	312 Minun [BP]	446 Munchlax [1, 57, BP]	417 Pachirisu [45, BP]
		504 Patrat [BP]	053 Persian [BP]	231 Phanpy [37, BP]	489 Phione [BP]	311 Plusle [40, BP]	137 Porygon [BP]
		233 Porygon2 [BP]	474 Porygon-Z [BP]	432 Purugly [BP]	020 Raticate [BP]	019 Rattata (Alola Form) [BP]	019 Rattata ◆ [E, BP]
		743 Ribombee [BP]	744 Rockruff [BP]	586 Sawsbuck [BP]	161 Sentret [E, BP]	492 Shaymin [BP]	773 Silvally [BP]
		300 Skitty [E, BP]	143 Snorlax [BP]	209 Snubbull [BP]	791 Solgaleo [BP]	327 Spinda [BP]	234 Stantler [BP]
		508 Stoutland [51, BP]	700 Sylveon [41, BP]	216 Teddiursa [BP]	777 Togedemaru [BP]	468 Togekiss [BP]	175 Togepi [49, BP]
		176 Togetic [49, BP]	255 Torchic [E, BP]	772 Type: Null [BP]	197 Umbreon [41, BP]	217 Ursaring [BP]	134 Vaporeon [41, BP]
		494 Victini [BP]	505 Watchog [BP]	040 Wigglytuff [BP]	734 Yungoos [E, BP]	335 Zangoose [BP]	263 Zigzagoon [BP]
Fire	Lava Plume	323 Camerupt [22]	155 Cyndaquil [37]	244 Entei [1, 57]	136 Flareon [37]	383 Groudon [20]	485 Heatran [49]
		240 Magby [33]	219 Magcargo [34]	126 Magmar [36]	467 Magmortar [36]	322 Numel [22]	156 Quilava [42]
		218 Slugma [34]	324 Torkoal [25]	157 Typhlosion [43]			
Grass	Leaf Blade	182 Bellossom [1]	723 Dartrix [42]	724 Decidueye [44]	083 Farfetch'd [E]	753 Fomantis [23]	475 Gallade [1]
		673 Gogoat [55]	253 Grovyle [23]	798 Kartana [43]	470 Leafeon [45]	542 Leavanny [36]	754 Lurantis [23]
		274 Nuzleaf [28]	722 Rowlet [36]	254 Sceptile [23]	497 Serperior [32]	496 Servine [32]	672 Skiddo [45]
		495 Snivy [28]	357 Tropius [E]	071 Victreebel [44]	640 Virizion [1, 55]		
Grass	Leaf Storm	182 Bellossom [1, 69]	406 Budew [E]	001 Bulbasaur [E]	251 Celebi [82]	152 Chikorita [E]	724 Decidueye [1]
		102 Exeggcute [E]	103 Exeggutor [47]	753 Fomantis [E]	388 Grotle [52]	253 Grovyle [58]	542 Leavanny [50]
		511 Pansage [E]	548 Petilil [46]	315 Roselia [E]	479 Rotom (Mow Rotom) [*]	254 Sceptile [1, 63]	497 Serperior [62]
		496 Servine [52]	492 Shaymin (Sky Forme) [91]	275 Shiftry [44]	495 Snivy [43]	762 Steenee [45]	192 Sunflora [43]
		114 Tangela [E]	389 Torterra [57]	252 Treecko [E]	357 Tropius [1, 61, E]	763 Tsareena [45]	387 Turtwig [45]
		071 Victreebel [32]	413 Wormadam (Plant Cloak) [47]				
Grass	Leaf Tornado	455 Carnivine [31]	497 Serperior [16]	496 Servine [16]	275 Shiftry [20]	495 Snivy [16]	357 Tropius [26]
		071 Victreebel [1, EV]					
Grass	Leafage	723 Dartrix [1]	724 Decidueye [1]	753 Fomantis [5]	754 Lurantis [1, 5]	722 Rowlet [1]	787 Tapu Bulu [1]
Bug	Leech Life (TM28)	617 Accelgor [TM]	752 Araquanid [33, TM]	168 Ariados [TM]	069 Bellsprout [E]	794 Buzzwole [29, TM]	169 Crobat [35, TM]
		742 Cutiefly [TM]	751 Dewpider [29, TM]	753 Fomantis [TM]	596 Galvantula [TM]	042 Golbat [35, TM]	768 Golisopod [TM]
		727 Incineroar [TM]	595 Joltik [TM]	402 Kricketune [TM]	636 Larvesta [TM]	725 Litten [TM]	754 Lurantis [TM]
		151 Mew [TM]	778 Mimikyu [TM]	804 Naganadel [TM]	290 Nincada [TM]	291 Ninjask [TM]	714 Noibat [TM]
		715 Noivern [TM]	046 Paras [TM]	047 Parasect [TM]	743 Ribombee [TM]	757 Salandit [TM]	758 Salazzle [TM]
		027 Sandshrew (Alola Form) [TM]	028 Sandslash (Alola Form) [TM]	292 Shedinja [TM]	616 Shelmet [TM]	167 Spinarak [TM]	726 Torracat [TM]
		049 Venomoth [37, TM]	048 Venonat [35, TM]	637 Volcarona [TM]	767 Wimpod [TM]	193 Yanma [E]	469 Yanmega [TM]
		041 Zubat [31, TM]					
Grass	Leech Seed	286 Breloom [1, 8]	001 Bulbasaur [7]	331 Cacnea [10]	332 Cacturne [10]	455 Carnivine [E]	251 Celebi [1]
		797 Celesteela [19]	421 Cherrim [1, 10]	420 Cherubi [10]	652 Chesnaught [15]	650 Chespin [15]	152 Chikorita [E]
		764 Comfey [4]	546 Cottonee [8]	585 Deerling [13]	102 Exeggcute [11]	597 Ferroseed [E]	673 Gogoat [12]
		711 Gourgeist [20]	388 Grotle [32]	187 Hoppip [22]	002 Ivysaur [1, 7]	189 Jumpluff [24]	549 Lilligant [1]
		270 Lotad [E]	556 Maractus [E]	755 Morelull [E]	511 Pansage [16]	046 Paras [E]	548 Petilil [8]
		708 Phantump [23]	710 Pumpkaboo [20]	651 Quilladin [15]	315 Roselia [16]	586 Sawsbuck [13]	273 Seedot [E]
		497 Serperior [20]	496 Servine [20]	492 Shaymin [19]	285 Shroomish [8]	672 Skiddo [12]	188 Skiploom [24]
		495 Snivy [19]	459 Snover [E]	192 Sunflora [13]	191 Sunkern [13, E]	114 Tangela [E]	787 Tapu Bulu [26]
		389 Torterra [33]	252 Treecko [E]	709 Trevenant [23]	357 Tropius [E]	387 Turtwig [29]	003 Venusaur [1, 7]
		547 Whimsicott [1]					
Normal	Leer	460 Abomasnow [1]	359 Absol [1, 4]	024 Arbok [1]	566 Archen [1]	567 Archeops [1]	610 Axew [4]
		371 Bagon [7]	760 Bewear [1]	625 Bisharp [1, 6]	626 Bouffalant [1]	628 Braviary [1]	659 Bunnelby [1]
		331 Cacnea [1]	332 Cacturne [1]	318 Carvanha [1]	390 Chimchar [1]	638 Cobalion [1]	534 Conkeldurr [1]
		341 Corphish [10]	740 Crabominable [1, 9]	739 Crabrawler [9]	408 Cranidos [1, E]	342 Crawdaunt [1, 10]	159 Croconaw [1]
		104 Cubone [13]	155 Cyndaquil [1]	386 Deoxys [1]	660 Diggersby [1]	148 Dragonair [1]	149 Dragonite [1]
		452 Drapion [1]	147 Dratini [1]	621 Druddigon [1]	356 Dusclops [1]	477 Dusknoir [1]	355 Duskull [1]
		023 Ekans [1]	125 Electabuzz [1]	466 Electivire [1]	309 Electrike [4]	239 Elekid [1]	244 Entei [1]
		589 Escavalier [1, 4]	677 Espurr [1]	083 Farfetch'd [1]	022 Fearow [1, 4]	160 Feraligatr [1]	611 Fraxure [1, 4]
		478 Froslass [1]	475 Gallade [1]	362 Glalie [1]	253 Grovyle [1]	058 Growlithe [8]	735 Gumshoos [1, 3]
		533 Gurdurr [1]	130 Gyarados [21]	783 Hakamo-o [1, 5]	612 Haxorus [1, 4]	485 Heatran [9]	214 Heracross [1]
		507 Herdier [1]	116 Horsea [9]	229 Houndoom [1]	228 Houndour [1]	727 Incineroar [11]	392 Infernape [1]
		782 Jangmo-o [5]	140 Kabuto [11]	141 Kabutops [1, 11]	115 Kangaskhan [1]	588 Karrablast [4]	647 Keldeo [1]

*When Rotom becomes Mow Rotom, it learns the move Leaf Storm. It forgets the move when it changes back to Rotom.

Type	Move Name	Pokémon					
Normal	**Leer**	230 Kingdra [1, 9]	099 Kingler [1, 9]	784 Kommo-o [1, 5]	098 Krabby [9]	552 Krokorok [1]	553 Krookodile [1]
		246 Larvitar [1]	506 Lillipup [1]	667 Litleo [1]	725 Litten [11]	404 Luxio [1, 5]	405 Luxray [1, 5]
		745 Lycanroc [1]	068 Machamp [1]	067 Machoke [1]	066 Machop [1]	240 Magby [1]	126 Magmar [1]
		467 Magmortar [1]	630 Mandibuzz [1]	310 Manectric [1, 4]	056 Mankey [1]	105 Marowak [13]	678 Meowstic [1]
		391 Monferno [1]	177 Natu [1]	032 Nidoran♂ [1]	033 Nidorino [1]	138 Omanyte [19]	139 Omastar [19]
		674 Pancham [1]	675 Pangoro [1]	515 Panpour [4]	511 Pansage [4]	513 Pansear [4]	766 Passimian [4]
		504 Patrat [3]	624 Pawniard [6]	795 Pheromosa [1]	519 Pidove [8]	261 Poochyena [E]	057 Primeape [1]
		247 Pupitar [1]	668 Pyroar [1]	156 Quilava [1]	243 Raikou [1]	409 Rampardos [1]	744 Rockruff [1]
		627 Rufflet [1]	302 Sableye [1]	373 Salamence [1, 7]	551 Sandile [1]	539 Sawk [1]	254 Sceptile [1]
		212 Scizor [1]	560 Scrafty [1]	559 Scraggy [1]	123 Scyther [1]	117 Seadra [1, 9]	497 Serperior [1, 4]
		496 Servine [1, 4]	319 Sharpedo [1]	372 Shelgon [1, 7]	090 Shellder [20]	403 Shinx [5]	516 Simipour [1]
		512 Simisage [1]	514 Simisear [1]	227 Skarmory [1]	451 Skorupi [1]	215 Sneasel [1]	495 Snivy [4]
		361 Snorunt [1]	459 Snover [1]	021 Spearow [4]	234 Stantler [3]	508 Stoutland [1]	759 Stufful [1]
		434 Stunky [E]	245 Suicune [1]	639 Terrakion [1]	538 Throh [1]	532 Timburr [1]	726 Torracat [11]
		158 Totodile [1]	520 Tranquill [1, 8]	252 Treecko [1]	357 Tropius [1]	157 Typhlosion [1]	248 Tyranitar [1]
		521 Unfezant [1, 8]	217 Ursaring [1]	640 Virizion [1]	629 Vullaby [1]	505 Watchog [1, 3]	461 Weavile [1]
		178 Xatu [1]	734 Yungoos [3]	335 Zangoose [1]	571 Zoroark [1]	570 Zorua [1]	
Ghost	**Lick**	656 Froakie [10]	657 Frogadier [10]	092 Gastly [1]	094 Gengar [1]	210 Granbull [13]	658 Greninja [10]
		088 Grimer ◆ [E]	093 Haunter [1]	631 Heatmor [1]	727 Incineroar [1, 8]	124 Jynx [1, 5]	352 Kecleon [1]
		463 Lickilicky [1]	108 Lickitung [1]	506 Lillipup [E]	725 Litten [8]	446 Munchlax [1, 12, E]	515 Panpour [7]
		511 Pansage [7]	513 Pansear [7]	086 Seel [E]	336 Seviper [6]	516 Simipour [1]	512 Simisage [1]
		514 Simisear [1]	238 Smoochum [5]	143 Snorlax [12, E]	209 Snubbull [13]	216 Teddiursa [1]	726 Torracat [1, 8]
		217 Ursaring [1]					
Psychic	**Light Screen (TM16)**	460 Abomasnow [TM]	063 Abra [TM]	065 Alakazam [TM]	594 Alomomola [TM]	698 Amaura [47, TM]	181 Ampharos [57, TM]
		493 Arceus [TM]	683 Aromatisse [TM]	531 Audino [TM]	699 Aurorus [50, TM]	482 Azelf [TM]	184 Azumarill [TM]
		298 Azurill [TM]	343 Baltoy [TM]	153 Bayleef [36, TM]	606 Beheeyem [TM]	806 Blacephalon [29, TM]	242 Blissey [50, TM]
		522 Blitzle [TM]	761 Bounsweet [TM]	654 Braixen [31, TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]
		001 Bulbasaur [TM]	703 Carbink [60, TM]	251 Celebi [TM]	113 Chansey [50, TM]	737 Charjabug [TM]	152 Chikorita [31, TM]
		358 Chimecho [TM]	433 Chingling [TM]	573 Cinccino [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]
		173 Cleffa [TM]	764 Comfey [TM]	222 Corsola [TM]	488 Cresselia [TM]	615 Cryogonal [29, TM]	742 Cutiefly [TM]
		723 Dartrix [TM]	724 Decidueye [TM]	585 Deerling [TM]	655 Delphox [31, TM]	386 Deoxys [TM]	719 Diancie [60, TM]
		148 Dragonair [TM]	149 Dragonite [TM]	780 Drampa [17, TM]	147 Dratini [TM]	096 Drowzee [TM]	578 Duosion [16, TM]
		269 Dustox [27, TM]	603 Eelektrik [TM]	604 Eelektross [TM]	125 Electabuzz [26, TM]	466 Electivire [26, TM]	309 Electrike [TM]
		101 Electrode [29, TM]	239 Elekid [26, TM]	605 Elgyem [TM]	587 Emolga [34, TM]	196 Espeon [TM]	677 Espurr [13, TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	349 Feebas [TM]	653 Fennekin [27, TM]	180 Flaaffy [52, TM]	671 Florges [TM]
		205 Forretress [TM]	478 Froslass [TM]	475 Gallade [TM]	596 Galvantula [TM]	282 Gardevoir [TM]	649 Genesect [TM]
		203 Girafarig [TM]	362 Glalie [TM]	055 Golduck [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		711 Gourgeist [TM]	388 Grotle [TM]	736 Grubbin [TM]	326 Grumpig [TM]	440 Happiny [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	250 Ho-Oh [TM]	720 Hoopa [15, TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]
		686 Inkay [31, TM]	002 Ivysaur [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [TM]	595 Joltik [TM]
		124 Jynx [TM]	064 Kadabra [TM]	281 Kirlia [TM]	707 Klefki [TM]	646 Kyurem [TM]	636 Larvesta [TM]
		380 Latias [TM]	381 Latios [TM]	542 Leavanny [TM]	166 Ledian [12, TM]	165 Ledyba [12, TM]	549 Lilligant [TM]
		249 Lugia [TM]	792 Lunala [TM]	337 Lunatone [TM]	404 Luxio [TM]	405 Luxray [TM]	068 Machamp [TM]
		067 Machoke [TM]	066 Machop [TM]	219 Magcargo [TM]	801 Magearna [TM]	081 Magnemite [13, TM]	082 Magneton [13, TM]
		462 Magnezone [13, TM]	687 Malamar [31, TM]	473 Mamoswine [TM]	490 Manaphy [TM]	310 Manectric [TM]	179 Mareep [43, TM]
		183 Marill [TM]	308 Medicham [TM]	307 Meditite [TM]	154 Meganium [40, TM]	648 Meloetta [TM]	678 Meowstic [13, TM]
		481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	350 Milotic [TM]
		439 Mime Jr. [22, TM]	778 Mimikyu [TM]	774 Minior [TM]	312 Minun [TM]	755 Morelull [TM]	122 Mr. Mime [22, TM]
		517 Munna [TM]	518 Musharna [TM]	177 Natu [TM]	800 Necrozma [TM]	793 Nihilego [TM]	765 Oranguru [TM]
		417 Pachirisu [TM]	046 Paras [TM]	047 Parasect [TM]	172 Pichu [TM]	025 Pikachu [53, TM]	221 Piloswine [TM]
		204 Pineco [TM]	311 Plusle [TM]	730 Primarina [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	771 Pyukumuku [TM]
		026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	643 Reshiram [TM]	579 Reuniclus [16, TM]	743 Ribombee [TM]
		479 Rotom [TM]	722 Rowlet [TM]	586 Sawsbuck [TM]	212 Scizor [TM]	123 Scyther [TM]	497 Serperior [TM]
		496 Servine [TM]	540 Sewaddle [TM]	756 Shiinotic [TM]	403 Shinx [TM]	561 Sigilyph [24, TM]	080 Slowbro [TM]
		199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]	685 Slurpuff [58, TM]	238 Smoochum [TM]	495 Snivy [TM]
		361 Snorunt [TM]	459 Snover [TM]	791 Solgaleo [TM]	577 Solosis [16, TM]	338 Solrock [TM]	325 Spoink [TM]
		682 Spritzee [TM]	805 Stakataka [TM]	234 Stantler [TM]	121 Starmie [TM]	120 Staryu [46, TM]	762 Steenee [TM]

Type	Move Name	Pokémon					
Psychic	**Light Screen (TM16)**	192 Sunflora [TM]	191 Sunkern [TM]	541 Swadloon [TM]	220 Swinub [TM]	684 Swirlix [58, TM]	528 Swoobat [TM]
		700 Sylveon [33, TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	468 Togekiss [TM]
		175 Togepi [TM]	176 Togetic [TM]	389 Torterra [TM]	748 Toxapex [TM]	763 Tsareena [TM]	387 Turtwig [TM]
		480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]	003 Venusaur [TM]	494 Victini [TM]
		738 Vikavolt [TM]	640 Virizion [TM]	666 Vivillon [12, TM]	313 Volbeat [TM]	637 Volcarona [TM]	100 Voltorb [29, TM]
		505 Watchog [TM]	547 Whimsicott [TM]	040 Wigglytuff [TM]	527 Woobat [TM]	178 Xatu [TM]	716 Xerneas [5, TM]
		796 Xurkitree [TM]	145 Zapdos [64, TM]	523 Zebstrika [TM]	644 Zekrom [TM]		
Water	**Liquidation**	594 Alomomola [BP]	752 Araquanid [57, BP]	493 Arceus [BP]	348 Armaldo [BP]	184 Azumarill [BP]	689 Barbaracle [BP]
		550 Basculin [BP]	400 Bibarel [BP]	688 Binacle [BP]	009 Blastoise [BP]	779 Bruxish [BP]	565 Carracosta [BP]
		693 Clawitzer [BP]	091 Cloyster [BP]	222 Corsola [E, BP]	342 Crawdaunt [BP]	087 Dewgong [BP]	751 Dewpider [45, BP]
		580 Ducklett [BP]	395 Empoleon [BP]	160 Feraligatr [BP]	419 Floatzel [BP]	055 Golduck [BP]	768 Golisopod [48, BP]
		141 Kabutops [BP]	647 Keldeo [BP]	099 Kingler [BP]	098 Krabby [BP]	382 Kyogre [BP]	370 Luvdisc [BP]
		490 Manaphy [BP]	226 Mantine [BP]	747 Mareanie [49, BP]	284 Masquerain [BP]	151 Mew [BP]	484 Palkia [BP]
		279 Pelipper [BP]	489 Phione [BP]	730 Primarina [BP]	211 Qwilfish [BP]	503 Samurott [BP]	319 Sharpedo [BP]
		090 Shellder [BP]	283 Surskit [BP]	581 Swanna [BP]	564 Tirtouga [E, BP]	748 Toxapex [58, BP]	721 Volcanion [BP]
		321 Wailord [BP]	278 Wingull [BP]				
Normal	**Lock-On**	649 Genesect [11]	600 Klang [56]	707 Klefki [E]	599 Klink [50]	601 Klinklang [60]	081 Magnemite [41]
		082 Magneton [49]	462 Magnezone [49]	299 Nosepass [43]	137 Porygon [45]	233 Porygon2 [45]	474 Porygon-Z [45]
		476 Probopass [43]	378 Regice [55]	377 Regirock [55]	379 Registeel [55]	223 Remoraid [6]	524 Roggenrola [E]
Normal	**Lovely Kiss**	124 Jynx [1, 8]					
Fighting	**Low Kick**	306 Aggron [BP]	190 Aipom [BP]	424 Ambipom [BP]	348 Armaldo [BP]	531 Audino [BP]	689 Barbaracle [BP]
		614 Beartic [BP]	760 Bewear [BP]	625 Bisharp [BP]	257 Blaziken [BP]	522 Blitzle [BP]	438 Bonsly [8, BP]
		654 Braixen [BP]	427 Buneary [E, BP]	331 Cacnea [E, BP]	332 Cacturne [BP]	565 Carracosta [BP]	652 Chesnaught [BP]
		650 Chespin [BP]	390 Chimchar [BP]	256 Combusken [BP]	534 Conkeldurr [12, BP]	453 Croagunk [BP]	159 Croconaw [BP]
		613 Cubchoo [BP]	104 Cubone [BP]	655 Delphox [BP]	386 Deoxys [BP]	660 Diggersby [BP]	096 Drowzee [BP]
		125 Electabuzz [8, BP]	466 Electivire [1, 8, BP]	239 Elekid [8, BP]	500 Emboar [BP]	103 Exeggutor [BP]	295 Exploud [BP]
		160 Feraligatr [BP]	419 Floatzel [BP]	611 Fraxure [BP]	657 Frogadier [BP]	475 Gallade [BP]	055 Golduck [BP]
		622 Golett [BP]	623 Golurk [BP]	210 Granbull [BP]	658 Greninja [BP]	253 Grovyle [BP]	533 Gurdurr [12, BP]
		783 Hakamo-o [BP]	297 Hariyama [BP]	701 Hawlucha [BP]	612 Haxorus [BP]	631 Heatmor [BP]	695 Heliolisk [BP]
		214 Heracross [BP]	107 Hitmonchan [BP]	106 Hitmonlee [BP]	237 Hitmontop [BP]	097 Hypno [BP]	727 Incineroar [BP]
		392 Infernape [BP]	782 Jangmo-o [BP]	141 Kabutops [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]	647 Keldeo [BP]
		784 Kommo-o [BP]	552 Krokorok [BP]	553 Krookodile [BP]	428 Lopunny [BP]	294 Loudred [BP]	448 Lucario [BP]
		068 Machamp [1, BP]	067 Machoke [1, BP]	066 Machop [1, BP]	126 Magmar [BP]	467 Magmortar [BP]	296 Makuhita [BP]
		056 Mankey [1, BP]	105 Marowak [BP]	802 Marshadow [BP]	259 Marshtomp [BP]	308 Medicham [BP]	307 Meditite [BP]
		648 Meloetta [BP]	151 Mew [BP]	150 Mewtwo [BP]	619 Mienfoo [E, BP]	620 Mienshao [BP]	391 Monferno [BP]
		749 Mudbray [BP]	258 Mudkip [BP]	750 Mudsdale [BP]	274 Nuzleaf [BP]	674 Pancham [BP]	675 Pangoro [BP]
		515 Panpour [E, BP]	511 Pansage [E, BP]	513 Pansear [E, BP]	504 Patrat [BP]	624 Pawniard [BP]	795 Pheromosa [1, BP]
		499 Pignite [BP]	077 Ponyta [E, BP]	057 Primeape [1, BP]	651 Quilladin [BP]	078 Rapidash [BP]	447 Riolu [E, BP]
		302 Sableye [BP]	539 Sawk [BP]	254 Sceptile [BP]	560 Scrafty [16, BP]	559 Scraggy [16, BP]	537 Seismitoad [BP]
		275 Shiftry [BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	289 Slaking [BP]	215 Sneasel [BP]
		209 Snubbull [BP]	327 Spinda [BP]	185 Sudowoodo [1, 8, BP]	260 Swampert [BP]	538 Throh [BP]	532 Timburr [12, BP]
		255 Torchic [E, BP]	158 Totodile [BP]	454 Toxicroak [BP]	252 Treecko [BP]	763 Tsareena [BP]	157 Typhlosion [BP]
		248 Tyranitar [BP]	236 Tyrogue [BP]	217 Ursaring [BP]	288 Vigoroth [BP]	505 Watchog [1, BP]	461 Weavile [BP]
		335 Zangoose [BP]	523 Zebstrika [BP]	571 Zoroark [BP]			
Fighting	**Low Sweep (TM47)**	190 Aipom [TM]	424 Ambipom [TM]	760 Bewear [TM]	625 Bisharp [TM]	257 Blaziken [TM]	286 Breloom [TM]
		794 Buzzwole [TM]	652 Chesnaught [TM]	650 Chespin [TM]	390 Chimchar [TM]	256 Combusken [TM]	534 Conkeldurr [TM]
		453 Croagunk [TM]	724 Decidueye [TM]	386 Deoxys [TM]	096 Drowzee [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		500 Emboar [TM]	475 Gallade [TM]	055 Golduck [TM]	622 Golett [TM]	623 Golurk [TM]	576 Gothitelle [TM]
		253 Grovyle [TM]	533 Gurdurr [TM]	297 Hariyama [TM]	701 Hawlucha [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	097 Hypno [TM]	727 Incineroar [TM]	392 Infernape [TM]
		775 Komala [TM]	552 Krokorok [TM]	553 Krookodile [TM]	428 Lopunny [TM]	448 Lucario [TM]	754 Lurantis [TM]
		068 Machamp [13, TM]	067 Machoke [13, TM]	066 Machop [13, TM]	126 Magmar [TM]	467 Magmortar [TM]	296 Makuhita [TM]
		056 Mankey [TM]	802 Marshadow [TM]	308 Medicham [TM]	307 Meditite [TM]	648 Meloetta [TM]	151 Mew [TM]
		150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	391 Monferno [TM]	749 Mudbray [TM]	750 Mudsdale [TM]
		274 Nuzleaf [TM]	674 Pancham [TM]	675 Pangoro [1, 57, TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]
		766 Passimian [TM]	624 Pawniard [TM]	795 Pheromosa [TM]	499 Pignite [TM]	062 Poliwrath [TM]	057 Primeape [TM]
		651 Quilladin [TM]	447 Riolu [TM]	302 Sableye [TM]	539 Sawk [9, TM]	254 Sceptile [TM]	560 Scrafty [TM]

Type	Move Name	Pokémon					
Fighting	Low Sweep (TM47)	559 Scraggy [TM]	275 Shiftry [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	289 Slaking [TM]
		215 Sneasel [TM]	762 Steenee [TM]	759 Stufful [TM]	538 Throh [TM]	532 Timburr [TM]	454 Toxicroak [TM]
		763 Tsareena [TM]	236 Tyrogue [TM]	288 Vigoroth [TM]	461 Weavile [TM]	571 Zoroark [TM]	
Normal	Lucky Chant	531 Audino [E]	654 Braixen [28]	351 Castform [E]	421 Cherrim [48]	420 Cherubi [40]	035 Clefairy [37]
		764 Comfey [E]	222 Corsola [23]	655 Delphox [28]	580 Ducklett [E]	102 Exeggcute [E]	653 Fennekin [25]
		669 Flabébé [10]	670 Floette [10]	671 Florges [1]	044 Gloom [24]	385 Jirachi [30]	281 Kirlia [14]
		370 Luvdisc [13]	801 Magearna [9]	481 Mesprit [31]	312 Minun [E]	429 Mismagius [1]	517 Munna [5]
		518 Musharna [1]	177 Natu [12]	043 Oddish [23]	172 Pichu [E]	519 Pidove [E]	311 Plusle [E]
		280 Ralts [14]	238 Smoochum [31]	325 Spoink [E]	175 Togepi [E]	178 Xatu [12]	
Psychic	Lunar Dance	488 Cresselia [1, 84]					
Bug	Lunge	752 Araquanid [45]	794 Buzzwole [53]	751 Dewpider [37]	595 Joltik [E]	414 Mothim [47]	795 Pheromosa [47]
		167 Spinarak [E]	283 Surskit [E]	313 Volbeat [E]			
Psychic	Luster Purge	381 Latios [24]					
Fighting	Mach Punch	286 Breloom [1, EV]	107 Hitmonchan [1, 16]	392 Infernape [1]	166 Ledian [15]	165 Ledyba [15]	240 Magby [E]
		391 Monferno [1, EV]	532 Timburr [E]	236 Tyrogue [E]			
Psychic	Magic Coat	063 Abra [BP]	359 Absol [E, BP]	065 Alakazam [BP]	594 Alomomola [BP]	752 Araquanid [BP]	493 Arceus [BP]
		683 Aromatisse [BP]	531 Audino [BP]	482 Azelf [BP]	343 Baltoy [BP]	354 Banette [BP]	411 Bastiodon [BP]
		153 Bayleef [BP]	606 Beheeyem [BP]	806 Blacephalon [7]	654 Braixen [BP]	779 Bruxish [BP]	427 Buneary [BP]
		703 Carbink [BP]	251 Celebi [BP]	152 Chikorita [BP]	358 Chimecho [BP]	433 Chingling [BP]	344 Claydol [BP]
		036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	563 Cofagrigus [BP]	764 Comfey [BP]	222 Corsola [BP]
		488 Cresselia [BP]	615 Cryogonal [BP]	655 Delphox [BP]	386 Deoxys [BP]	751 Dewpider [BP]	426 Drifblim [BP]
		425 Drifloon [BP]	096 Drowzee [BP]	206 Dunsparce [E, BP]	578 Duosion [BP]	101 Electrode [BP]	605 Elgyem [BP]
		196 Espeon [BP]	677 Espurr [BP]	653 Fennekin [E, BP]	669 Flabébé [BP]	670 Floette [BP]	671 Florges [BP]
		592 Frillish [BP]	475 Gallade [BP]	282 Gardevoir [BP]	649 Genesect [BP]	203 Girafarig [E, BP]	487 Giratina (Origin Forme) [BP]
		622 Golett [BP]	623 Golurk [BP]	574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	711 Gourgeist [BP]
		326 Grumpig [21, BP]	720 Hoopa [10, BP]	163 Hoothoot [BP]	097 Hypno [BP]	174 Igglybuff [BP]	593 Jellicent [BP]
		039 Jigglypuff [BP]	385 Jirachi [BP]	124 Jynx [BP]	064 Kadabra [BP]	352 Kecleon [E, BP]	281 Kirlia [BP]
		600 Klang [BP]	707 Klefki [BP]	599 Klink [BP]	601 Klinklang [BP]	380 Latias [BP]	381 Latios [BP]
		542 Leavanny [BP]	428 Lopunny [1, BP]	792 Lunala [43, BP]	337 Lunatone [BP]	081 Magnemite [BP]	082 Magneton [BP]
		462 Magnezone [BP]	747 Mareanie [BP]	308 Medicham [BP]	307 Meditite [BP]	154 Meganium [BP]	648 Meloetta [BP]
		678 Meowstic [BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]	350 Milotic [BP]	439 Mime Jr. [BP]
		200 Misdreavus [BP]	429 Mismagius [BP]	755 Morelull [BP]	122 Mr. Mime [BP]	517 Munna [E, BP]	518 Musharna [BP]
		177 Natu [BP]	793 Nihilego [BP]	164 Noctowl [BP]	299 Nosepass [BP]	765 Oranguru [BP]	708 Phantump [BP]
		137 Porygon [56, BP]	233 Porygon2 [1, 56, BP]	474 Porygon-Z [1, 56, BP]	730 Primarina [BP]	476 Probopass [BP]	710 Pumpkaboo [BP]
		026 Raichu (Alola Form) [BP]	280 Ralts [BP]	579 Reuniclus [BP]	302 Sableye [BP]	540 Sewaddle [BP]	756 Shiinotic [BP]
		353 Shuppet [BP]	561 Sigilyph [BP]	773 Silvally [BP]	080 Slowbro [BP]	199 Slowking [BP]	079 Slowpoke [BP]
		685 Slurpuff [BP]	238 Smoochum [BP]	577 Solosis [BP]	338 Solrock [BP]	325 Spoink [21, BP]	682 Spritzee [BP]
		805 Stakataka [BP]	121 Starmie [BP]	120 Staryu [BP]	541 Swadloon [BP]	684 Swirlix [BP]	528 Swoobat [BP]
		700 Sylveon [BP]	788 Tapu Fini [BP]	786 Tapu Lele [BP]	072 Tentacool [BP]	073 Tentacruel [BP]	468 Togekiss [BP]
		175 Togepi [BP]	176 Togetic [BP]	748 Toxapex [BP]	709 Trevenant [BP]	772 Type: Null [BP]	480 Uxie [BP]
		583 Vanillish [BP]	582 Vanillite [BP]	584 Vanilluxe [BP]	494 Victini [BP]	100 Voltorb [BP]	040 Wigglytuff [BP]
		527 Woobat [BP]	178 Xatu [BP]	796 Xurkitree [BP]	562 Yamask [BP]		
Psychic	Magic Room	063 Abra [BP]	065 Alakazam [BP]	752 Araquanid [BP]	482 Azelf [BP]	354 Banette [BP]	654 Braixen [56, BP]
		779 Bruxish [BP]	251 Celebi [BP]	488 Cresselia [BP]	742 Cutiefly [BP]	655 Delphox [68, BP]	751 Dewpider [BP]
		096 Drowzee [BP]	196 Espeon [BP]	677 Espurr [BP]	653 Fennekin [46, BP]	475 Gallade [BP]	282 Gardevoir [BP]
		574 Gothita [48, BP]	576 Gothitelle [59, BP]	575 Gothorita [53, BP]	720 Hoopa [BP]	097 Hypno [BP]	385 Jirachi [BP]
		124 Jynx [BP]	064 Kadabra [BP]	281 Kirlia [BP]	707 Klefki [44, BP]	380 Latias [BP]	792 Lunala [BP]
		337 Lunatone [49, BP]	648 Meloetta [BP]	678 Meowstic [BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]
		439 Mime Jr. [E, BP]	778 Mimikyu [BP]	200 Misdreavus [BP]	429 Mismagius [BP]	755 Morelull [BP]	122 Mr. Mime [E, BP]
		177 Natu [BP]	765 Oranguru [BP]	026 Raichu (Alola Form) [BP]	280 Ralts [BP]	743 Ribombee [BP]	756 Shiinotic [BP]
		353 Shuppet [BP]	561 Sigilyph [BP]	238 Smoochum [BP]	805 Stakataka [BP]	234 Stantler [BP]	788 Tapu Fini [BP]
		786 Tapu Lele [BP]	480 Uxie [BP]	040 Wigglytuff [BP]	178 Xatu [BP]		
Grass	Magical Leaf	153 Bayleef [22]	182 Bellossom [1, EV]	069 Bellsprout [E]	761 Bounsweet [21]	001 Bulbasaur [E]	331 Cacnea [E]
		455 Carnivine [E]	251 Celebi [19]	421 Cherrim [19]	420 Cherubi [19]	152 Chikorita [20]	173 Cleffa [16]
		764 Comfey [10]	669 Flabébé [22]	670 Floette [25]	671 Florges [1]	282 Gardevoir [17]	281 Kirlia [17]
		470 Leafeon [20]	154 Meganium [22]	678 Meowstic (Female) [1]	429 Mismagius [1]	122 Mr. Mime [1]	511 Pansage [E]

Type	Move Name	Pokémon					
Grass	**Magical Leaf**	548 Petilil [19]	280 Ralts [17]	315 Roselia [19]	407 Roserade [1]	492 Shaymin [10]	495 Snivy [E]
		459 Snover [E]	762 Steenee [21]	176 Togetic [1]	252 Treecko [E]	357 Tropius [16]	763 Tsareena [21]
		640 Virizion [1]					
Fire	**Magma Storm**	485 Heatran [1, 96]					
Steel	**Magnet Bomb**	649 Genesect [22]	081 Magnemite [11]	082 Magneton [11]	462 Magnezone [11]	476 Probopass [1, 10]	
Electric	**Magnet Rise**	681 Aegislash [BP]	306 Aggron [BP]	698 Amaura [E, BP]	181 Ampharos [BP]	304 Aron [BP]	699 Aurorus [BP]
		411 Bastiodon [BP]	625 Bisharp [BP]	522 Blitzle [BP]	703 Carbink [BP]	797 Celesteela [BP]	737 Charjabug [BP]
		638 Cobalion [BP]	702 Dedenne [BP]	483 Dialga [BP]	719 Diancie [BP]	680 Doublade [BP]	603 Eelektrik [BP]
		604 Eelektross [BP]	125 Electabuzz [BP]	466 Electivire [BP]	309 Electrike [BP]	101 Electrode [36, BP]	239 Elekid [BP]
		530 Excadrill [BP]	597 Ferroseed [BP]	598 Ferrothorn [BP]	180 Flaaffy [BP]	205 Forretress [1, 56, BP]	596 Galvantula [BP]
		649 Genesect [1, BP]	074 Geodude (Alola Form) [E, BP]	076 Golem (Alola Form) [BP]	075 Graveler (Alola Form) [BP]	736 Grubbin [BP]	799 Guzzlord [BP]
		695 Heliolisk [BP]	694 Helioptile [BP]	679 Honedge [BP]	135 Jolteon [BP]	595 Joltik [BP]	600 Klang [BP]
		707 Klefki [BP]	599 Klink [BP]	601 Klinklang [BP]	305 Lairon [BP]	636 Larvesta [E, BP]	448 Lucario [BP]
		404 Luxio [BP]	405 Luxray [BP]	801 Magearna [BP]	081 Magnemite [43, BP]	082 Magneton [53, BP]	462 Magnezone [53, BP]
		310 Manectric [BP]	179 Mareep [BP]	303 Mawile [BP]	376 Metagross [1, BP]	375 Metang [1, BP]	151 Mew [BP]
		774 Minior [BP]	312 Minun [BP]	800 Necrozma [BP]	299 Nosepass [BP]	417 Pachirisu [BP]	624 Pawniard [BP]
		172 Pichu [BP]	025 Pikachu [BP]	311 Plusle [BP]	137 Porygon [23, BP]	233 Porygon2 [23, BP]	474 Porygon-Z [23, BP]
		476 Probopass [1, BP]	026 Raichu [BP]	243 Raikou [BP]	379 Registeel [BP]	447 Riolu [BP]	410 Shieldon [BP]
		403 Shinx [BP]	805 Stakataka [BP]	208 Steelix [BP]	618 Stunfisk [BP]	777 Togedemaru [25, BP]	602 Tynamo [BP]
		583 Vanillish [BP]	582 Vanillite [E, BP]	584 Vanilluxe [BP]	738 Vikavolt [BP]	637 Volcarona [BP]	100 Voltorb [34, BP]
		413 Wormadam (Trash Cloak) [BP]	796 Xurkitree [BP]	523 Zebstrika [BP]	644 Zekrom [BP]		
Electric	**Magnetic Flux**	181 Ampharos [1]	101 Electrode [1]	601 Klinklang [1, EV]	462 Magnezone [1]	476 Probopass [1]	145 Zapdos [92]
Ground	**Magnitude**	339 Barboach [20]	323 Camerupt [12]	050 Diglett [14]	232 Donphan [30]	051 Dugtrio [14]	074 Geodude ◆ [12]
		076 Golem ◆ [12]	622 Golett [30]	623 Golurk [30]	075 Graveler ◆ [12]	108 Lickitung [E]	749 Mudbray [E]
		299 Nosepass [E]	322 Numel [12]	369 Relicanth [E]	111 Rhyhorn [E]	524 Roggenrola [E]	027 Sandshrew ◆ [14]
		028 Sandslash ◆ [14]	498 Tepig [E]	340 Whiscash [20]			
Fighting	**Mat Block**	658 Greninja [1]	538 Throh [1]				
Normal	**Me First**	359 Absol [41, E]	617 Accelgor [28]	522 Blitzle [E]	418 Buizel [E]	453 Croagunk [E]	580 Ducklett [E]
		662 Fletchinder [46]	661 Fletchling [41]	162 Furret [50]	055 Golduck [1]	701 Hawlucha [E]	463 Lickilicky [41]
		108 Lickitung [41]	448 Lucario [37]	678 Meowstic (Female) [1]	151 Mew [70]	150 Mewtwo [93]	619 Mienfoo [E]
		200 Misdreavus [E]	177 Natu [50]	674 Pancham [E]	795 Pheromosa [59]	127 Pinsir [E]	261 Poochyena [E]
		019 Rattata [E]	551 Sandile [E]	161 Sentret [42]	540 Sewaddle [E]	079 Slowpoke [E]	234 Stantler [1, 55, E]
		618 Stunfisk [E]	663 Talonflame [49]	178 Xatu [57]			
Normal	**Mean Look**	359 Absol [E]	563 Cofagrigus [51]	169 Crobat [32]	356 Dusclops [52]	477 Dusknoir [52]	355 Duskull [46]
		092 Gastly [8]	094 Gengar [8]	203 Girafarig [E]	042 Golbat [32]	574 Gothita [E]	088 Grimer [E]
		093 Haunter [8]	163 Hoothoot [E]	124 Jynx [25]	678 Meowstic (Male) [1]	200 Misdreavus [19]	198 Murkrow [41]
		504 Patrat [36]	624 Pawniard [E]	280 Ralts [E]	302 Sableye [46, E]	551 Sandile [E]	238 Smoochum [25]
		495 Snivy [E]	787 Tapu Bulu [1]	788 Tapu Fini [1]	785 Tapu Koko [1]	786 Tapu Lele [1]	197 Umbreon [37]
		629 Vullaby [E]	505 Watchog [43]	562 Yamask [45]	041 Zubat [29]		
Psychic	**Meditate**	453 Croagunk [E]	096 Drowzee [21]	239 Elekid [E]	106 Hitmonlee [1, 5]	097 Hypno [21]	066 Machop [E]
		056 Mankey [E]	308 Medicham [1, 4]	307 Meditite [4]	619 Mienfoo [5]	620 Mienshao [1, 5]	439 Mime Jr. [8]
		122 Mr. Mime [8]	238 Smoochum [E]				
Grass	**Mega Drain**	617 Accelgor [20]	591 Amoonguss [15]	267 Beautifly [22]	182 Bellossom [1]	286 Breloom [12]	406 Budew [13]
		797 Celesteela [13]	546 Cottonee [13]	781 Dhelmise [5]	590 Foongus [15]	044 Gloom [19]	388 Grotle [27]
		253 Grovyle [13]	187 Hoppip [25]	189 Jumpluff [29]	140 Kabuto [36]	141 Kabutops [36]	345 Lileep [E]
		549 Lilligant [1]	270 Lotad [18]	272 Ludicolo [1]	556 Maractus [13]	755 Morelull [15]	043 Oddish [19]
		770 Palossand [18]	548 Petilil [13]	315 Roselia [13]	407 Roserade [1]	769 Sandygast [18]	254 Sceptile [13]
		497 Serperior [24]	496 Servine [24]	616 Shelmet [20]	756 Shiinotic [15]	285 Shroomish [12]	188 Skiploom [28]
		495 Snivy [22]	192 Sunflora [10]	191 Sunkern [10]	114 Tangela [23, E]	465 Tangrowth [23]	389 Torterra [27]
		252 Treecko [13]	387 Turtwig [25]	045 Vileplume [1]	547 Whimsicott [1]		
Normal	**Mega Kick**	106 Hitmonlee [1, 53]	749 Mudbray [43]	750 Mudsdale [55]	759 Stufful [E]		
Normal	**Mega Punch**	794 Buzzwole [37]	074 Geodude ◆ [E]	622 Golett [25]	623 Golurk [25]	107 Hitmonchan [46]	115 Kangaskhan [25]
		240 Magby [E]	151 Mew [10]				
Bug	**Megahorn**	359 Absol [E]	626 Bouffalant [41]	118 Goldeen [45]	214 Heracross [37, E]	588 Karrablast [E]	034 Nidoking [1, 58]
		078 Rapidash [1]	112 Rhydon [55]	111 Rhyhorn [49]	464 Rhyperior [55]	503 Samurott [1]	586 Sawsbuck [1]
		545 Scolipede [1, 65]	119 Seaking [1, 54]	167 Spinarak [E]	234 Stantler [E]	787 Tapu Bulu [53]	716 Xerneas [44]

Type	Move Name	Pokémon					
Dark	Memento	546 Cottonee [E]	050 Diglett [E]	425 Drifloon [E]	355 Duskull [E]	088 Grimer [48]	187 Hoppip [49]
		189 Jumpluff [69]	109 Koffing [45]	608 Lampent [33]	381 Latios [1, 61]	607 Litwick [33]	200 Misdreavus [E]
		089 Muk [57]	771 Pyukumuku [49]	280 Ralts [E]	422 Shellos [E]	188 Skiploom [60]	435 Skuntank [33]
		218 Slugma [E]	442 Spiritomb [43]	434 Stunky [33]	480 Uxie [1, 76]	110 Weezing [57]	562 Yamask [E]
		570 Zorua [E]					
Steel	Metal Burst	306 Aggron [63]	304 Aron [49]	411 Bastiodon [43]	625 Bisharp [1]	638 Cobalion [1, 55]	483 Dialga [24]
		305 Lairon [55]	303 Mawile [E]	111 Rhyhorn [E]	302 Sableye [E]	028 Sandslash (Alola Form) [1]	410 Shieldon [37]
		791 Solgaleo [43]	413 Wormadam (Trash Cloak) [1]				
Steel	Metal Claw	306 Aggron [10]	347 Anorith [17]	348 Armaldo [17]	304 Aron [10]	625 Bisharp [25]	004 Charmander [E]
		638 Cobalion [1]	341 Corphish [E]	483 Dialga [6]	050 Diglett (Alola Form) [1]	529 Drilbur [15]	621 Druddigon [E]
		051 Dugtrio (Alola Form) [1]	632 Durant [11]	395 Empoleon [1]	530 Excadrill [15]	597 Ferroseed [14]	598 Ferrothorn [14]
		649 Genesect [1]	443 Gible [E]	207 Gligar [E]	099 Kingler [21]	098 Krabby [21]	305 Lairon [10]
		448 Lucario [1]	376 Metagross [1]	375 Metang [1, EV]	800 Necrozma [1]	290 Nincada [21]	046 Paras [E]
		624 Pawniard [25]	394 Prinplup [1, EV]	379 Registeel [1, 7]	027 Sandshrew (Alola Form) [14, E]	027 Sandshrew ◆ [E]	028 Sandslash (Alola Form) [1]
		212 Scizor [21]	227 Skarmory [9]	215 Sneasel [22]	791 Solgaleo [1]	216 Teddiursa [E]	158 Totodile [E]
		461 Weavile [22]	767 Wimpod [E]	335 Zangoose [E]			
Steel	Metal Sound	306 Aggron [31]	304 Aron [31]	411 Bastiodon [1, 10]	625 Bisharp [38]	437 Bronzong [31]	436 Bronzor [31]
		797 Celesteela [23]	781 Dhelmise [18]	050 Diglett (Alola Form) [E]	680 Doublade [8]	529 Drilbur [E]	632 Durant [1, 56]
		649 Genesect [33]	485 Heatran [25]	679 Honedge [8, E]	140 Kabuto [41]	141 Kabutops [45]	600 Klang [48]
		707 Klefki [12]	599 Klink [45]	601 Klinklang [48]	305 Lairon [31]	448 Lucario [24]	081 Magnemite [25]
		082 Magneton [25]	462 Magnezone [25]	624 Pawniard [38]	410 Shieldon [10]	773 Silvally [45]	227 Skarmory [42]
		791 Solgaleo [13]	772 Type: Null [45]	413 Wormadam (Trash Cloak) [29]			
Steel	Meteor Mash	035 Clefairy [50]	376 Metagross [44]	375 Metang [44]	447 Riolu [E]		
Normal	Metronome	113 Chansey [E]	036 Clefable [1]	035 Clefairy [31]	173 Cleffa [E]	440 Happiny [E]	151 Mew [20]
		446 Munchlax [1]	209 Snubbull [E]	175 Togepi [5]	176 Togetic [1, 5]		
Normal	Milk Drink	673 Gogoat [58]	241 Miltank [11]	672 Skiddo [50, E]			
Normal	Mimic	438 Bonsly [15]	441 Chatot [33]	173 Cleffa [E]	676 Furfrou [E]	039 Jigglypuff [38]	439 Mime Jr. [15, E]
		778 Mimikyu [19]	122 Mr. Mime [15, E]	209 Snubbull [E]	185 Sudowoodo [15]		
Fire	Mind Blown	806 Blacephalon [59]					
Normal	Mind Reader	144 Articuno [22]	286 Breloom [33]	406 Budew [E]	656 Froakie [E]	106 Hitmonlee [33]	801 Magearna [33]
		308 Medicham [25]	307 Meditite [25]	290 Nincada [25]	291 Ninjask [29]	060 Poliwag [E]	062 Poliwrath [43]
		447 Riolu [E]	315 Roselia [E]	540 Sewaddle [E]	292 Shedinja [25]	616 Shelmet [E]	283 Surskit [E]
		236 Tyrogue [E]					
Normal	Minimize	242 Blissey [23]	113 Chansey [23]	036 Clefable [1]	035 Clefairy [25]	426 Drifblim [1]	425 Drifloon [1]
		088 Grimer [21]	608 Lampent [1, 3]	607 Litwick [3]	089 Muk [21]	211 Qwilfish [9]	120 Staryu [31]
Psychic	Miracle Eye	065 Alakazam [23]	606 Beheeyem [1, 11]	605 Elgyem [11]	574 Gothita [E]	064 Kadabra [23]	678 Meowstic (Male) [31]
		376 Metagross [29]	375 Metang [29]	150 Mewtwo [29]	177 Natu [36]	561 Sigilyph [1]	238 Smoochum [E]
		178 Xatu [39]					
Psychic	Mirror Coat	594 Alomomola [E]	698 Amaura [E]	752 Araquanid [50]	712 Bergmite [E]	222 Corsola [45]	386 Deoxys (Defense Forme) [73]
		751 Dewpider [40]	101 Electrode [58]	349 Feebas [E]	203 Girafarig [E]	471 Glaceon [33]	574 Gothita [E]
		345 Lileep [E]	428 Lopunny [1]	462 Magnezone [1]	226 Mantine [E]	458 Mantyke [E]	258 Mudkip [E]
		793 Nihilego [43]	422 Shellos [E]	495 Snivy [E]	325 Spoink [E]	007 Squirtle [E]	245 Suicune [43]
		072 Tentacool [E]	583 Vanillish [47]	582 Vanillite [44]	584 Vanilluxe [50]	100 Voltorb [48]	202 Wobbuffet [1]
		360 Wynaut [15]					
Flying	Mirror Move	441 Chatot [9]	256 Combusken [47]	084 Doduo [E]	580 Ducklett [E]	083 Farfetch'd [E]	022 Fearow [18]
		163 Hoothoot [E]	630 Mandibuzz [1, 70]	198 Murkrow [E]	741 Oricorio [43]	018 Pidgeot [56]	017 Pidgeotto [52]
		016 Pidgey [45]	731 Pikipek [E]	561 Sigilyph [34]	021 Spearow [18]	396 Starly [E]	333 Swablu [30]
		276 Taillow [E]	785 Tapu Koko [38]	175 Togepi [E]	255 Torchic [41]	629 Vullaby [64]	
Steel	Mirror Shot	597 Ferroseed [30]	598 Ferrothorn [30]	205 Forretress [1, EV]	600 Klang [36]	707 Klefki [34]	599 Klink [36]
		601 Klinklang [36]	801 Magearna [25]	081 Magnemite [23]	082 Magneton [23]	462 Magnezone [23]	800 Necrozma [1]
		583 Vanillish [26]	582 Vanillite [26]	584 Vanilluxe [26]	413 Wormadam (Trash Cloak) [26]		

Type	Move Name	Pokémon					
Ice	**Mist**	460 Abomasnow [21]	594 Alomomola [E]	334 Altaria [14]	698 Amaura [18]	144 Articuno [8]	699 Aurorus [18]
		712 Bergmite [E]	170 Chinchou [E]	222 Corsola [E]	488 Cresselia [20]	615 Cryogonal [9]	780 Drampa [E]
		147 Dratini [E]	395 Empoleon [46]	349 Feebas [E]	592 Frillish [E]	131 Lapras [4]	270 Lotad [15]
		473 Mamoswine [37]	150 Mewtwo [86]	279 Pelipper [12]	221 Piloswine [37]	393 Piplup [36]	060 Poliwag [E]
		394 Prinplup [42]	195 Quagsire [48]	422 Shellos [E]	459 Snover [21, E]	007 Squirtle [E]	245 Suicune [36]
		283 Surskit [25]	333 Swablu [14]	220 Swinub [35]	788 Tapu Fini [1]	535 Tympole [E]	583 Vanillish [16]
		582 Vanillite [16]	584 Vanilluxe [16]	721 Volcanion [8]	037 Vulpix (Alola Form) [20]	320 Wailmer [22]	321 Wailord [22]
		278 Wingull [12, E]	746 Wishiwashi [E]	194 Wooper [43]			
Psychic	**Mist Ball**	380 Latias [24]					
Fairy	**Misty Terrain**	683 Aromatisse [42]	531 Audino [1]	729 Brionne [55]	173 Cleffa [E]	546 Cottonee [E]	669 Flabébé [37]
		670 Floette [43]	671 Florges [1]	282 Gardevoir [1]	174 Igglybuff [E]	303 Mawile [E]	678 Meowstic (Male) [50]
		122 Mr. Mime [1]	728 Popplio [46]	730 Primarina [60]	280 Ralts [E]	682 Spritzee [42]	700 Sylveon [29]
		788 Tapu Fini [1]	716 Xerneas [63]				
Fairy	**Moonblast**	334 Altaria [52]	683 Aromatisse [31]	729 Brionne [42]	703 Carbink [50]	035 Clefairy [46]	488 Cresselia [99]
		742 Cutiefly [E]	719 Diancie [50]	669 Flabébé [41]	670 Floette [46]	671 Florges [1]	282 Gardevoir [1, 62]
		163 Hoothoot [40]	792 Lunala [47]	337 Lunatone [1]	755 Morelull [39]	164 Noctowl [47]	043 Oddish [43]
		728 Popplio [36]	730 Primarina [44]	756 Shiinotic [44]	682 Spritzee [31]	333 Swablu [46]	700 Sylveon [37]
		788 Tapu Fini [1]	786 Tapu Lele [58]	037 Vulpix (Alola Form) [E]	547 Whimsicott [50]	716 Xerneas [35]	
Ghost	**Moongeist Beam**	792 Lunala [1, EV]	800 Necrozma (Dawn Wings) [*]				
Fairy	**Moonlight**	035 Clefairy [43]	488 Cresselia [1, 57]	269 Dustox [17]	102 Exeggcute [E]	044 Gloom [29]	314 Illumise [19]
		792 Lunala [31]	755 Morelull [11]	517 Munna [17]	800 Necrozma [1]	715 Noivern [1]	043 Oddish [27]
		302 Sableye [E]	756 Shiinotic [11]	197 Umbreon [33]	313 Volbeat [19]		
Normal	**Morning Sun**	267 Beautifly [17]	421 Cherrim [1]	420 Cherubi [1]	196 Espeon [33]	058 Growlithe [E]	636 Larvesta [E]
		800 Necrozma [1]	519 Pidove [E]	077 Ponyta [E]	791 Solgaleo [31]	191 Sunkern [E]	175 Togepi [E]
		048 Venonat [E]					
Ground	**Mud Bomb**	024 Arbok [39]	339 Barboach [13]	113 Chansey [E]	453 Croagunk [29]	050 Diglett (Alola Form) [25]	050 Diglett ◆ [25, E]
		051 Dugtrio [25]	023 Ekans [33]	423 Gastrodon [11]	088 Grimer ◆ [18]	440 Happiny [E]	473 Mamoswine [18]
		259 Marshtomp [22]	749 Mudbray [E]	258 Mudkip [E]	089 Muk ◆ [18]	322 Numel [E]	221 Piloswine [18]
		060 Poliwag [41]	061 Poliwhirl [53]	054 Psyduck [E]	195 Quagsire [19]	422 Shellos [11]	300 Skitty [E]
		618 Stunfisk [21]	260 Swampert [22]	220 Swinub [18]	454 Toxicroak [29]	535 Tympole [E]	340 Whiscash [13]
		194 Wooper [19]					
Ground	**Mud Shot**	339 Barboach [E]	550 Basculin [E]	626 Bouffalant [E]	659 Bunnelby [18]	652 Chesnaught [41]	650 Chespin [35]
		660 Diggersby [18]	443 Gible [E]	118 Goldeen [E]	383 Groudon [1]	736 Grubbin [E]	140 Kabuto [16, E]
		141 Kabutops [16]	099 Kingler [19]	098 Krabby [19]	645 Landorus [1]	259 Marshtomp [1, EV]	138 Omanyte [25]
		139 Omastar [25]	536 Palpitoad [16]	060 Poliwag [28, E]	061 Poliwhirl [32]	195 Quagsire [9]	651 Quilladin [39]
		369 Relicanth [E]	223 Remoraid [E]	027 Sandshrew ◆ [E]	537 Seismitoad [16]	090 Shellder [E]	618 Stunfisk [13]
		283 Surskit [E]	260 Swampert [1]	220 Swinub [E]	328 Trapinch [E]	535 Tympole [16]	194 Wooper [9]
Ground	**Mud Sport**	347 Anorith [4]	348 Armaldo [1, 4]	339 Barboach [6]	399 Bidoof [E]	427 Buneary [E]	366 Clamperl [E]
		341 Corphish [E]	529 Drilbur [1]	580 Ducklett [E]	530 Excadrill [1]	349 Feebas [E]	656 Froakie [E]
		423 Gastrodon [1, 2]	074 Geodude ◆ [4]	118 Goldeen [E]	076 Golem ◆ [1, 4]	075 Graveler ◆ [1, 4]	701 Hawlucha [E]
		099 Kingler [1]	098 Krabby [1]	264 Linoone [17]	370 Luvdisc [E]	473 Mamoswine [1, 5]	226 Mantine [E]
		458 Mantyke [E]	749 Mudbray [3]	258 Mudkip [20]	750 Mudsdale [1, 3]	095 Onix [1]	515 Panpour [E]
		221 Piloswine [1, 5]	393 Piplup [E]	771 Pyukumuku [1]	195 Quagsire [1, 5]	369 Relicanth [1, 6]	422 Shellos [2]
		079 Slowpoke [E]	007 Squirtle [E]	234 Stantler [E]	208 Steelix [1]	618 Stunfisk [1]	220 Swinub [5]
		158 Totodile [E]	252 Treecko [E]	568 Trubbish [E]	535 Tympole [E]	340 Whiscash [1, 6]	194 Wooper [5, E]
		263 Zigzagoon [17]					
Water	**Muddy Water**	298 Azurill [E]	339 Barboach [35, E]	550 Basculin [E]	366 Clamperl [E]	692 Clauncher [48]	693 Clawitzer [57]
		423 Gastrodon [41]	706 Goodra [38]	704 Goomy [38]	116 Horsea [E]	382 Kyogre [60]	108 Lickitung [E]
		183 Marill [E]	259 Marshtomp [38]	138 Omanyte [E]	536 Palpitoad [28]	195 Quagsire [53]	369 Relicanth [E]
		537 Seismitoad [28]	422 Shellos [37]	705 Sliggoo [38]	007 Squirtle [E]	618 Stunfisk [40]	260 Swampert [39]
		788 Tapu Fini [48]	072 Tentacool [E]	535 Tympole [27]	134 Vaporeon [37]	340 Whiscash [39]	746 Wishiwashi [E]
		194 Wooper [47]					
Ground	**Mud-Slap**	306 Aggron [1, 4]	304 Aron [4]	343 Baltoy [7]	689 Barbaracle [18]	339 Barboach [1]	688 Binacle [18]
		525 Boldore [17]	626 Bouffalant [E]	418 Buizel [E]	659 Bunnelby [13]	737 Charjabug [1, 7]	344 Claydol [7]
		453 Croagunk [3]	660 Diggersby [13]	050 Diglett [10]	529 Drilbur [8]	051 Dugtrio [10]	206 Dunsparce [13]
		530 Excadrill [1, 8]	083 Farfetch'd [E]	330 Flygon [5]	423 Gastrodon [1]	526 Gigalith [17]	118 Goldeen [E]

*When Necrozma becomes Dawn Wings Necrozma, it can learn the move Moongeist Beam.

Type	Move Name	Pokémon					
Ground	**Mud-Slap**	622 Golett [5]	623 Golurk [1, 5]	088 Grimer ◆ [7]	736 Grubbin [7]	316 Gulpin [E]	735 Gumshoos [23]
		694 Helioptile [13]	552 Krokorok [19]	553 Krookodile [19]	305 Lairon [1, 4]	506 Lillipup [E]	473 Mamoswine [11]
		259 Marshtomp [1, 9]	572 Minccino [E]	749 Mudbray [1]	258 Mudkip [9]	750 Mudsdale [1]	089 Muk ◆ [1, 7]
		290 Nincada [17]	231 Phanpy [E]	221 Piloswine [11]	393 Piplup [E]	369 Relicanth [E]	524 Roggenrola [17]
		551 Sandile [19]	422 Shellos [1]	616 Shelmet [E]	213 Shuckle [E]	618 Stunfisk [1]	260 Swampert [1, 9]
		220 Swinub [11]	454 Toxicroak [1, 3]	328 Trapinch [5]	329 Vibrava [5]	738 Vikavolt [1, 7]	340 Whiscash [1]
		734 Yungoos [22]	263 Zigzagoon [E]				
Normal	**Multi-Attack***	773 Silvally [1, EV]					
Fire	**Mystical Fire**	655 Delphox [1, EV]	429 Mismagius [1]				
Dark	**Nasty Plot**	190 Aipom [39]	424 Ambipom [39]	482 Azelf [46]	331 Cacnea [E]	441 Chatot [E]	390 Chimchar [23]
		453 Croagunk [38]	491 Darkrai [75]	723 Dartrix [55]	724 Decidueye [60]	096 Drowzee [53, E]	605 Elgyem [E]
		203 Girafarig [46]	430 Honchkrow [35]	720 Hoopa (Hoopa Confined) [68]	229 Houndoom [1, 60]	228 Houndour [52, E]	097 Hypno [1, 53]
		352 Kecleon [E]	510 Liepard [50]	725 Litten [E]	630 Mandibuzz [14]	052 Meowth [38]	151 Mew [90]
		439 Mime Jr. [E]	312 Minun [46]	200 Misdreavus [E]	122 Mr. Mime [E]	804 Naganadel [31]	038 Ninetales [1]
		765 Oranguru [25]	515 Panpour [E]	511 Pansage [E]	513 Pansear [E]	504 Patrat [33]	053 Persian [44]
		172 Pichu [13]	311 Plusle [46]	803 Poipole [31]	474 Porygon-Z [1]	509 Purrloin [42]	447 Riolu [47]
		722 Rowlet [46]	302 Sableye [E]	757 Salandit [32]	758 Salazzle [32]	273 Seedot [E]	275 Shiftry [1]
		199 Slowking [36]	238 Smoochum [E]	442 Spiritomb [37]	682 Spritzee [E]	642 Thundurus [1, 55]	175 Togepi [E]
		454 Toxicroak [41]	629 Vullaby [14]	505 Watchog [39]	461 Weavile [20]	562 Yamask [E]	571 Zoroark [54]
		570 Zorua [49]	041 Zubat [E]				
Normal	**Natural Gift**	334 Altaria [20]	493 Arceus [1]	482 Azelf [1, 66]	153 Bayleef [26]	069 Bellsprout [E]	406 Budew [E]
		251 Celebi [46]	113 Chansey [E]	420 Cherubi [E]	152 Chikorita [23]	764 Comfey [22]	546 Cottonee [E]
		702 Dedenne [E]	585 Deerling [E]	084 Doduo [E]	780 Drampa [25]	133 Eevee [E]	102 Exeggcute [37, E]
		662 Fletchinder [31]	661 Fletchling [29]	205 Forretress [23]	044 Gloom [44]	440 Happiny [E]	250 Ho-Oh [85]
		270 Lotad [12]	249 Lugia [85]	154 Meganium [26]	481 Mesprit [1, 66]	241 Miltank [E]	446 Munchlax [49, E]
		043 Oddish [39]	515 Panpour [40]	511 Pansage [40]	513 Pansear [40]	046 Paras [E]	548 Petilil [E]
		231 Phanpy [15]	204 Pineco [23]	315 Roselia [E]	161 Sentret [E]	492 Shaymin [46]	285 Shroomish [E]
		495 Snivy [E]	143 Snorlax [E]	459 Snover [E]	192 Sunflora [31]	191 Sunkern [31, E]	333 Swablu [20]
		663 Talonflame [31]	114 Tangela [33, E]	465 Tangrowth [33]	252 Treecko [E]	357 Tropius [30, E]	480 Uxie [1, 66]
		582 Vanillite [E]					
Normal	**Nature Power (TM96)**	698 Amaura [41, TM]	591 Amoonguss [TM]	699 Aurorus [43, TM]	689 Barbaracle [TM]	153 Bayleef [TM]	182 Bellossom [TM]
		069 Bellsprout [TM]	688 Binacle [TM]	525 Boldore [TM]	438 Bonsly [TM]	761 Bounsweet [TM]	406 Budew [TM]
		001 Bulbasaur [TM, E]	659 Bunnelby [TM]	331 Cacnea [TM]	332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]
		455 Carnivine [TM]	251 Celebi [TM]	421 Cherrim [TM]	420 Cherubi [TM, E]	652 Chesnaught [TM]	650 Chespin [TM]
		152 Chikorita [TM, E]	764 Comfey [TM]	222 Corsola [TM, E]	546 Cottonee [TM]	342 Crawdaunt [TM]	558 Crustle [TM]
		155 Cyndaquil [TM, E]	723 Dartrix [TM]	724 Decidueye [TM]	585 Deerling [41, TM]	719 Diancie [TM]	660 Diggersby [TM]
		780 Drampa [TM]	557 Dwebble [TM]	102 Exeggcute [TM, E]	103 Exeggutor [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]
		456 Finneon [TM]	669 Flabébé [TM]	670 Floette [TM]	671 Florges [TM]	753 Fomantis [TM]	590 Foongus [TM]
		074 Geodude [TM]	526 Gigalith [TM]	044 Gloom [TM]	673 Gogoat [TM]	076 Golem [TM]	711 Gourgeist [TM]
		075 Graveler [TM]	388 Grotle [TM]	253 Grovyle [TM]	485 Heatran [TM]	002 Ivysaur [TM]	141 Kabutops [TM]
		470 Leafeon [TM]	542 Leavanny [TM]	549 Lilligant [TM]	271 Lombre [28, TM]	270 Lotad [24, TM]	272 Ludicolo [1, TM]
		754 Lurantis [TM]	219 Magcargo [TM]	556 Maractus [TM]	154 Meganium [TM]	151 Mew [TM]	755 Morelull [TM]
		322 Numel [TM]	274 Nuzleaf [16, TM]	043 Oddish [TM, E]	095 Onix [TM]	765 Oranguru [TM]	511 Pansage [TM]
		046 Paras [TM]	047 Parasect [TM]	548 Petilil [TM]	708 Phantump [TM]	710 Pumpkaboo [TM]	156 Quilava [TM]
		651 Quilladin [TM]	486 Regigigas [TM]	743 Ribombee [TM]	524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]
		722 Rowlet [TM]	586 Sawsbuck [44, TM]	254 Sceptile [TM]	273 Seedot [15, TM]	497 Serperior [TM]	496 Servine [TM]
		540 Sewaddle [TM]	492 Shaymin [TM]	275 Shiftry [TM]	756 Shiinotic [TM]	512 Simisage [TM]	672 Skiddo [TM]
		218 Slugma [TM]	495 Snivy [TM]	208 Steelix [TM]	762 Steenee [TM]	185 Sudowoodo [TM]	192 Sunflora [TM]
		191 Sunkern [TM, E]	541 Swadloon [TM]	114 Tangela [TM, E]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]
		785 Tapu Koko [TM]	786 Tapu Lele [TM]	324 Torkoal [TM]	389 Torterra [TM]	252 Treecko [TM]	709 Trevenant [TM]
		357 Tropius [TM, E]	763 Tsareena [TM]	387 Turtwig [TM]	157 Typhlosion [TM]	003 Venusaur [TM]	071 Victreebel [TM]
		045 Vileplume [TM]	640 Virizion [TM]	070 Weepinbell [TM]	547 Whimsicott [TM]	716 Xerneas [72, TM]	796 Xurkitree [TM]
Fairy	**Nature's Madness**	787 Tapu Bulu [43]	788 Tapu Fini [43]	785 Tapu Koko [43]	786 Tapu Lele [43]		
Grass	**Needle Arm**	331 Cacnea [16]	332 Cacturne [16]	652 Chesnaught [1]	556 Maractus [22]	651 Quilladin [1, EV]	
Dark	**Night Daze**	792 Lunala [37]	571 Zoroark [1, 64]	570 Zorua [57]			

*Multi-Attack's type varies depending on the kind of memory disc the user is holding.

Type	Move Name	Pokémon					
Ghost	Night Shade	168 Ariados [15]	354 Banette [1, 7]	806 Blacephalon [23]	441 Chatot [E]	563 Cofagrigus [13]	386 Deoxys [7]
		356 Dusclops [1]	477 Dusknoir [1]	355 Duskull [1]	592 Frillish [9]	092 Gastly [15]	094 Gengar [15]
		622 Golett [40]	623 Golurk [40]	093 Haunter [15]	163 Hoothoot [E]	593 Jellicent [1, 9]	608 Lampent [13]
		607 Litwick [13]	792 Lunala [7]	198 Murkrow [21]	177 Natu [6]	302 Sableye [6]	353 Shuppet [7]
		577 Solosis [E]	167 Spinarak [15]	178 Xatu [1, 6]	562 Yamask [13]		
Dark	Night Slash	359 Absol [29]	681 Aegislash [1]	610 Axew [E]	689 Barbaracle [44]	688 Binacle [41]	625 Bisharp [49]
		341 Corphish [26]	342 Crawdaunt [26]	615 Cryogonal [1, 53]	613 Cubchoo [E]	680 Doublade [36]	452 Drapion [38]
		621 Druddigon [40]	051 Dugtrio [1]	557 Dwebble [E]	083 Farfetch'd [33, E]	475 Gallade [1]	207 Gligar [E]
		472 Gliscor [27]	658 Greninja [1, 77]	631 Heatmor [E]	214 Heracross [1]	430 Honchkrow [1, 55]	679 Honedge [35]
		686 Inkay [46]	141 Kabutops [1, 72]	798 Kartana [31]	402 Kricketune [42]	510 Liepard [43]	754 Lurantis [1]
		687 Malamar [46]	056 Mankey [E]	052 Meowth [49]	800 Necrozma [23]	290 Nincada [E]	501 Oshawott [E]
		624 Pawniard [49]	053 Persian [61]	519 Pidove [E]	509 Purrloin [37]	027 Sandshrew [E]	254 Sceptile [1]
		212 Scizor [45]	123 Scyther [45, E]	336 Seviper [26, E]	319 Sharpedo [1, 62]	403 Shinx [E]	227 Skarmory [53]
		451 Skorupi [38, E]	435 Skuntank [31]	287 Slakoth [E]	167 Spinarak [E]	434 Stunky [31]	216 Teddiursa [E]
		255 Torchic [E]	461 Weavile [35]	716 Xerneas [51]	469 Yanmega [1]	335 Zangoose [E]	571 Zoroark [1, EV]
Ghost	Nightmare	491 Darkrai [38]	092 Gastly [47]	094 Gengar [61]	093 Haunter [61]	097 Hypno [1]	778 Mimikyu [E]
		517 Munna [29]	442 Spiritomb [E]	562 Yamask [E]			
Normal	Noble Roar	783 Hakamo-o [48]	782 Jangmo-o [45]	784 Kommo-o [51]	646 Kyurem [64]	667 Litleo [15]	668 Pyroar [15]
		643 Reshiram [64]	791 Solgaleo [59]	321 Wailord [1]	644 Zekrom [64]		
Electric	Nuzzle	702 Dedenne [20]	587 Emolga [15]	312 Minun [1]	417 Pachirisu [19]	025 Pikachu [29]	311 Plusle [1]
		777 Togedemaru [21]					
Flying	Oblivion Wing	717 Yveltal [26]					
Water	Octazooka	116 Horsea [E]	224 Octillery [1, EV]	223 Remoraid [E]			
Normal	Odor Sleuth	059 Arcanine [1]	683 Aromatisse [1, 8]	399 Bidoof [E]	418 Buizel [E]	659 Bunnelby [25]	585 Deerling [E]
		660 Diggersby [27]	309 Electrike [16]	500 Emboar [1, 9]	676 Furfrou [27]	203 Girafarig [5]	058 Growlithe [10]
		326 Grumpig [1, 10]	735 Gumshoos [13]	631 Heatmor [6]	507 Herdier [1, 5]	229 Houndoom [20]	228 Houndour [20]
		506 Lillipup [5]	264 Linoone [13]	745 Lycanroc [18]	473 Mamoswine [1]	310 Manectric [16]	179 Mareep [E]
		052 Meowth ◆ [E]	262 Mightyena [13]	446 Munchlax [1]	231 Phanpy [1]	499 Pignite [1, 9]	221 Piloswine [1]
		261 Poochyena [13]	744 Rockruff [18]	325 Spoink [10]	682 Spritzee [8]	508 Stoutland [1, 5]	220 Swinub [1]
		528 Swoobat [1, 4]	498 Tepig [9]	527 Woobat [4]	734 Yungoos [13]	263 Zigzagoon [13]	
Ghost	Ominous Wind	351 Castform [E]	563 Cofagrigus [25]	491 Darkrai [1]	723 Dartrix [16]	724 Decidueye [16]	426 Drifblim [20]
		425 Drifloon [20]	355 Duskull [E]	592 Frillish [27]	478 Froslass [1, EV]	487 Giratina [6]	593 Jellicent [27]
		284 Masquerain [1]	200 Misdreavus [E]	177 Natu [20]	479 Rotom [29]	722 Rowlet [16, E]	353 Shuppet [E]
		442 Spiritomb [25]	178 Xatu [20]	562 Yamask [25]			
Water	Origin Pulse	382 Kyogre [45]					
Dragon	Outrage	460 Abomasnow [BP]	306 Aggron [BP]	334 Altaria [BP]	698 Amaura [BP]	181 Ampharos [BP]	059 Arcanine [BP]
		493 Arceus [BP]	567 Archeops [BP]	699 Aurorus [BP]	610 Axew [56, BP]	371 Bagon [BP]	411 Bastiodon [BP]
		009 Blastoise [BP]	626 Bouffalant [BP]	794 Buzzwole [BP]	006 Charizard [BP]	004 Charmander [E]	633 Deino [62, BP]
		483 Dialga [BP]	691 Dragalge [BP]	148 Dragonair [67, BP]	149 Dragonite [67, BP]	780 Drampa [53, BP]	147 Dratini [55, BP]
		621 Druddigon [62, BP]	604 Eelektross [BP]	103 Exeggutor (Alola Form) [BP]	295 Exploud [BP]	160 Feraligatr [BP]	330 Flygon [BP]
		611 Fraxure [60, BP]	444 Gabite [BP]	445 Garchomp [BP]	443 Gible [E, BP]	487 Giratina [BP]	706 Goodra [1, 55, BP]
		704 Goomy [BP]	210 Granbull [1, 67, BP]	058 Growlithe [43, BP]	799 Guzzlord [BP]	130 Gyarados [BP]	783 Hakamo-o [58, BP]
		612 Haxorus [1, 66, BP]	116 Horsea [E, BP]	635 Hydreigon [1, 79, BP]	727 Incineroar [60, BP]	782 Jangmo-o [53, BP]	115 Kangaskhan [46, BP]
		230 Kingdra [BP]	784 Kommo-o [67, BP]	553 Krookodile [60, BP]	646 Kyurem [85, BP]	645 Landorus [1, 79, BP]	131 Lapras [BP]
		246 Larvitar [E, BP]	380 Latias [BP]	381 Latios [BP]	725 Litten [46, BP]	745 Lycanroc (Midnight Form) [BP]	745 Lycanroc (Dusk Form) [BP]
		056 Mankey [47, BP]	105 Marowak [BP]	802 Marshadow [BP]	154 Meganium [BP]	151 Mew [BP]	804 Naganadel [BP]
		800 Necrozma [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	714 Noibat [E, BP]	715 Noivern [BP]	484 Palkia [BP]
		675 Pangoro [BP]	795 Pheromosa [BP]	057 Primeape [53, BP]	247 Pupitar [BP]	409 Rampardos [BP]	384 Rayquaza [80, BP]
		643 Reshiram [85, BP]	112 Rhydon [BP]	464 Rhyperior [BP]	373 Salamence [BP]	254 Sceptile [BP]	560 Scrafty [BP]
		117 Seadra [BP]	497 Serperior [BP]	372 Shelgon [BP]	773 Silvally [BP]	690 Skrelp [BP]	705 Sliggoo [BP]
		143 Snorlax [BP]	791 Solgaleo [BP]	333 Swablu [BP]	260 Swampert [BP]	128 Tauros [BP]	726 Torracat [55, BP]
		389 Torterra [BP]	357 Tropius [BP]	778 Turtonator [BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]
		003 Venusaur [BP]	329 Vibrava [BP]	716 Xerneas [93, BP]	644 Zekrom [85, BP]	634 Zweilous [71, BP]	718 Zygarde [80, BP]
Fire	Overheat (TM50)	059 Arcanine [TM]	493 Arceus [TM]	806 Blacephalon [TM]	257 Blaziken [TM]	654 Braixen [TM]	323 Camerupt [TM]
		609 Chandelure [TM]	006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]	390 Chimchar [TM]	256 Combusken [TM]
		155 Cyndaquil [TM]	555 Darmanitan [54, TM]	554 Darumaka [42, TM]	655 Delphox [TM]	483 Dialga [TM]	500 Emboar [TM]

Type	Move Name	Pokémon					
Fire	**Overheat (TM50)**	244 Entei [TM]	295 Exploud [TM]	653 Fennekin [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]
		210 Granbull [TM]	383 Groudon [TM]	058 Growlithe [TM]	631 Heatmor [TM]	485 Heatran [TM]	250 Ho-Oh [TM]
		229 Houndoom [TM]	228 Houndour [TM]	727 Incineroar [TM]	392 Infernape [TM]	608 Lampent [69, TM]	636 Larvesta [TM]
		667 Litleo [50, TM]	725 Litten [TM]	607 Litwick [61, TM]	294 Loudred [TM]	240 Magby [TM]	219 Magcargo [TM]
		126 Magmar [TM]	467 Magmortar [TM]	310 Manectric [TM]	056 Mankey [TM]	151 Mew [TM]	146 Moltres [TM]
		391 Monferno [TM]	038 Ninetales ◆ [TM]	322 Numel [TM]	513 Pansear [TM]	499 Pignite [TM]	077 Ponyta [TM]
		057 Primeape [TM]	668 Pyroar [57, TM]	156 Quilava [TM]	078 Rapidash [TM]	384 Rayquaza [TM]	643 Reshiram [TM]
		479 Rotom (Heat Rotom) [*]	757 Salandit [TM]	758 Salazzle [TM]	514 Simisear [TM]	218 Slugma [TM]	209 Snubbull [TM]
		338 Solrock [TM]	663 Talonflame [TM]	498 Tepig [TM]	255 Torchic [TM]	324 Torkoal [TM]	726 Torracat [TM]
		733 Toucannon [TM]	776 Turtonator [49, TM]	157 Typhlosion [TM]	494 Victini [97, TM]	721 Volcanion [65, TM]	637 Volcarona [TM]
		037 Vulpix ◆ [TM]	523 Zebstrika [TM]				
Normal	**Pain Split**	594 Alomomola [E, BP]	531 Audino [BP]	354 Banette [BP]	606 Beheeyem [BP]	760 Bewear [49, BP]	806 Blacephalon [BP]
		779 Bruxish [BP]	609 Chandelure [1, BP]	652 Chesnaught [60, BP]	650 Chespin [45, BP]	563 Cofagrigus [BP]	764 Comfey [BP]
		346 Cradily [BP]	781 Dhelmise [BP]	426 Drifblim [BP]	425 Drifloon [BP]	206 Dunsparce [BP]	578 Duosion [34, BP]
		356 Dusclops [BP]	477 Dusknoir [BP]	355 Duskull [E, BP]	605 Elgyem [BP]	205 Forretress [BP]	592 Frillish [E, BP]
		478 Froslass [BP]	475 Gallade [BP]	569 Garbodor [BP]	282 Gardevoir [BP]	092 Gastly [BP]	423 Gastrodon [BP]
		094 Gengar [BP]	487 Giratina (Altered Forme) [BP]	768 Golisopod [BP]	711 Gourgeist [42, BP]	088 Grimer [BP]	316 Gulpin [E, BP]
		093 Haunter [BP]	174 Igglybuff [BP]	593 Jellicent [BP]	039 Jigglypuff [BP]	281 Kirlia [BP]	109 Koffing [E, BP]
		608 Lampent [61, BP]	345 Lileep [BP]	607 Litwick [55, BP]	337 Lunatone [BP]	219 Magcargo [BP]	801 Magearna [65, BP]
		747 Mareanie [BP]	105 Marowak (Alola Form) [BP]	303 Mawile [BP]	308 Medicham [BP]	307 Meditite [BP]	151 Mew [BP]
		778 Mimikyu [50, BP]	200 Misdreavus [32, BP]	429 Mismagius [BP]	089 Muk [BP]	517 Munna [BP]	518 Musharna [BP]
		177 Natu [BP]	793 Nihilego [BP]	038 Ninetales [BP]	299 Nosepass [BP]	765 Oranguru [BP]	770 Palossand [BP]
		708 Phantump [BP]	204 Pineco [BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	476 Probopass [BP]
		710 Pumpkaboo [42, BP]	771 Pyukumuku [33, BP]	651 Quilladin [52, BP]	211 Qwilfish [BP]	280 Ralts [BP]	409 Rampardos [BP]
		579 Reuniclus [34, BP]	479 Rotom [BP]	302 Sableye [BP]	769 Sandygast [BP]	539 Sawk [BP]	422 Shellos [BP]
		353 Shuppet [BP]	218 Slugma [BP]	577 Solosis [33, BP]	338 Solrock [BP]	442 Spiritomb [E, BP]	121 Starmie [BP]
		120 Staryu [BP]	759 Stufful [41, BP]	618 Stunfisk [E, BP]	317 Swalot [BP]	114 Tangela [BP]	465 Tangrowth [BP]
		538 Throh [BP]	748 Toxapex [BP]	709 Trevenant [BP]	568 Trubbish [BP]	037 Vulpix [BP]	110 Weezing [BP]
		040 Wigglytuff [BP]	178 Xatu [BP]	562 Yamask [BP]	718 Zygarde [BP]		
Electric	**Parabolic Charge**	702 Dedenne [17]	695 Heliolisk [1]	694 Helioptile [25]			
Dark	**Parting Shot**	052 Meowth (Alola Form) [E]	674 Pancham [45]	675 Pangoro [48]	773 Silvally [85]		
Normal	**Pay Day**	052 Meowth [30]	509 Purrloin [E]				
Dark	**Payback (TM66)**	359 Absol [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	190 Aipom [TM]	424 Ambipom [TM]	591 Amoonguss [TM]
		024 Arbok [TM]	493 Arceus [TM]	610 Axew [TM]	482 Azelf [TM]	354 Banette [TM]	689 Barbaracle [TM]
		015 Beedrill [TM]	760 Bewear [23, TM]	688 Binacle [TM]	625 Bisharp [TM]	806 Blacephalon [TM]	626 Bouffalant [TM]
		437 Bronzong [46, TM]	436 Bronzor [41, TM]	779 Bruxish [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]	331 Cacnea [26, TM]
		332 Cacturne [26, TM]	455 Carnivine [TM]	318 Carvanha [TM]	609 Chandelure [TM]	652 Chesnaught [TM]	650 Chespin [TM]
		091 Cloyster [TM]	563 Cofagrigus [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	740 Crabominable [TM]	739 Crabrawler [29, TM]
		408 Cranidos [TM]	342 Crawdaunt [TM]	453 Croagunk [TM]	169 Crobat [TM]	491 Darkrai [TM]	555 Darmanitan [TM]
		301 Delcatty [TM]	781 Dhelmise [TM]	660 Diggersby [TM]	085 Dodrio [TM]	452 Drapion [TM]	426 Drifblim [16, TM]
		425 Drifloon [16, TM]	621 Druddigon [TM]	356 Dusclops [57, TM]	477 Dusknoir [57, TM]	355 Duskull [49, TM]	023 Ekans [TM]
		677 Espurr [TM]	597 Ferroseed [47, TM]	598 Ferrothorn [53, TM]	456 Finneon [TM]	419 Floatzel [TM]	753 Fomantis [TM]
		590 Foongus [TM]	205 Forretress [32, TM]	611 Fraxure [TM]	478 Froslass [TM]	569 Garbodor [TM]	092 Gastly [26, TM]
		094 Gengar [28, TM]	487 Giratina [TM]	362 Glalie [TM]	431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]
		673 Gogoat [TM]	042 Golbat [TM]	768 Golisopod [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		210 Granbull [51, TM]	088 Grimer [TM]	326 Grumpig [46, TM]	735 Gumshoos [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]
		130 Gyarados [TM]	783 Hakamo-o [TM]	297 Hariyama [TM]	093 Haunter [28, TM]	701 Hawlucha [TM]	612 Haxorus [TM]
		485 Heatran [TM]	507 Herdier [TM]	430 Honchkrow [TM]	229 Houndoom [TM]	228 Houndour [TM]	635 Hydreigon [TM]
		686 Inkay [27, TM]	782 Jangmo-o [TM]	124 Jynx [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	646 Kyurem [TM]	608 Lampent [TM]	645 Landorus [TM]	246 Larvitar [37, TM]
		542 Leavanny [TM]	510 Liepard [TM]	667 Litleo [TM]	607 Litwick [TM]	448 Lucario [TM]	457 Lumineon [TM]
		754 Lurantis [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	687 Malamar [27, TM]	630 Mandibuzz [TM]
		056 Mankey [TM]	747 Mareanie [TM]	802 Marshadow [TM]	303 Mawile [TM]	648 Meloetta [TM]	678 Meowstic [TM]
		052 Meowth [TM]	151 Mew [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]	778 Mimikyu [TM]

*When Rotom becomes Heat Rotom, it learns the move Overheat. It forgets the move when it changes back to Rotom.

Type	Move Name	Pokémon					
Dark	**Payback (TM66)**	200 Misdreavus [37, TM]	429 Mismagius [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	750 Mudsdale [TM]	089 Muk [TM]
		198 Murkrow [TM]	038 Ninetales [TM]	274 Nuzleaf [TM]	224 Octillery [TM]	095 Onix [TM]	765 Oranguru [TM]
		674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	766 Passimian [TM]
		624 Pawniard [TM]	279 Pelipper [19, TM]	053 Persian [TM]	204 Pineco [31, TM]	186 Politoed [TM]	062 Poliwrath [TM]
		261 Poochyena [TM]	057 Primeape [TM]	247 Pupitar [41, TM]	509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]
		651 Quilladin [TM]	211 Qwilfish [TM]	409 Rampardos [TM]	486 Regigigas [65, TM]	643 Reshiram [TM]	112 Rhydon [TM]
		111 Rhyhorn [TM]	464 Rhyperior [TM]	447 Riolu [TM]	302 Sableye [TM]	757 Salandit [TM]	758 Salazzle [TM]
		551 Sandile [TM]	539 Sawk [TM]	545 Scolipede [TM]	560 Scrafty [20, TM]	559 Scraggy [20, TM]	537 Seismitoad [TM]
		336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	090 Shellder [TM]	275 Shiftry [TM]	353 Shuppet [TM]
		773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]
		300 Skitty [TM]	451 Skorupi [TM]	435 Skuntank [TM]	238 Smoochum [TM]	215 Sneasel [TM]	209 Snubbull [43, TM]
		325 Spoink [40, TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [23, TM]	618 Stunfisk [TM]
		434 Stunky [TM]	541 Swadloon [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	128 Tauros [24, TM]	216 Teddiursa [TM]
		072 Tentacool [TM]	073 Tentacruel [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	777 Togedemaru [TM]
		641 Tornadus [TM]	748 Toxapex [TM]	454 Toxicroak [TM]	568 Trubbish [TM]	763 Tsareena [TM]	776 Turtonator [TM]
		772 Type: Null [TM]	248 Tyranitar [41, TM]	197 Umbreon [TM]	217 Ursaring [TM]	543 Venipede [TM]	629 Vullaby [TM]
		037 Vulpix [18, TM]	461 Weavile [TM]	110 Weezing [TM]	544 Whirlipede [TM]	562 Yamask [TM]	734 Yungoos [TM]
		335 Zangoose [TM]	644 Zekrom [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]	
Flying	**Peck**	334 Altaria [1]	257 Blaziken [14]	628 Braviary [1]	441 Chatot [1]	256 Combusken [14]	723 Dartrix [1, 8]
		724 Decidueye [1, 8]	085 Dodrio [1]	084 Doduo [1]	395 Empoleon [15]	589 Escavalier [1]	083 Farfetch'd [1]
		022 Fearow [1]	662 Fletchinder [10]	661 Fletchling [10]	118 Goldeen [1]	163 Hoothoot [7]	686 Inkay [1]
		588 Karrablast [1]	687 Malamar [1]	473 Mamoswine [1]	556 Maractus [1]	747 Mareanie [5]	198 Murkrow [1]
		804 Naganadel [1]	177 Natu [1]	034 Nidoking [1]	032 Nidoran♂ [1]	033 Nidorino [1]	164 Noctowl [7]
		741 Oricorio [6]	731 Pikipek [1]	221 Piloswine [1]	393 Piplup [15]	803 Poipole [1]	394 Prinplup [15]
		722 Rowlet [8]	627 Rufflet [1]	119 Seaking [1]	227 Skarmory [1]	021 Spearow [1]	333 Swablu [1]
		277 Swellow [1]	276 Taillow [1]	663 Talonflame [1, 10]	175 Togepi [E]	255 Torchic [14]	733 Toucannon [1]
		748 Toxapex [1, 5]	732 Trumbeak [1]	178 Xatu [1]	145 Zapdos [1]		
Normal	**Perish Song**	359 Absol [1, 57, E]	334 Altaria [46]	493 Arceus [90]	251 Celebi [91]	358 Chimecho [E]	104 Cubone [E]
		092 Gastly [E]	174 Igglybuff [E]	124 Jynx [1, 55]	402 Kricketune [50]	131 Lapras [27]	183 Marill [E]
		648 Meloetta [85]	200 Misdreavus [46]	198 Murkrow [E]	186 Politoed [1]	728 Popplio [E]	086 Seel [E]
		238 Smoochum [45]	333 Swablu [42]				
Grass	**Petal Blizzard**	182 Bellossom [49]	421 Cherrim [50]	420 Cherubi [47]	764 Comfey [25]	669 Flabébé [28]	670 Floette [33]
		671 Florges [1]	044 Gloom [49]	549 Lilligant [50]	754 Lurantis [1, EV]	556 Maractus [48]	154 Meganium [1, 70]
		315 Roselia [37]	192 Sunflora [50]	003 Venusaur [50]	045 Vileplume [49]		
Grass	**Petal Dance**	182 Bellossom [59]	001 Bulbasaur [E]	421 Cherrim [1, EV]	764 Comfey [40]	669 Flabébé [45]	670 Floette [51]
		671 Florges [1]	044 Gloom [59]	549 Lilligant [46]	556 Maractus [38]	154 Meganium [1, EV]	043 Oddish [51]
		315 Roselia [50]	192 Sunflora [28]	003 Venusaur [1, EV]	045 Vileplume [59]		
Ghost	**Phantom Force**	354 Banette [1, 64]	724 Decidueye [1]	781 Dhelmise [54]	426 Drifblim [1, 65]	623 Golurk [76]	711 Gourgeist [1, 57]
		720 Hoopa (Hoopa Confined) [35]	792 Lunala [61]	429 Mismagius [1]	708 Phantump [45]	292 Shedinja [45]	353 Shuppet [54, E]
		709 Trevenant [45]	717 Yveltal [55]				
Psychic	**Photon Geyser**	800 Necrozma [50]					
Bug	**Pin Missile**	168 Ariados [41]	015 Beedrill [32]	406 Budew [E]	331 Cacnea [38]	332 Cacturne [38]	652 Chesnaught [19]
		650 Chespin [18]	452 Drapion [9]	597 Ferroseed [18]	598 Ferrothorn [18]	768 Golisopod [41]	214 Heracross [31]
		135 Jolteon [25]	595 Joltik [E]	556 Maractus [10]	747 Mareanie [45]	204 Pineco [E]	651 Quilladin [19]
		211 Qwilfish [37]	315 Roselia [E]	451 Skorupi [9]	167 Spinarak [36]	777 Togedemaru [45]	748 Toxapex [51]
		543 Venipede [E]	263 Zigzagoon [19]				
Normal	**Play Nice**	594 Alomomola [1]	531 Audino [1]	614 Beartic [15]	761 Bounsweet [5]	613 Cubchoo [15]	780 Drampa [1]
		574 Gothita [8]	576 Gothitelle [1]	575 Gothorita [1]	314 Illumise [1]	039 Jigglypuff [9]	312 Minun [1]
		515 Panpour [1]	511 Pansage [1]	513 Pansear [1]	025 Pikachu [7]	311 Plusle [1]	685 Slurpuff [1, 8]
		762 Steenee [1, 5]	684 Swirlix [8]	216 Teddiursa [25]	217 Ursaring [25]		
Fairy	**Play Rough**	359 Absol [E]	184 Azumarill [25]	761 Bounsweet [E]	764 Comfey [49]	613 Cubchoo [E]	702 Dedenne [42]
		780 Drampa [E]	431 Glameow [50]	210 Granbull [43]	507 Herdier [52]	314 Illumise [43]	707 Klefki [43]
		775 Komala [E]	510 Liepard [58]	506 Lillipup [45]	264 Linoone [1]	183 Marill [23]	303 Mawile [1, 49]
		262 Mightyena [56]	778 Mimikyu [46]	053 Persian [1]	231 Phanpy [E]	261 Poochyena [46, E]	509 Purrloin [49]
		300 Skitty [46]	690 Skrelp [E]	287 Slakoth [38]	685 Slurpuff [49]	209 Snubbull [37]	508 Stoutland [63]
		434 Stunky [E]	333 Swablu [E]	684 Swirlix [49]	216 Teddiursa [E]	313 Volbeat [43]	040 Wigglytuff [1]

Type	Move Name	Pokémon					
Flying	Pluck	334 Altaria [1]	566 Archen [15]	567 Archeops [15]	723 Dartrix [24]	724 Decidueye [24]	085 Dodrio [19]
		084 Doduo [19]	022 Fearow [1]	686 Inkay [35]	687 Malamar [35]	630 Mandibuzz [1, 10]	741 Oricorio [E]
		731 Pikipek [15]	722 Rowlet [22]	277 Swellow [1]	733 Toucannon [16]	732 Trumbeak [16]	629 Vullaby [10]
		145 Zapdos [22]					
Poison	Poison Fang	779 Bruxish [E]	318 Carvanha [32]	169 Crobat [27]	452 Drapion [23]	023 Ekans [E]	042 Golbat [27]
		088 Grimer (Alola Form) [18]	303 Mawile [E]	089 Muk (Alola Form) [18]	029 Nidoran♀ [45]	030 Nidorina [58]	261 Poochyena [E]
		336 Seviper [21]	319 Sharpedo [34]	773 Silvally [1]	451 Skorupi [23]	696 Tyrunt [E]	049 Venomoth [47]
		048 Venonat [41]	041 Zubat [25]				
Poison	Poison Gas	096 Drowzee [17]	569 Garbodor [1]	088 Grimer [1]	316 Gulpin [8]	097 Hypno [17]	109 Koffing [1]
		089 Muk [1]	757 Salandit [1]	758 Salazzle [1]	435 Skuntank [1, 3]	434 Stunky [3]	317 Swalot [1, 8]
		568 Trubbish [1]	110 Weezing [1]				
Poison	Poison Jab (TM84)	752 Araquanid [TM]	024 Arbok [TM]	493 Arceus [TM]	168 Ariados [50, TM]	610 Axew [TM]	689 Barbaracle [TM]
		015 Beedrill [35, TM]	069 Bellsprout [41, TM]	688 Binacle [TM]	625 Bisharp [TM]	257 Blaziken [TM]	626 Bouffalant [TM]
		794 Buzzwole [TM]	331 Cacnea [TM]	332 Cacturne [TM]	737 Charjabug [TM]	652 Chesnaught [TM]	650 Chespin [TM]
		091 Cloyster [TM]	638 Cobalion [TM]	256 Combusken [TM]	534 Conkeldurr [TM]	453 Croagunk [43, TM]	558 Crustle [TM]
		615 Cryogonal [TM]	491 Darkrai [TM]	386 Deoxys [TM]	751 Dewpider [TM]	232 Donphan [TM]	452 Drapion [TM]
		529 Drilbur [TM]	206 Dunsparce [TM]	557 Dwebble [TM]	023 Ekans [TM]	500 Emboar [TM]	589 Escavalier [TM]
		530 Excadrill [TM]	083 Farfetch'd [1, TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	753 Fomantis [TM]	611 Fraxure [TM]
		475 Gallade [TM]	596 Galvantula [TM]	445 Garchomp [TM]	094 Gengar [TM]	207 Gligar [TM]	472 Gliscor [1, TM]
		118 Goldeen [TM]	768 Golisopod [TM]	088 Grimer [TM]	736 Grubbin [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]
		297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	106 Hitmonlee [TM]	392 Infernape [TM]
		595 Joltik [TM]	588 Karrablast [TM]	647 Keldeo [TM]	784 Kommo-o [TM]	542 Leavanny [TM]	448 Lucario [TM]
		754 Lurantis [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	296 Makuhita [TM]	056 Mankey [TM]
		556 Maractus [TM]	747 Mareanie [37, TM]	802 Marshadow [TM]	308 Medicham [TM]	307 Meditite [TM]	151 Mew [TM]
		150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	391 Monferno [TM]	089 Muk [TM]	804 Naganadel [37, TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [37, TM]	030 Nidorina [TM]	033 Nidorino [43, TM]
		793 Nihilego [TM]	675 Pangoro [TM]	624 Pawniard [TM]	708 Phantump [TM]	795 Pheromosa [TM]	499 Pignite [TM]
		803 Poipole [37, TM]	062 Poliwrath [TM]	057 Primeape [TM]	651 Quilladin [TM]	211 Qwilfish [49, TM]	078 Rapidash [1, TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [1, TM]	447 Riolu [TM]	315 Roselia [TM]	407 Roserade [TM]
		302 Sableye [TM]	757 Salandit [TM]	758 Salazzle [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	539 Sawk [TM]
		545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	119 Seaking [1, TM]	537 Seismitoad [TM]	336 Seviper [31, TM]
		319 Sharpedo [TM]	451 Skorupi [TM]	435 Skuntank [TM]	215 Sneasel [TM]	167 Spinarak [43, TM]	465 Tangrowth [TM]
		072 Tentacool [31, TM]	073 Tentacruel [32, TM]	639 Terrakion [TM]	538 Throh [TM]	532 Timburr [TM]	777 Togedemaru [TM]
		748 Toxapex [37, TM]	454 Toxicroak [49, TM]	709 Trevenant [TM]	543 Venipede [TM]	071 Victreebel [TM]	738 Vikavolt [TM]
		637 Volcarona [TM]	461 Weavile [TM]	070 Weepinbell [47, TM]	544 Whirlipede [TM]	335 Zangoose [TM]	
Poison	Poison Powder	153 Bayleef [1, 9]	069 Bellsprout [15]	001 Bulbasaur [13]	012 Butterfree [13]	152 Chikorita [9]	546 Cottonee [22]
		269 Dustox [15]	102 Exeggcute [21]	590 Foongus [E]	044 Gloom [13]	187 Hoppip [12]	002 Ivysaur [13]
		189 Jumpluff [12]	154 Meganium [1, 9]	755 Morelull [E]	414 Mothim [29]	043 Oddish [13]	046 Paras [6]
		047 Parasect [1, 6]	664 Scatterbug [E]	285 Shroomish [19]	188 Skiploom [12]	114 Tangela [14]	465 Tangrowth [14]
		049 Venomoth [13]	048 Venonat [13]	003 Venusaur [13]	045 Vileplume [1]	666 Vivillon [1]	070 Weepinbell [15]
Poison	Poison Sting	024 Arbok [1, 4]	168 Ariados [1]	331 Cacnea [1]	332 Cacturne [1]	453 Croagunk [8]	452 Drapion [1]
		023 Ekans [4]	207 Gligar [1]	595 Joltik [E]	747 Mareanie [1]	034 Nidoking [1]	031 Nidoqueen [1]
		029 Nidoran♀ [13]	032 Nidoran♂ [13]	030 Nidorina [13]	033 Nidorino [13]	211 Qwilfish [1]	315 Roselia [7]
		407 Roserade [1]	027 Sandshrew ◆ [5]	028 Sandslash ◆ [1, 5]	545 Scolipede [1, 5]	451 Skorupi [1]	167 Spinarak [1]
		072 Tentacool [1]	073 Tentacruel [1]	748 Toxapex [1]	454 Toxicroak [1, 8]	543 Venipede [5]	416 Vespiquen [1]
		013 Weedle [1]	544 Whirlipede [1, 5]	265 Wurmple [5]			
Poison	Poison Tail	691 Dragalge [23]	621 Druddigon [E]	023 Ekans [E]	207 Gligar [E]	704 Goomy [E]	029 Nidoran♀ [E]
		032 Nidoran♂ [E]	545 Scolipede [19]	336 Seviper [9]	451 Skorupi [E]	690 Skrelp [23]	543 Venipede [19]
		544 Whirlipede [19]					
Bug	Pollen Puff	743 Ribombee [1, EV]					
Normal	Pound	594 Alomomola [1]	531 Audino [1]	242 Blissey [1]	729 Brionne [1]	427 Buneary [1]	113 Chansey [1]
		035 Clefairy [1]	173 Cleffa [1]	534 Conkeldurr [1]	096 Drowzee [1]	295 Exploud [1]	456 Finneon [1]
		656 Froakie [1]	657 Frogadier [1]	569 Garbodor [1]	622 Golett [1]	623 Golurk [1]	574 Gothita [1]
		576 Gothitelle [1]	575 Gothorita [1]	658 Greninja [1]	088 Grimer [1]	253 Grovyle [1]	316 Gulpin [1]
		533 Gurdurr [1]	440 Happiny [1]	694 Helioptile [1]	097 Hypno [1]	174 Igglybuff [5]	039 Jigglypuff [5]

Type	Move Name	Pokémon					
Normal	**Pound**	124 Jynx [1]	428 Lopunny [1]	294 Loudred [1]	457 Lumineon [1]	151 Mew [1]	619 Mienfoo [1]
		620 Mienshao [1]	439 Mime Jr. [1]	572 Minccino [1]	122 Mr. Mime [1]	089 Muk [1]	793 Nihilego [1]
		274 Nuzleaf [1]	741 Oricorio [1]	393 Piplup [1]	728 Popplio [1]	730 Primarina [1]	758 Salazzle [1]
		254 Sceptile [1]	238 Smoochum [1]	192 Sunflora [1]	317 Swalot [1]	532 Timburr [1]	252 Treecko [1]
		568 Trubbish [1]	293 Whismur [1]				
Bug	**Powder**	742 Cutiefly [E]	666 Vivillon [1, 55]				
Ice	**Powder Snow**	460 Abomasnow [1]	698 Amaura [1]	144 Articuno [1]	699 Aurorus [1]	713 Avalugg [1, 5]	614 Beartic [1, 5]
		712 Bergmite [5]	351 Castform [10]	613 Cubchoo [5]	478 Froslass [1]	362 Glalie [1]	124 Jynx [1, 11]
		473 Mamoswine [1, 8]	221 Piloswine [1, 8]	027 Sandshrew (Alola Form) [5]	364 Sealeo [1]	238 Smoochum [11]	361 Snorunt [1]
		459 Snover [1]	363 Spheal [1]	220 Swinub [8]	582 Vanillite [E]	037 Vulpix (Alola Form) [1]	365 Walrein [1]
Rock	**Power Gem**	181 Ampharos [35]	525 Boldore [1, EV]	703 Carbink [46]	222 Corsola [41]	483 Dialga [19]	719 Diancie [40]
		180 Flaaffy [34]	526 Gigalith [1]	326 Grumpig [29]	337 Lunatone [1]	179 Mareep [29]	774 Minior [38]
		200 Misdreavus [55]	429 Mismagius [1]	800 Necrozma [43]	793 Nihilego [37]	299 Nosepass [25]	484 Palkia [19]
		053 Persian [32]	476 Probopass [25]	302 Sableye [36]	199 Slowking [1]	325 Spoink [29]	120 Staryu [37]
		416 Vespiquen [25]					
Psychic	**Power Split**	343 Baltoy [34]	606 Beheeyem [58]	344 Claydol [34]	563 Cofagrigus [33]	751 Dewpider [E]	096 Drowzee [E]
		605 Elgyem [50]	720 Hoopa [29]	686 Inkay [E]	381 Latios [46]	607 Litwick [E]	439 Mime Jr. [E]
		122 Mr. Mime [E]	793 Nihilego [1]	213 Shuckle [45]	283 Surskit [E]	562 Yamask [33]	
Psychic	**Power Swap**	617 Accelgor [1, 52]	605 Elgyem [E]	196 Espeon [45]	102 Exeggcute [E]	203 Girafarig [1]	240 Magby [E]
		307 Meditite [E]	150 Mewtwo [43]	122 Mr. Mime [1]	177 Natu [47]	273 Seedot [E]	333 Swablu [E]
		114 Tangela [E]	785 Tapu Koko [1]	037 Vulpix [E]	178 Xatu [53]		
Psychic	**Power Trick**	063 Abra [E]	681 Aegislash [1]	343 Baltoy [25]	344 Claydol [25]	680 Doublade [41]	207 Gligar [E]
		679 Honedge [39]	066 Machop [E]	308 Medicham [36]	307 Meditite [36]	204 Pineco [E]	213 Shuckle [31]
Dark	**Power Trip**	553 Krookodile [1]	725 Litten [E]	056 Mankey [E]	674 Pancham [E]	393 Piplup [E]	551 Sandile [E]
Grass	**Power Whip**	069 Bellsprout [E]	001 Bulbasaur [E]	455 Carnivine [50]	781 Dhelmise [59]	598 Ferrothorn [1, EV]	706 Goodra [50]
		463 Lickilicky [1, 53]	108 Lickitung [53]	315 Roselia [E]	114 Tangela [50]	465 Tangrowth [53]	763 Tsareena [53]
		796 Xurkitree [59]					
Fighting	**Power-Up Punch**	427 Buneary [E]	794 Buzzwole [1]	650 Chespin [E]	390 Chimchar [E]	740 Crabominable [22]	739 Crabrawler [22]
		656 Froakie [E]	088 Grimer [E]	352 Kecleon [E]	448 Lucario [15]	303 Mawile [E]	708 Phantump [E]
		559 Scraggy [E]	143 Snorlax [E]	532 Timburr [E]	194 Wooper [E]		
Ground	**Precipice Blades**	383 Groudon [45]					
Normal	**Present**	113 Chansey [E]	173 Cleffa [E]	225 Delibird [1]	440 Happiny [E]	174 Igglybuff [E]	183 Marill [E]
		241 Miltank [E]	172 Pichu [E]	209 Snubbull [E]	777 Togedemaru [E]	175 Togepi [E]	
Psychic	**Prismatic Laser**	800 Necrozma [73]					
Normal	**Protect (TM17)**	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [16, TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [21, TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [49, TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [53, TM]
		683 Aromatisse [TM]	304 Aron [16, TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [1, TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [25, TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	412 Burmy [1, TM]	012 Butterfree [TM]	794 Buzzwole [TM]
		331 Cacnea [TM]	332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [11, TM]
		318 Carvanha [TM]	351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]
		006 Charizard [TM]	737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]
		420 Cherubi [TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]
		170 Chinchou [TM]	433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]
		344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [1, TM]	638 Cobalion [TM]
		563 Cofagrigus [1, TM]	256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [17, TM]	222 Corsola [TM]
		546 Cottonee [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [17, TM]
		488 Cresselia [TM]	453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]

Type	Move Name	Pokémon					
Normal	**Protect (TM17)**	613 Cubchoo [TM]	104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]
		723 Dartrix [TM]	554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]
		301 Delcatty [TM]	225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]
		751 Dewpider [TM]	781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]
		085 Dodrio [TM]	084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]
		149 Dragonite [TM]	780 Drampa [9, TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]
		529 Drilbur [TM]	096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [37, TM]
		557 Dwebble [TM]	603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]
		466 Electivire [TM]	309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]
		587 Emolga [TM]	395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]
		530 Excadrill [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]
		349 Feebas [TM]	653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]
		180 Flaaffy [TM]	669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]
		670 Floette [TM]	671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [1, TM]
		611 Fraxure [TM]	592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]
		162 Furret [TM]	444 Gabite [TM]	475 Gallade [49, TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]
		282 Gardevoir [TM]	092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]
		443 Gible [TM]	526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [32, TM]
		431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]
		118 Goldeen [TM]	055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]
		706 Goodra [1, 9, TM]	704 Goomy [9, TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		711 Gourgeist [TM]	210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]
		383 Groudon [TM]	253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]
		735 Gumshoos [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [1, 13, TM]	440 Happiny [TM]
		297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]
		695 Heliolisk [TM]	694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]
		107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]
		720 Hoopa [TM]	163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]
		367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]
		392 Infernape [TM]	686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [13, TM]	593 Jellicent [TM]	039 Jigglypuff [TM]
		385 Jirachi [TM]	135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]
		141 Kabutops [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]
		647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [32, TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]
		599 Klink [TM]	601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [1, 13, TM]	098 Krabby [29, TM]
		402 Kricketune [TM]	552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [16, TM]
		608 Lampent [TM]	645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]
		380 Latias [TM]	381 Latios [4, TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]
		463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]
		264 Linoone [TM]	667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]
		270 Lotad [TM]	294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]
		792 Lunala [TM]	337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]
		745 Lycanroc [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]
		801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]
		296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]
		056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]
		183 Marill [TM]	105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [32, TM]	284 Masquerain [TM]	303 Mawile [TM]
		308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]
		481 Mesprit [16, TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]
		572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]
		391 Monferno [TM]	755 Morelull [TM]	414 Mothim [1, 10, TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [28, TM]
		750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]
		804 Naganadel [TM]	177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]
		032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]
		291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]

Type	Move Name	Pokémon					
Normal	**Protect (TM17)**	274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [34, TM]	139 Omastar [34, TM]	095 Onix [TM]
		765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]
		536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]
		046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [1, EV, TM]
		053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]
		172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]
		025 Pikachu [TM]	731 Pikipek [TM]	221 Piloswine [TM]	204 Pineco [1, TM]	127 Pinsir [TM]	393 Piplup [TM]
		311 Plusle [TM]	803 Poipole [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]
		077 Ponyta [TM]	261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]
		730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]
		247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]
		156 Quilava [TM]	651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]
		409 Rampardos [TM]	078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]
		377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]
		524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]
		302 Sableye [TM]	373 Salamence [1, TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]
		027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]
		212 Scizor [TM]	545 Scolipede [15, TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]
		119 Seaking [TM]	364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]
		497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]
		292 Shedinja [TM]	372 Shelgon [1,EV, TM]	090 Shellder [16, TM]	422 Shellos [TM]	616 Shelmet [28, TM]	410 Shieldon [1, TM]
		275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]
		561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]
		289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [9, TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]
		218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]
		361 Snorunt [32, TM]	459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]
		021 Spearow [TM]	665 Spewpa [1, EV, TM]	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]
		325 Spoink [TM]	682 Spritzee [TM]	007 Squirtle [22, TM]	805 Stakataka [1, TM]	234 Stantler [TM]	398 Staraptor [TM]
		397 Staravia [TM]	396 Starly [TM]	121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]
		508 Stoutland [TM]	759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]
		192 Sunflora [TM]	191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [1, EV, TM]	317 Swalot [TM]
		260 Swampert [32, TM]	581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]
		700 Sylveon [TM]	276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]
		788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]
		073 Tentacruel [TM]	498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]
		564 Tirtouga [11, TM]	777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]
		324 Torkoal [30, TM]	641 Tornadus [TM]	726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]
		748 Toxapex [TM]	454 Toxicroak [TM]	520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]
		357 Tropius [TM]	568 Trubbish [TM]	732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [9, TM]	387 Turtwig [TM]
		535 Tympole [TM]	772 Type: Null [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]
		696 Tyrunt [TM]	197 Umbreon [TM]	521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]
		582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]	543 Venipede [15, TM]	049 Venomoth [TM]	048 Venonat [TM]
		003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]
		738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [29, TM]	721 Volcanion [TM]
		637 Volcarona [TM]	100 Voltorb [TM]	629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]
		365 Walrein [TM]	008 Wartortle [25, TM]	505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]
		547 Whimsicott [TM]	544 Whirlipede [15, TM]	340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]
		278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [1, 10, TM]	178 Xatu [TM]
		716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [1, TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]
		717 Yveltal [TM]	335 Zangoose [TM]	145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]
		571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]	
Psychic	**Psybeam**	065 Alakazam [21]	343 Baltoy [16]	606 Beheeyem [15]	654 Braixen [18]	012 Butterfree [17]	170 Chinchou [E]
		344 Claydol [16]	655 Delphox [18]	096 Drowzee [25]	269 Dustox [22]	605 Elgyem [15]	196 Espeon [20]
		677 Espurr [17]	653 Fennekin [17]	456 Finneon [E]	203 Girafarig [19]	118 Goldeen [E]	574 Gothita [16]
		576 Gothitelle [16]	575 Gothorita [16]	326 Grumpig [1, 14]	720 Hoopa [19]	097 Hypno [25]	686 Inkay [21]

Type	Move Name	Pokémon					
Psychic	Psybeam	064 Kadabra [21]	352 Kecleon [18]	109 Koffing [E]	165 Ledyba [E]	801 Magearna [1]	687 Malamar [21]
		226 Mantine [1]	648 Meloetta [31]	678 Meowstic [17]	439 Mime Jr. [25]	200 Misdreavus [28]	414 Mothim [32]
		122 Mr. Mime [25]	517 Munna [11]	518 Musharna [1]	224 Octillery [1, 10]	046 Paras [E]	137 Porygon [7]
		233 Porygon2 [7]	474 Porygon-Z [7]	054 Psyduck [E]	223 Remoraid [10]	561 Sigilyph [18]	167 Spinarak [E]
		327 Spinda [14]	325 Spoink [14]	283 Surskit [E]	786 Tapu Lele [14]	049 Venomoth [17]	048 Venonat [17]
		666 Vivillon [17]	413 Wormadam [32]				
Normal	Psych Up (TM77)	063 Abra [TM]	359 Absol [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		493 Arceus [TM]	683 Aromatisse [64, TM]	531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]	343 Baltoy [TM]
		354 Banette [TM]	606 Beheeyem [36, TM]	242 Blissey [TM]	438 Bonsly [TM]	654 Braixen [TM]	437 Bronzong [TM]
		436 Bronzor [TM]	406 Budew [TM]	012 Butterfree [TM]	703 Carbink [TM]	351 Castform [TM]	251 Celebi [TM]
		609 Chandelure [TM]	113 Chansey [TM]	358 Chimecho [TM]	433 Chingling [TM]	344 Claydol [TM]	036 Clefable [TM]
		035 Clefairy [TM]	173 Cleffa [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]	764 Comfey [TM]	488 Cresselia [TM]
		742 Cutiefly [TM]	491 Darkrai [TM]	633 Deino [TM]	301 Delcatty [TM]	655 Delphox [TM]	386 Deoxys [TM]
		483 Dialga [TM]	719 Diancie [TM]	780 Drampa [TM]	426 Drifblim [TM]	425 Drifloon [TM]	096 Drowzee [33, TM]
		206 Dunsparce [TM]	578 Duosion [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	605 Elgyem [36, TM]
		244 Entei [TM]	196 Espeon [29, TM]	677 Espurr [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	083 Farfetch'd [TM]
		653 Fennekin [TM]	456 Finneon [TM]	592 Frillish [TM]	478 Froslass [TM]	475 Gallade [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	094 Gengar [TM]	203 Girafarig [TM]	487 Giratina [TM]	431 Glameow [TM]	055 Golduck [36, TM]
		768 Golisopod [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	383 Groudon [TM]
		326 Grumpig [15, TM]	440 Happiny [TM]	093 Haunter [TM]	695 Heliolisk [TM]	694 Helioptile [TM]	430 Honchkrow [TM]
		250 Ho-Oh [TM]	720 Hoopa [TM]	163 Hoothoot [TM]	187 Hoppip [TM]	635 Hydreigon [TM]	097 Hypno [33, TM]
		174 Igglybuff [TM]	314 Illumise [TM]	686 Inkay [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		189 Jumpluff [TM]	124 Jynx [TM]	064 Kadabra [TM]	352 Kecleon [TM]	647 Keldeo [TM]	281 Kirlia [TM]
		707 Klefki [TM]	775 Komala [36, TM]	382 Kyogre [TM]	608 Lampent [TM]	380 Latias [TM]	381 Latios [TM]
		463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]	607 Litwick [TM]	249 Lugia [TM]	457 Lumineon [TM]
		792 Lunala [TM]	337 Lunatone [TM]	370 Luvdisc [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]
		687 Malamar [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	802 Marshadow [41, TM]	284 Masquerain [TM]	303 Mawile [TM]
		308 Medicham [31, TM]	307 Meditite [31, TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]
		376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [22, TM]	619 Mienfoo [TM]	620 Mienshao [TM]
		350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	774 Minior [TM]	200 Misdreavus [TM]
		429 Mismagius [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]
		177 Natu [TM]	038 Ninetales [TM]	164 Noctowl [TM]	274 Nuzleaf [TM]	095 Onix [TM]	765 Oranguru [18, TM]
		484 Palkia [TM]	053 Persian [TM]	489 Phione [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]
		730 Primarina [TM]	054 Psyduck [34, TM]	509 Purrloin [TM]	432 Purugly [TM]	771 Pyukumuku [TM]	243 Raikou [TM]
		280 Ralts [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]
		369 Relicanth [TM]	579 Reuniclus [TM]	743 Ribombee [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]
		302 Sableye [TM]	492 Shaymin [TM]	275 Shiftry [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	188 Skiploom [TM]
		300 Skitty [TM]	080 Slowbro [62, TM]	199 Slowking [54, TM]	079 Slowpoke [54, TM]	685 Slurpuff [TM]	238 Smoochum [TM]
		215 Sneasel [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	327 Spinda [41, TM]	442 Spiritomb [TM]
		325 Spoink [15, TM]	682 Spritzee [TM]	234 Stantler [TM]	121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]
		185 Sudowoodo [TM]	245 Suicune [TM]	283 Surskit [TM]	333 Swablu [TM]	684 Swirlix [TM]	528 Swoobat [TM]
		700 Sylveon [45, TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	639 Terrakion [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	197 Umbreon [TM]
		521 Unfezant [TM]	480 Uxie [TM]	494 Victini [TM]	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]
		629 Vullaby [TM]	037 Vulpix [TM]	505 Watchog [32, TM]	461 Weavile [TM]	040 Wigglytuff [TM]	527 Woobat [TM]
		413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [59, TM]	562 Yamask [TM]	469 Yanmega [TM]	571 Zoroark [TM]
		570 Zorua [TM]	634 Zweilous [TM]				
Psychic	Psychic Fangs	779 Bruxish [41]	318 Carvanha [E]	203 Girafarig [E]	506 Lillipup [E]		
Psychic	Psychic Terrain	063 Abra [E]	606 Beheeyem [1]	096 Drowzee [E]	653 Fennekin [E]	203 Girafarig [E]	439 Mime Jr. [E]
		122 Mr. Mime [E]	518 Musharna [1]	765 Oranguru [E]	786 Tapu Lele [1]		
Psychic	Psychic (TM29)	063 Abra [TM]	065 Alakazam [38, TM]	594 Alomomola [TM]	493 Arceus [TM]	168 Ariados [46, TM]	683 Aromatisse [48, TM]
		531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]	343 Baltoy [TM]	354 Banette [TM]	267 Beautifly [TM]
		606 Beheeyem [39, TM]	806 Blacephalon [TM]	242 Blissey [TM]	654 Braixen [49, TM]	437 Bronzong [TM]	436 Bronzor [TM]
		779 Bruxish [TM]	012 Butterfree [TM]	703 Carbink [TM]	251 Celebi [TM]	609 Chandelure [TM]	113 Chansey [TM]
		358 Chimecho [TM]	433 Chingling [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]
		563 Cofagrigus [TM]	222 Corsola [TM]	488 Cresselia [93, TM]	742 Cutiefly [TM]	491 Darkrai [TM]	555 Darmanitan [TM]

Type	Move Name	Pokémon					
Psychic	Psychic (TM29)	655 Delphox [57, TM]	386 Deoxys [31, TM]	719 Diancie [TM]	426 Drifblim [TM]	425 Drifloon [TM]	096 Drowzee [49, TM]
		578 Duosion [39, TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	125 Electabuzz [TM]
		466 Electivire [TM]	239 Elekid [TM]	605 Elgyem [39, TM]	196 Espeon [37, TM]	677 Espurr [TM]	102 Exeggcute [TM]
		103 Exeggutor [TM]	653 Fennekin [41, TM]	669 Flabébé [TM]	670 Floette [TM]	671 Florges [TM]	592 Frillish [TM]
		478 Froslass [TM]	475 Gallade [TM]	569 Garbodor [TM]	282 Gardevoir [31, TM]	092 Gastly [TM]	649 Genesect [TM]
		094 Gengar [TM]	203 Girafarig [50, TM]	487 Giratina [TM]	055 Golduck [TM]	622 Golett [TM]	623 Golurk [TM]
		368 Gorebyss [34, TM]	574 Gothita [37, TM]	576 Gothitelle [39, TM]	575 Gothorita [39, TM]	711 Gourgeist [TM]	326 Grumpig [52, TM]
		440 Happiny [TM]	093 Haunter [TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	720 Hoopa [75, TM]	163 Hoothoot [TM]
		097 Hypno [49, TM]	174 Igglybuff [TM]	686 Inkay [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [20, TM]
		124 Jynx [TM]	064 Kadabra [38, TM]	281 Kirlia [30, TM]	707 Klefki [TM]	646 Kyurem [TM]	608 Lampent [TM]
		645 Landorus [TM]	131 Lapras [TM]	636 Larvesta [TM]	380 Latias [51, TM]	381 Latios [51, TM]	607 Litwick [TM]
		448 Lucario [TM]	249 Lugia [TM]	792 Lunala [TM]	337 Lunatone [29, TM]	240 Magby [TM]	126 Magmar [TM]
		467 Magmortar [TM]	687 Malamar [TM]	490 Manaphy [TM]	308 Medicham [TM]	307 Meditite [TM]	648 Meloetta [57, TM]
		678 Meowstic [40, TM]	481 Mesprit [TM]	376 Metagross [38, TM]	375 Metang [38, TM]	151 Mew [30, TM]	150 Mewtwo [57, TM]
		439 Mime Jr. [39, TM]	778 Mimikyu [TM]	774 Minior [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	414 Mothim [44, TM]
		122 Mr. Mime [39, TM]	446 Munchlax [TM]	517 Munna [37, TM]	198 Murkrow [TM]	518 Musharna [TM]	177 Natu [33, TM]
		800 Necrozma [TM]	793 Nihilego [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	224 Octillery [TM]
		765 Oranguru [43, TM]	770 Palossand [TM]	708 Phantump [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]
		062 Poliwrath [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]	054 Psyduck [TM]
		710 Pumpkaboo [TM]	026 Raichu (Alola Form) [1, EV, TM]	280 Ralts [27, TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [39, TM]
		743 Ribombee [TM]	302 Sableye [TM]	769 Sandygast [TM]	492 Shaymin [TM]	353 Shuppet [TM]	561 Sigilyph [44, TM]
		080 Slowbro [49, TM]	199 Slowking [45, TM]	079 Slowpoke [45, TM]	685 Slurpuff [TM]	238 Smoochum [38, TM]	143 Snorlax [TM]
		791 Solgaleo [TM]	577 Solosis [37, TM]	338 Solrock [29, TM]	167 Spinarak [40, TM]	327 Spinda [TM]	442 Spiritomb [TM]
		325 Spoink [44, TM]	682 Spritzee [48, TM]	234 Stantler [TM]	121 Starmie [TM]	120 Staryu [42, TM]	684 Swirlix [TM]
		528 Swoobat [41, TM]	786 Tapu Lele [TM]	642 Thundurus [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]
		641 Tornadus [TM]	709 Trevenant [TM]	197 Umbreon [TM]	480 Uxie [TM]	049 Venomoth [55, TM]	048 Venonat [47, TM]
		494 Victini [TM]	666 Vivillon [TM]	637 Volcarona [TM]	547 Whimsicott [TM]	040 Wigglytuff [TM]	527 Woobat [41, TM]
		413 Wormadam [44, TM]	178 Xatu [35, TM]	716 Xerneas [TM]	562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]
		717 Yveltal [59, TM]	644 Zekrom [TM]				
Psychic	Psycho Boost	386 Deoxys [67]					
Psychic	Psycho Cut	359 Absol [37]	065 Alakazam [28]	488 Cresselia [1, 66]	096 Drowzee [E]	475 Gallade [31]	686 Inkay [39]
		064 Kadabra [28]	798 Kartana [67]	687 Malamar [39]	307 Meditite [E]	150 Mewtwo [36]	800 Necrozma [37]
		624 Pawniard [E]	327 Spinda [E]				
Psychic	Psycho Shift	063 Abra [E]	488 Cresselia [1, 75]	386 Deoxys [43]	163 Hoothoot [19]	380 Latias [28]	381 Latios [28]
		198 Murkrow [E]	177 Natu [39]	164 Noctowl [19]	561 Sigilyph [E]	327 Spinda [E]	175 Togepi [E]
		527 Woobat [E]	178 Xatu [43]				
Psychic	Psyshock (TM03)	063 Abra [TM]	065 Alakazam [TM]	493 Arceus [TM]	683 Aromatisse [TM]	531 Audino [TM]	482 Azelf [TM]
		343 Baltoy [TM]	606 Beheeyem [TM]	806 Blacephalon [TM]	654 Braixen [36, TM]	437 Bronzong [TM]	436 Bronzor [TM]
		358 Chimecho [TM]	433 Chingling [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]
		488 Cresselia [TM]	655 Delphox [38, TM]	386 Deoxys [TM]	719 Diancie [TM]	096 Drowzee [57, TM]	578 Duosion [25, TM]
		605 Elgyem [TM]	196 Espeon [TM]	677 Espurr [25, TM]	103 Exeggutor [17, TM]	653 Fennekin [31, TM]	475 Gallade [TM]
		282 Gardevoir [TM]	203 Girafarig [TM]	055 Golduck [TM]	574 Gothita [25, TM]	576 Gothitelle [25, TM]	575 Gothorita [25, TM]
		326 Grumpig [42, TM]	720 Hoopa [TM]	097 Hypno [57, TM]	385 Jirachi [TM]	124 Jynx [TM]	064 Kadabra [TM]
		281 Kirlia [TM]	707 Klefki [TM]	380 Latias [TM]	381 Latios [TM]	249 Lugia [TM]	792 Lunala [TM]
		337 Lunatone [1, TM]	687 Malamar [TM]	308 Medicham [TM]	307 Meditite [TM]	648 Meloetta [TM]	678 Meowstic [25, TM]
		481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	439 Mime Jr. [TM]
		122 Mr. Mime [TM]	517 Munna [TM]	518 Musharna [TM]	177 Natu [TM]	800 Necrozma [TM]	793 Nihilego [TM]
		038 Ninetales [TM]	765 Oranguru [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	054 Psyduck [TM]
		026 Raichu (Alola Form) [TM]	280 Ralts [TM]	579 Reuniclus [25, TM]	561 Sigilyph [TM]	080 Slowbro [TM]	199 Slowking [TM]
		079 Slowpoke [TM]	238 Smoochum [TM]	791 Solgaleo [TM]	577 Solosis [25, TM]	338 Solrock [TM]	325 Spoink [38, TM]
		234 Stantler [TM]	121 Starmie [TM]	528 Swoobat [TM]	700 Sylveon [TM]	786 Tapu Lele [32, TM]	468 Togekiss [TM]
		175 Togepi [TM]	176 Togetic [TM]	480 Uxie [TM]	494 Victini [TM]	527 Woobat [TM]	178 Xatu [TM]
		716 Xerneas [TM]					
Psychic	Psystrike	150 Mewtwo [100]					

Type	Move Name	Pokémon					
Psychic	**Psywave**	437 Bronzong [15]	436 Bronzor [15]	779 Bruxish [25]	358 Chimecho [16]	578 Duosion [1]	092 Gastly [E]
		326 Grumpig [1, 7]	686 Inkay [13]	109 Koffing [E]	380 Latias [1]	381 Latios [1]	337 Lunatone [13]
		687 Malamar [13]	150 Mewtwo [1]	200 Misdreavus [1]	429 Mismagius [1]	122 Mr. Mime [15]	517 Munna [1]
		793 Nihilego [13]	579 Reuniclus [1]	561 Sigilyph [8]	577 Solosis [1]	338 Solrock [13]	325 Spoink [7]
		120 Staryu [13]	786 Tapu Lele [8]				
Dark	**Punishment**	359 Absol [E]	493 Arceus [1]	250 Ho-Oh [50]	228 Houndour [E]	174 Igglybuff [E]	392 Infernape [29]
		645 Landorus [7]	249 Lugia [50]	630 Mandibuzz [28]	056 Mankey [29]	303 Mawile [E]	052 Meowth [E]
		241 Miltank [E]	198 Murkrow [E]	057 Primeape [30]	302 Sableye [24]	336 Seviper [E]	773 Silvally [65]
		289 Slaking [1, 53]	215 Sneasel [44, E]	434 Stunky [E]	763 Tsareena [1]	772 Type: Null [65]	629 Vullaby [28]
		461 Weavile [44]	571 Zoroark [49]	570 Zorua [45]			
Poison	**Purify**	771 Pyukumuku [21]					
Dark	**Pursuit**	359 Absol [10]	681 Aegislash [1]	142 Aerodactyl [E]	190 Aipom [E]	015 Beedrill [17]	522 Blitzle [22]
		626 Bouffalant [1]	418 Buizel [18]	740 Crabominable [1, 13]	739 Crabrawler [13]	408 Cranidos [10]	453 Croagunk [15]
		386 Deoxys (Normal Forme) [25]	386 Deoxys (Attack Forme) [25]	386 Deoxys (Speed Forme) [25]	050 Diglett [E]	085 Dodrio [15]	084 Doduo [15]
		680 Doublade [13]	452 Drapion [16]	621 Druddigon [E]	206 Dunsparce [8]	356 Dusclops [22]	477 Dusknoir [22]
		355 Duskull [22]	023 Ekans [E]	587 Emolga [16]	022 Fearow [1, 8]	419 Floatzel [18]	088 Grimer (Alola Form) [E]
		253 Grovyle [18]	735 Gumshoos [1, 7]	631 Heatmor [E]	214 Heracross [E]	107 Hitmonchan [1, 11]	237 Hitmontop [1, 10]
		430 Honchkrow [1]	679 Honedge [13]	228 Houndour [E]	595 Joltik [E]	588 Karrablast [E]	246 Larvitar [E]
		510 Liepard [15]	506 Lillipup [E]	056 Mankey [12]	802 Marshadow [1]	376 Metagross [23]	375 Metang [23]
		446 Munchlax [E]	198 Murkrow [5]	029 Nidoran♀ [E]	046 Paras [E]	504 Patrat [E]	624 Pawniard [E]
		016 Pidgey [E]	057 Primeape [12]	509 Purrloin [15]	409 Rampardos [1, 10]	020 Raticate [13]	019 Rattata [13]
		551 Sandile [E]	254 Sceptile [18]	212 Scizor [9]	545 Scolipede [12]	123 Scyther [9]	161 Sentret [E]
		616 Shelmet [E]	353 Shuppet [E]	773 Silvally [10]	227 Skarmory [E]	451 Skorupi [16, E]	287 Slakoth [E]
		215 Sneasel [E]	495 Snivy [E]	143 Snorlax [E]	021 Spearow [8]	167 Spinarak [E]	442 Spiritomb [1]
		396 Starly [E]	434 Stunky [E]	333 Swablu [E]	276 Taillow [E]	128 Tauros [15]	454 Toxicroak [15]
		252 Treecko [17]	772 Type: Null [10]	236 Tyrogue [E]	197 Umbreon [1, EV]	543 Venipede [12]	416 Vespiquen [9]
		544 Whirlipede [12]	278 Wingull [26]	193 Yanma [30, E]	469 Yanmega [30]	734 Yungoos [7]	335 Zangoose [12]
		523 Zebstrika [22]	263 Zigzagoon [E]	571 Zoroark [1, 5]	570 Zorua [5]	041 Zubat [E]	
Dark	**Quash (TM60)**	493 Arceus [TM]	806 Blacephalon [TM]	395 Empoleon [TM]	244 Entei [TM]	088 Grimer (Alola Form) [TM]	430 Honchkrow [65, TM]
		720 Hoopa [TM]	727 Incineroar [TM]	230 Kingdra [TM]	099 Kingler [TM]	775 Komala [TM]	052 Meowth (Alola Form) [TM]
		151 Mew [TM]	089 Muk (Alola Form) [TM]	198 Murkrow [65, TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	765 Oranguru [11, TM]
		741 Oricorio [TM]	770 Palossand [TM]	674 Pancham [E]	675 Pangoro [TM]	053 Persian (Alola Form) [1, TM]	393 Piplup [TM]
		394 Prinplup [TM]	771 Pyukumuku [TM]	243 Raikou [TM]	020 Raticate (Alola Form) [TM]	019 Rattata (Alola Form) [TM]	302 Sableye [44, TM]
		289 Slaking [TM]	199 Slowking [TM]	442 Spiritomb [TM]	245 Suicune [TM]	416 Vespiquen [TM]	
Normal	**Quick Attack**	359 Absol [1, 7]	617 Accelgor [1, 13]	566 Archen [1]	567 Archeops [1]	399 Bidoof [E]	257 Blaziken [25]
		522 Blitzle [1]	418 Buizel [11]	427 Buneary [16]	659 Bunnelby [7]	638 Cobalion [1]	256 Combusken [25]
		155 Cyndaquil [13, E]	491 Darkrai [11]	225 Delibird [E]	660 Diggersby [7]	085 Dodrio [1, 5]	084 Doduo [5, E]
		133 Eevee [13]	125 Electabuzz [1]	466 Electivire [1]	309 Electrike [10]	239 Elekid [1]	587 Emolga [4]
		196 Espeon [13]	083 Farfetch'd [E]	136 Flareon [13]	662 Fletchinder [1, 6]	661 Fletchling [6]	419 Floatzel [1, 11]
		656 Froakie [8]	657 Frogadier [8]	162 Furret [1, 7]	649 Genesect [1]	471 Glaceon [13]	431 Glameow [E]
		207 Gligar [13]	472 Gliscor [13]	658 Greninja [1, 8]	253 Grovyle [1, 9]	695 Heliolisk [1]	694 Helioptile [17]
		237 Hitmontop [1, 15]	314 Illumise [12]	135 Jolteon [13]	470 Leafeon [13]	428 Lopunny [16]	448 Lucario [1]
		745 Lycanroc (Midday Form) [1]	310 Manectric [10]	284 Masquerain [1, 6]	648 Meloetta [1, 6]	312 Minun [1]	177 Natu [E]
		038 Ninetales ◆ [1]	417 Pachirisu [5]	766 Passimian [E]	018 Pidgeot [1, 13]	017 Pidgeotto [13]	016 Pidgey [13]
		519 Pidove [11]	025 Pikachu [10]	127 Pinsir [E]	311 Plusle [1]	156 Quilava [13]	026 Raichu [1]
		243 Raikou [22]	078 Rapidash [1]	020 Raticate [1, 4]	019 Rattata [4]	447 Riolu [1]	254 Sceptile [1, 9]
		212 Scizor [1]	123 Scyther [1]	273 Seedot [E]	161 Sentret [7]	492 Shaymin (Sky Forme) [28]	403 Shinx [E]
		215 Sneasel [8]	021 Spearow [E]	398 Staraptor [1, 5]	397 Staravia [1, 5]	396 Starly [5]	283 Surskit [6]
		277 Swellow [1, 9]	700 Sylveon [13]	276 Taillow [9]	663 Talonflame [1, 6]	785 Tapu Koko [1]	639 Terrakion [1]
		255 Torchic [23]	520 Tranquill [1, 11]	328 Trapinch [E]	252 Treecko [9]	157 Typhlosion [13]	197 Umbreon [13]
		521 Unfezant [1, 11]	134 Vaporeon [13]	494 Victini [1]	640 Virizion [1]	313 Volbeat [12]	037 Vulpix ◆ [10]

Type	Move Name	Pokémon					
Normal	**Quick Attack**	461 Weavile [1, 8]	278 Wingull [19]	193 Yanma [6]	469 Yanmega [1, 6]	335 Zangoose [5]	523 Zebstrika [1]
		041 Zubat [E]					
Fighting	**Quick Guard**	190 Aipom [E]	566 Archen [25]	567 Archeops [25]	650 Chespin [E]	390 Chimchar [E]	638 Cobalion [42]
		453 Croagunk [E]	169 Crobat [51]	589 Escavalier [1, 8]	661 Fletchling [E]	475 Gallade [11]	042 Golbat [51]
		253 Grovyle [53]	701 Hawlucha [E]	107 Hitmonchan [31]	237 Hitmontop [46]	647 Keldeo [55]	448 Lucario [33]
		745 Lycanroc (Midday Form) [1]	066 Machop [E]	307 Meditite [E]	678 Meowstic (Male) [1, 53]	619 Mienfoo [45]	122 Mr. Mime [1]
		674 Pancham [E]	766 Passimian [E]	624 Pawniard [E]	795 Pheromosa [1]	539 Sawk [37]	254 Sceptile [57]
		559 Scraggy [E]	123 Scyther [E]	277 Swellow [27]	276 Taillow [25]	639 Terrakion [42]	252 Treecko [41]
		640 Virizion [42]	335 Zangoose [E]	041 Zubat [43]			
Bug	**Quiver Dance**	267 Beautifly [40]	182 Bellossom [39]	012 Butterfree [47]	742 Cutiefly [41]	269 Dustox [40]	549 Lilligant [28]
		284 Masquerain [1, 52]	414 Mothim [1, EV]	795 Pheromosa [1]	743 Ribombee [49]	049 Venomoth [1, 63]	666 Vivillon [45]
		637 Volcarona [1, EV]	413 Wormadam [1, EV]				
Normal	**Rage**	371 Bagon [1]	550 Basculin [E]	267 Beautifly [37]	015 Beedrill [14]	522 Blitzle [E]	626 Bouffalant [6]
		779 Bruxish [E]	318 Carvanha [4]	159 Croconaw [8]	104 Cubone [23]	555 Darmanitan [1, 9]	554 Darumaka [9]
		085 Dodrio [1, 8]	084 Doduo [8]	206 Dunsparce [1]	160 Feraligatr [1, 8]	210 Granbull [35]	228 Houndour [E]
		115 Kangaskhan [22]	552 Krokorok [1]	553 Krookodile [1]	105 Marowak ◆ [23]	095 Onix [13]	057 Primeape [1, EV]
		373 Salamence [1]	551 Sandile [1]	319 Sharpedo [1, 4]	372 Shelgon [1]	773 Silvally [5]	209 Snubbull [31]
		234 Stantler [E]	208 Steelix [13]	333 Swablu [E]	276 Taillow [E]	128 Tauros [5]	158 Totodile [8]
		772 Type: Null [5]					
Bug	**Rage Powder**	591 Amoonguss [54]	012 Butterfree [35]	455 Carnivine [E]	590 Foongus [45]	187 Hoppip [31]	189 Jumpluff [39]
		046 Paras [49]	047 Parasect [59]	664 Scatterbug [E]	188 Skiploom [36]	167 Spinarak [E]	114 Tangela [E]
		048 Venonat [E]	637 Volcarona [1, 80]				
Water	**Rain Dance (TM18)**	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	752 Araquanid [TM]	024 Arbok [TM]	493 Arceus [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [35, TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	614 Beartic [TM]
		606 Beheeyem [TM]	712 Bergmite [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		009 Blastoise [54, TM]	242 Blissey [TM]	522 Blitzle [TM]	626 Bouffalant [TM]	654 Braixen [TM]	628 Braviary [TM]
		729 Brionne [TM]	437 Bronzong [1, TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		427 Buneary [TM]	012 Butterfree [TM]	565 Carracosta [56, TM]	318 Carvanha [TM]	351 Castform [20, TM]	251 Celebi [TM]
		113 Chansey [TM]	737 Charjabug [TM]	441 Chatot [TM]	358 Chimecho [TM]	170 Chinchou [TM]	433 Chingling [TM]
		573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]	036 Clefable [TM]
		035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	563 Cofagrigus [TM]	534 Conkeldurr [TM]	341 Corphish [TM]
		222 Corsola [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]	491 Darkrai [TM]
		702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]	225 Delibird [TM]	655 Delphox [TM]
		386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]	781 Dhelmise [TM]	483 Dialga [TM]
		680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]
		147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [34, TM]
		206 Dunsparce [TM]	578 Duosion [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	603 Eelektrik [TM]
		604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]	309 Electrike [TM]
		101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	587 Emolga [TM]	395 Empoleon [TM]	244 Entei [TM]
		589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	295 Exploud [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	456 Finneon [13, TM]	180 Flaaffy [TM]	669 Flabébé [TM]	136 Flareon [TM]
		419 Floatzel [TM]	670 Floette [TM]	671 Florges [TM]	590 Foongus [TM]	611 Fraxure [TM]	592 Frillish [37, TM]
		656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]	444 Gabite [TM]
		475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	092 Gastly [TM]
		423 Gastrodon [22, TM]	094 Gengar [TM]	443 Gible [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]
		362 Glalie [TM]	431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]	673 Gogoat [TM]	042 Golbat [TM]
		118 Goldeen [TM]	055 Golduck [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [25, TM]
		704 Goomy [25, TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	210 Granbull [TM]
		658 Greninja [TM]	088 Grimer [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	533 Gurdurr [TM]
		130 Gyarados [51, TM]	440 Happiny [TM]	297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]
		631 Heatmor [TM]	695 Heliolisk [TM]	694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]

Type	Move Name	Pokémon					
Water	**Rain Dance (TM18)**	163 Hoothoot [TM]	116 Horsea [TM]	367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]
		314 Illumise [TM]	686 Inkay [TM]	593 Jellicent [37, TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [TM]
		595 Joltik [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]
		588 Karrablast [TM]	352 Kecleon [TM]	647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]
		707 Klefki [TM]	109 Koffing [TM]	098 Krabby [TM]	402 Kricketune [TM]	382 Kyogre [TM]	646 Kyurem [TM]
		305 Lairon [TM]	171 Lanturn [TM]	131 Lapras [22, TM]	246 Larvitar [TM]	380 Latias [TM]	381 Latios [TM]
		470 Leafeon [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]	506 Lillipup [TM]	264 Linoone [TM]
		667 Litleo [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [27, TM]	294 Loudred [TM]	448 Lucario [TM]
		272 Ludicolo [TM]	249 Lugia [29, TM]	457 Lumineon [13, TM]	337 Lunatone [TM]	370 Luvdisc [TM]	404 Luxio [TM]
		405 Luxray [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	081 Magnemite [TM]	082 Magneton [TM]
		462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [69, TM]	630 Mandibuzz [TM]
		310 Manectric [TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	747 Mareanie [TM]	179 Mareep [TM]
		183 Marill [31, TM]	105 Marowak (Alola Form) [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]
		307 Meditite [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]
		375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]
		350 Milotic [47, TM]	241 Miltank [TM]	439 Mime Jr. [TM]	572 Minccino [TM]	312 Minun [TM]	200 Misdreavus [TM]
		429 Mismagius [TM]	146 Moltres [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	258 Mudkip [TM]	089 Muk [TM]
		446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	177 Natu [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	038 Ninetales (Alola Form) [TM]
		164 Noctowl [TM]	224 Octillery [TM]	138 Omanyte [TM]	139 Omastar [TM]	765 Oranguru [TM]	501 Oshawott [TM]
		417 Pachirisu [TM]	484 Palkia [TM]	536 Palpitoad [33, TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]
		766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	489 Phione [69, TM]
		172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	025 Pikachu [TM]
		221 Piloswine [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	186 Politoed [TM]	060 Poliwag [18, TM]
		061 Poliwhirl [18, TM]	062 Poliwrath [TM]	261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]
		474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]	054 Psyduck [TM]	247 Pupitar [TM]
		509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [41, TM]	211 Qwilfish [TM]
		026 Raichu [TM]	243 Raikou [71, TM]	280 Ralts [TM]	409 Rampardos [TM]	020 Raticate [TM]	019 Rattata [TM]
		384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]
		579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	447 Riolu [TM]	315 Roselia [TM]
		407 Roserade [TM]	479 Rotom [TM]	627 Rufflet [TM]	302 Sableye [TM]	373 Salamence [TM]	503 Samurott [TM]
		539 Sawk [TM]	586 Sawsbuck [TM]	212 Scizor [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]
		117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [TM]	086 Seel [TM]	537 Seismitoad [33, TM]	161 Sentret [TM]
		336 Seviper [TM]	319 Sharpedo [TM]	372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [22, TM]	616 Shelmet [TM]
		410 Shieldon [TM]	403 Shinx [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]
		672 Skiddo [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]
		287 Slakoth [TM]	705 Sliggoo [25, TM]	080 Slowbro [55, TM]	199 Slowking [TM]	079 Slowpoke [49, TM]	685 Slurpuff [TM]
		238 Smoochum [TM]	215 Sneasel [TM]	143 Snorlax [TM]	361 Snorunt [TM]	459 Snover [TM]	209 Snubbull [TM]
		577 Solosis [TM]	021 Spearow [TM]	363 Spheal [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]
		682 Spritzee [TM]	007 Squirtle [37, TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]
		121 Starmie [TM]	120 Staryu [TM]	508 Stoutland [TM]	618 Stunfisk [TM]	434 Stunky [TM]	245 Suicune [1, 15, TM]
		283 Surskit [TM]	333 Swablu [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [34, TM]	277 Swellow [TM]
		220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]	788 Tapu Fini [TM]
		785 Tapu Koko [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	538 Throh [TM]
		642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [48, TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]
		641 Tornadus [55, TM]	158 Totodile [TM]	748 Toxapex [TM]	454 Toxicroak [TM]	520 Tranquill [TM]	568 Trubbish [TM]
		535 Tympole [31, TM]	772 Type: Null [TM]	248 Tyranitar [TM]	236 Tyrogue [TM]	197 Umbreon [TM]	521 Unfezant [TM]
		217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]
		416 Vespiquen [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	666 Vivillon [TM]	313 Volbeat [TM]	100 Voltorb [TM]
		629 Vullaby [TM]	037 Vulpix (Alola Form) [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [45, TM]
		505 Watchog [TM]	461 Weavile [TM]	110 Weezing [TM]	340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]
		767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]	194 Wooper [37, TM]	413 Wormadam [TM]
		178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [TM]	717 Yveltal [TM]	335 Zangoose [TM]
		145 Zapdos [57, TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]
		041 Zubat [TM]	634 Zweilous [TM]				

Type	Move Name	Pokémon					
Normal	**Rapid Spin**	347 Anorith [E]	713 Avalugg [35]	343 Baltoy [4]	712 Bergmite [35]	009 Blastoise [21]	761 Bounsweet [9]
		344 Claydol [1, 4]	615 Cryogonal [1]	225 Delibird [E]	781 Dhelmise [1]	232 Donphan [6]	529 Drilbur [5, E]
		530 Excadrill [1, 5]	205 Forretress [17]	237 Hitmontop [19]	140 Kabuto [E]	775 Komala [11]	795 Pheromosa [1]
		204 Pineco [17]	027 Sandshrew (Alola Form) [9]	027 Sandshrew ◆ [9, E]	028 Sandslash ◆ [9]	090 Shellder [E]	327 Spinda [E]
		007 Squirtle [19]	121 Starmie [1]	120 Staryu [7]	762 Steenee [1, 9]	072 Tentacool [E]	324 Torkoal [10]
		763 Tsareena [1, 9]	236 Tyrogue [E]	008 Wartortle [21]			
Grass	**Razor Leaf**	460 Abomasnow [1, 5]	153 Bayleef [1, 6]	069 Bellsprout [39]	761 Bounsweet [13]	406 Budew [E]	001 Bulbasaur [19]
		455 Carnivine [E]	420 Cherubi [E]	152 Chikorita [6]	546 Cottonee [19]	723 Dartrix [14]	724 Decidueye [14]
		669 Flabébé [15]	670 Floette [15]	753 Fomantis [10]	673 Gogoat [13]	711 Gourgeist [16]	388 Grotle [13]
		002 Ivysaur [20]	798 Kartana [13]	470 Leafeon [1, EV]	542 Leavanny [1, 15]	270 Lotad [E]	754 Lurantis [1, 10]
		154 Meganium [1, 6]	274 Nuzleaf [1, EV]	043 Oddish [E]	710 Pumpkaboo [16]	315 Roselia [E]	722 Rowlet [14]
		540 Sewaddle [15]	275 Shiftry [1]	672 Skiddo [13]	459 Snover [5]	762 Steenee [1, 13]	192 Sunflora [16]
		191 Sunkern [16]	541 Swadloon [1]	389 Torterra [1, 13]	357 Tropius [1]	763 Tsareena [1, 13]	387 Turtwig [13]
		003 Venusaur [20]	071 Victreebel [1]	070 Weepinbell [44]	413 Wormadam (Plant Cloak) [26]		
Water	**Razor Shell**	689 Barbaracle [48]	688 Binacle [45]	341 Corphish [31]	342 Crawdaunt [32]	502 Dewott [18]	768 Golisopod [26]
		501 Oshawott [17]	503 Samurott [18]	090 Shellder [32]			
Normal	**Razor Wind**	359 Absol [49]	610 Axew [E]	418 Buizel [35]	780 Drampa [E]	662 Fletchinder [27]	661 Fletchling [25]
		419 Floatzel [41]	203 Girafarig [E]	207 Gligar [E]	695 Heliolisk [1]	694 Helioptile [22]	116 Horsea [E]
		714 Noibat [31]	715 Noivern [31]	274 Nuzleaf [20]	519 Pidove [32]	212 Scizor [33]	123 Scyther [33, E]
		273 Seedot [E]	540 Sewaddle [E]	773 Silvally [70]	021 Spearow [E]	663 Talonflame [27]	520 Tranquill [36]
		252 Treecko [E]	357 Tropius [E]	772 Type: Null [70]	521 Unfezant [38]	717 Yveltal [1]	335 Zangoose [E]
Normal	**Recover**	617 Accelgor [49]	065 Alakazam [31]	493 Arceus [70]	713 Avalugg [51]	606 Beheeyem [50]	712 Bergmite [47, E]
		251 Celebi [1]	358 Chimecho [E]	433 Chingling [E]	222 Corsola [8]	615 Cryogonal [45]	386 Deoxys (Normal Forme) [61]
		386 Deoxys (Defense Forme) [61]	386 Deoxys (Speed Forme) [61]	578 Duosion [24]	605 Elgyem [46]	592 Frillish [17, E]	423 Gastrodon [54]
		250 Ho-Oh [71]	593 Jellicent [17]	064 Kadabra [31]	352 Kecleon [E]	380 Latias [32]	381 Latios [32]
		345 Lileep [E]	249 Lugia [71]	219 Magcargo [47]	747 Mareanie [33]	308 Medicham [47]	307 Meditite [41]
		150 Mewtwo [50]	350 Milotic [27]	137 Porygon [18]	233 Porygon2 [18]	474 Porygon-Z [18]	771 Pyukumuku [37]
		579 Reuniclus [24]	302 Sableye [E]	422 Shellos [46]	616 Shelmet [49]	218 Slugma [43]	577 Solosis [24]
		121 Starmie [1]	120 Staryu [10]	748 Toxapex [33]	194 Wooper [E]		
Normal	**Recycle**	063 Abra [BP]	065 Alakazam [BP]	493 Arceus [BP]	482 Azelf [BP]	343 Baltoy [BP]	606 Beheeyem [BP]
		806 Blacephalon [BP]	242 Blissey [BP]	654 Braixen [BP]	437 Bronzong [BP]	436 Bronzor [BP]	659 Bunnelby [BP]
		113 Chansey [BP]	358 Chimecho [BP]	433 Chingling [BP]	344 Claydol [BP]	036 Clefable [BP]	035 Clefairy [BP]
		173 Cleffa [BP]	488 Cresselia [BP]	702 Dedenne [BP]	225 Delibird [BP]	655 Delphox [BP]	386 Deoxys [BP]
		660 Diggersby [BP]	426 Drifblim [BP]	425 Drifloon [BP]	096 Drowzee [BP]	605 Elgyem [BP]	677 Espurr [BP]
		475 Gallade [BP]	569 Garbodor [1, 3, BP]	282 Gardevoir [BP]	649 Genesect [BP]	203 Girafarig [BP]	574 Gothita [BP]
		576 Gothitelle [BP]	575 Gothorita [BP]	326 Grumpig [BP]	440 Happiny [BP]	631 Heatmor [BP]	720 Hoopa [BP]
		163 Hoothoot [BP]	097 Hypno [BP]	174 Igglybuff [BP]	039 Jigglypuff [BP]	385 Jirachi [BP]	124 Jynx [BP]
		064 Kadabra [BP]	352 Kecleon [BP]	281 Kirlia [BP]	600 Klang [BP]	707 Klefki [40, BP]	599 Klink [BP]
		601 Klinklang [BP]	337 Lunatone [BP]	081 Magnemite [BP]	082 Magneton [BP]	462 Magnezone [BP]	308 Medicham [BP]
		307 Meditite [BP]	648 Meloetta [BP]	678 Meowstic [BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]
		439 Mime Jr. [32, BP]	755 Morelull [BP]	122 Mr. Mime [32, BP]	089 Muk (Alola Form) [BP]	446 Munchlax [1, BP]	800 Necrozma [BP]
		164 Noctowl [BP]	770 Palossand [BP]	515 Panpour [37, BP]	511 Pansage [37, BP]	513 Pansear [37, BP]	137 Porygon [34, BP]
		233 Porygon2 [34, BP]	474 Porygon-Z [BP]	771 Pyukumuku [BP]	026 Raichu (Alola Form) [BP]	280 Ralts [BP]	769 Sandygast [BP]
		756 Shiinotic [BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	080 Slowbro [BP]	199 Slowking [BP]
		079 Slowpoke [BP]	238 Smoochum [BP]	143 Snorlax [BP]	338 Solrock [BP]	327 Spinda [BP]	325 Spoink [BP]
		805 Stakataka [BP]	121 Starmie [BP]	120 Staryu [BP]	568 Trubbish [3, BP]	480 Uxie [BP]	040 Wigglytuff [BP]
Normal	**Reflect Type**	351 Castform [E]	092 Gastly [E]	380 Latias [36]	151 Mew [1]	138 Omanyte [E]	120 Staryu [35]
		618 Stunfisk [E]	073 Tentacruel [1]				
Psychic	**Reflect (TM33)**	063 Abra [TM]	681 Aegislash [TM]	065 Alakazam [26, TM]	698 Amaura [TM]	752 Araquanid [TM]	493 Arceus [TM]
		683 Aromatisse [57, TM]	144 Articuno [50, TM]	531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]	343 Baltoy [TM]
		153 Bayleef [18, TM]	606 Beheeyem [TM]	069 Bellsprout [TM]	761 Bounsweet [TM]	437 Bronzong [TM]	436 Bronzor [TM]
		779 Bruxish [TM]	703 Carbink [18, TM]	251 Celebi [TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [17, TM]
		358 Chimecho [TM]	433 Chingling [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]
		638 Cobalion [TM]	222 Corsola [TM]	488 Cresselia [TM]	615 Cryogonal [33, TM]	742 Cutiefly [TM]	386 Deoxys [TM]

Type	Move Name	Pokémon					
Psychic	Reflect (TM33)	719 Diancie [12, TM]	680 Doublade [TM]	096 Drowzee [TM]	578 Duosion [1, 3, TM]	605 Elgyem [TM]	244 Entei [TM]
		196 Espeon [TM]	677 Espurr [TM]	102 Exeggcute [7, TM]	103 Exeggutor [TM]	205 Forretress [TM]	475 Gallade [TM]
		282 Gardevoir [TM]	649 Genesect [TM]	203 Girafarig [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		210 Granbull [TM]	388 Grotle [TM]	326 Grumpig [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [28, TM]	187 Hoppip [TM]	635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	686 Inkay [4, TM]
		039 Jigglypuff [TM]	385 Jirachi [TM]	189 Jumpluff [TM]	124 Jynx [TM]	064 Kadabra [26, TM]	647 Keldeo [TM]
		281 Kirlia [TM]	707 Klefki [TM]	646 Kyurem [TM]	380 Latias [TM]	381 Latios [TM]	542 Leavanny [TM]
		166 Ledian [12, TM]	165 Ledyba [12, TM]	249 Lugia [TM]	792 Lunala [TM]	337 Lunatone [TM]	219 Magcargo [TM]
		801 Magearna [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	687 Malamar [1, 4, TM]	473 Mamoswine [TM]
		490 Manaphy [TM]	308 Medicham [TM]	307 Meditite [TM]	154 Meganium [18, TM]	678 Meowstic (Female) [TM]	678 Meowstic (Male) [35, TM]
		481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	439 Mime Jr. [22, TM]	774 Minior [TM]	122 Mr. Mime [22, TM]	517 Munna [TM]	518 Musharna [TM]
		177 Natu [TM]	800 Necrozma [TM]	793 Nihilego [TM]	164 Noctowl [31, TM]	765 Oranguru [TM]	708 Phantump [TM]
		221 Piloswine [TM]	204 Pineco [TM]	730 Primarina [TM]	771 Pyukumuku [TM]	651 Quilladin [TM]	026 Raichu (Alola Form) [TM]
		243 Raikou [36, TM]	280 Ralts [TM]	643 Reshiram [TM]	579 Reuniclus [1, 3, TM]	743 Ribombee [TM]	479 Rotom [TM]
		497 Serperior [TM]	496 Servine [TM]	561 Sigilyph [28, TM]	188 Skiploom [TM]	218 Slugma [TM]	238 Smoochum [TM]
		215 Sneasel [TM]	495 Snivy [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [3, TM]	338 Solrock [TM]
		325 Spoink [TM]	682 Spritzee [TM]	805 Stakataka [TM]	234 Stantler [TM]	121 Starmie [TM]	120 Staryu [TM]
		762 Steenee [TM]	245 Suicune [TM]	220 Swinub [TM]	528 Swoobat [TM]	700 Sylveon [TM]	114 Tangela [TM]
		465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	639 Terrakion [TM]
		777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	389 Torterra [TM]	709 Trevenant [TM]
		763 Tsareena [TM]	387 Turtwig [TM]	480 Uxie [TM]	071 Victreebel [TM]	640 Virizion [TM]	461 Weavile [TM]
		070 Weepinbell [TM]	040 Wigglytuff [TM]	527 Woobat [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]
		644 Zekrom [TM]					
Normal	Refresh	594 Alomomola [E]	334 Altaria [26]	493 Arceus [50]	531 Audino [9]	298 Azurill [E]	242 Blissey [9]
		113 Chansey [9]	152 Chikorita [E]	366 Clamperl [E]	222 Corsola [13]	133 Eevee [20]	676 Furfrou [E]
		440 Happiny [9]	385 Jirachi [25]	131 Lapras [E]	380 Latias [13]	381 Latios [13]	463 Lickilicky [45]
		108 Lickitung [45]	183 Marill [E]	350 Milotic [1, 7]	258 Mudkip [E]	177 Natu [E]	060 Poliwag [E]
		054 Psyduck [E]	682 Spritzee [E]	007 Squirtle [E]	333 Swablu [26]	276 Taillow [E]	788 Tapu Fini [26]
		535 Tympole [E]					
Normal	Relic Song	648 Meloetta [T]					
Psychic	Rest (TM44)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [1, TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [25, TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [41, TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [41, TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [30, TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [21, TM]	502 Dewott [TM]	751 Dewpider [TM]

Type	Move Name	Pokémon					
Psychic	**Rest (TM44)**	781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [36, TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [32, TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [30, TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [35, TM]	316 Gulpin [TM]	735 Gumshoos [55, TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]
		093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [30, TM]	385 Jirachi [5, TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]
		601 Klinklang [TM]	109 Koffing [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]	645 Landorus [TM]
		171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]	381 Latios [TM]
		470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [40, TM]	667 Litleo [TM]
		725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [36, TM]
		448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]	337 Lunatone [TM]
		754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]	068 Machamp [TM]
		067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	126 Magmar [TM]	467 Magmortar [TM]
		081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]
		490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]
		556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]	802 Marshadow [TM]
		259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]
		648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [1, TM]	376 Metagross [TM]	375 Metang [TM]
		151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [TM]
		241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]
		200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	755 Morelull [TM]	414 Mothim [TM]
		122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]
		517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]	177 Natu [TM]	800 Necrozma [TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]
		793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]
		715 Noivern [TM]	299 Nosepass [16, TM]	322 Numel [TM]	274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]
		138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]
		417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]
		515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]
		504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]

Type	Move Name	Pokémon					
Psychic	Rest (TM44)	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]
		016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]	731 Pikipek [TM]	221 Piloswine [TM]
		204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	803 Poipole [TM]	186 Politoed [TM]
		060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [TM]	728 Popplio [TM]
		137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]
		476 Probopass [16, TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [TM]
		668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]	211 Qwilfish [TM]
		026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]	020 Raticate [TM]
		019 Rattata [TM]	384 Rayquaza [35, TM]	378 Regice [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [41, TM]
		223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]
		743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]
		479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]	373 Salamence [TM]	757 Salandit [TM]
		758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]
		539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [TM]
		559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [31, TM]	273 Seedot [TM]
		086 Seel [21, TM]	537 Seismitoad [TM]	161 Sentret [28, TM]	497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]
		540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]	372 Shelgon [TM]	090 Shellder [TM]
		422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [TM]
		285 Shroomish [TM]	213 Shuckle [20, TM]	353 Shuppet [TM]	561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]
		512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]
		451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]
		080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]
		215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [28, TM]	361 Snorunt [TM]	459 Snover [TM]	209 Snubbull [TM]
		791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]	363 Spheal [31, TM]	167 Spinarak [TM]
		327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [29, TM]	682 Spritzee [TM]	007 Squirtle [TM]	805 Stakataka [TM]
		234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]	121 Starmie [TM]	120 Staryu [TM]
		208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]
		185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [TM]
		541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]
		684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]
		465 Tangrowth [TM]	128 Tauros [19, TM]	216 Teddiursa [43, TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]
		639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]
		468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]
		726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]
		520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]
		732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	772 Type: Null [TM]
		157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]
		521 Unfezant [TM]	217 Ursaring [47, TM]	480 Uxie [1, TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]
		134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]
		329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]
		640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]
		629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [29, TM]	321 Wailord [29, TM]	365 Walrein [31, TM]	008 Wartortle [TM]
		505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]
		340 Whiscash [25, TM]	293 Whismur [32, TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]
		527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]
		562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [46, TM]	717 Yveltal [TM]	335 Zangoose [TM]
		145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [35, TM]	571 Zoroark [TM]	570 Zorua [TM]
		041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]			
Normal	Retaliate	638 Cobalion [19]	104 Cubone [47]	502 Dewott [45]	680 Doublade [26]	676 Furfrou [33]	058 Growlithe [32]
		507 Herdier [33]	679 Honedge [26]	647 Keldeo [31]	506 Lillipup [29]	105 Marowak [59]	501 Oshawott [37]
		503 Samurott [51]	539 Sawk [29]	508 Stoutland [36]	639 Terrakion [19]	640 Virizion [19]	
Normal	Return (TM27)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]

Type	Move Name	Pokémon					
Normal	Return (TM27)	614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]
		093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]
		601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]
		645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]
		381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]
		667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [1, EV, TM]	270 Lotad [TM]
		294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]
		337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]
		068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	801 Magearna [TM]

Type	Move Name	Pokémon					
Normal	Return (TM27)	126 Magmar [TM]	467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]
		687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]
		226 Mantine [TM]	458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]
		105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]
		307 Meditite [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]
		376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]
		262 Mightyena [TM]	350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]
		774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]
		755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]
		089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]
		177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]
		030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]
		164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]
		224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]
		741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]
		674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]
		047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]
		548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]
		018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]
		731 Pikipek [TM]	221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]
		803 Poipole [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]
		261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]
		057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]
		509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]
		211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]
		020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]
		111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]
		315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]
		373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]
		028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]
		545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]
		364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]
		496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]
		372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]
		756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]
		773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]
		188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]
		287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]
		685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]	361 Snorunt [TM]
		459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]
		363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]
		007 Squirtle [TM]	805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]
		121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]
		618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]
		283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]
		277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]
		663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]
		639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]
		468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]
		726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]
		520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]
		732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	772 Type: Null [TM]
		157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]
		521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]
		134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]
		329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]

Type	Move Name	Pokémon					
Normal	Return (TM27)	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]
		629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]
		505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]
		340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]
		527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]
		562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]
		145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]
		041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]			
Normal	Revelation Dance*	741 Oricorio [40]					
Fighting	Revenge	190 Aipom [E]	550 Basculin [E]	626 Bouffalant [26]	332 Cacturne [1]	453 Croagunk [22]	502 Dewott [29]
		621 Druddigon [35]	083 Farfetch'd [E]	214 Heracross [E]	449 Hippopotas [E]	107 Hitmonchan [1]	106 Hitmonlee [1]
		237 Hitmontop [1]	725 Litten [E]	068 Machamp [19]	067 Machoke [19]	066 Machop [19]	296 Makuhita [E]
		056 Mankey [E]	501 Oshawott [25]	504 Patrat [E]	624 Pawniard [E]	204 Pineco [E]	127 Pinsir [15]
		211 Qwilfish [29]	019 Rattata [E]	486 Regigigas [25]	503 Samurott [29]	396 Starly [E]	618 Stunfisk [50]
		538 Throh [13]	642 Thundurus [13]	641 Tornadus [13]	454 Toxicroak [22]	776 Turtonator [E]	461 Weavile [1]
		734 Yungoos [E]	335 Zangoose [22]				
Fighting	Reversal	304 Aron [E]	610 Axew [E]	626 Bouffalant [46]	794 Buzzwole [1]	740 Crabominable [33]	739 Crabrawler [33]
		155 Cyndaquil [E]	050 Diglett [E]	589 Escavalier [49]	058 Growlithe [19]	297 Hariyama [50]	214 Heracross [46]
		507 Herdier [38]	106 Hitmonlee [1, 61]	228 Houndour [E]	782 Jangmo-o [E]	115 Kangaskhan [50]	506 Lillipup [33]
		745 Lycanroc (Midnight Form) [1]	296 Makuhita [43]	687 Malamar [1]	056 Mankey [E]	308 Medicham [42]	307 Meditite [39]
		619 Mienfoo [57]	620 Mienshao [1, 63]	241 Miltank [E]	766 Passimian [46]	172 Pichu [E]	019 Rattata [E]
		111 Rhyhorn [E]	447 Riolu [29]	539 Sawk [45]	123 Scyther [E]	161 Sentret [E]	508 Stoutland [42]
		277 Swellow [57]	276 Taillow [45]	538 Throh [45]	532 Timburr [E]	777 Togedemaru [E]	255 Torchic [E]
		494 Victini [33]	288 Vigoroth [1, 43]	193 Yanma [E]			
Dragon	Roar of Time	483 Dialga [46]					
Normal	Roar (TM05)	142 Aerodactyl [9, TM]	306 Aggron [19, TM]	334 Altaria [TM]	698 Amaura [TM]	059 Arcanine [1, TM]	493 Arceus [TM]
		566 Archen [TM]	567 Archeops [TM]	304 Aron [19, TM]	144 Articuno [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	371 Bagon [TM]	411 Bastiodon [TM]	614 Beartic [TM]	760 Bewear [TM]	009 Blastoise [TM]
		257 Blaziken [TM]	323 Camerupt [TM]	006 Charizard [TM]	652 Chesnaught [TM]	650 Chespin [TM]	638 Cobalion [TM]
		408 Cranidos [TM]	159 Croconaw [TM]	555 Darmanitan [TM]	554 Darumaka [TM]	633 Deino [20, TM]	483 Dialga [TM]
		232 Donphan [TM]	149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	621 Druddigon [TM]	604 Eelektross [TM]
		309 Electrike [34, TM]	500 Emboar [55, TM]	395 Empoleon [TM]	244 Entei [15, TM]	295 Exploud [32, TM]	160 Feraligatr [TM]
		136 Flareon [TM]	419 Floatzel [TM]	611 Fraxure [TM]	676 Furfrou [TM]	444 Gabite [TM]	445 Garchomp [TM]
		443 Gible [TM]	487 Giratina [TM]	471 Glaceon [TM]	673 Gogoat [TM]	076 Golem [TM]	210 Granbull [27, TM]
		383 Groudon [TM]	058 Growlithe [1, TM]	735 Gumshoos [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	612 Haxorus [TM]
		485 Heatran [TM]	507 Herdier [29, TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	250 Ho-Oh [TM]	229 Houndoom [13, TM]
		228 Houndour [13, TM]	635 Hydreigon [20, TM]	727 Incineroar [19, TM]	392 Infernape [TM]	782 Jangmo-o [TM]	135 Jolteon [TM]
		115 Kangaskhan [TM]	647 Keldeo [TM]	784 Kommo-o [TM]	552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]
		305 Lairon [19, TM]	131 Lapras [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]	506 Lillipup [26, TM]
		264 Linoone [TM]	667 Litleo [TM]	725 Litten [18, TM]	294 Loudred [32, TM]	448 Lucario [TM]	249 Lugia [TM]
		792 Lunala [TM]	404 Luxio [23, TM]	405 Luxray [23, TM]	745 Lycanroc [26, TM]	473 Mamoswine [TM]	310 Manectric [36, TM]
		151 Mew [TM]	262 Mightyena [16, TM]	146 Moltres [TM]	749 Mudbray [TM]	750 Mudsdale [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	038 Ninetales [TM]	095 Onix [TM]	484 Palkia [TM]	674 Pancham [TM]	675 Pangoro [TM]
		053 Persian [TM]	231 Phanpy [TM]	499 Pignite [47, TM]	221 Piloswine [TM]	261 Poochyena [16, TM]	432 Purugly [TM]
		668 Pyroar [TM]	156 Quilava [TM]	651 Quilladin [TM]	243 Raikou [15, TM]	409 Rampardos [TM]	020 Raticate [TM]
		384 Rayquaza [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	447 Riolu [TM]	744 Rockruff [26, TM]
		373 Salamence [TM]	551 Sandile [TM]	254 Sceptile [TM]	560 Scrafty [TM]	559 Scraggy [TM]	364 Sealeo [TM]
		319 Sharpedo [TM]	372 Shelgon [TM]	410 Shieldon [TM]	403 Shinx [21, TM]	773 Silvally [TM]	227 Skarmory [TM]
		672 Skiddo [TM]	435 Skuntank [TM]	289 Slaking [TM]	209 Snubbull [25, TM]	791 Solgaleo [TM]	234 Stantler [TM]
		208 Steelix [TM]	508 Stoutland [29, TM]	759 Stufful [TM]	434 Stunky [TM]	245 Suicune [TM]	260 Swampert [TM]
		220 Swinub [TM]	787 Tapu Bulu [TM]	785 Tapu Koko [TM]	216 Teddiursa [TM]	498 Tepig [39, TM]	639 Terrakion [TM]
		726 Torracat [19, TM]	389 Torterra [TM]	357 Tropius [TM]	776 Turtonator [TM]	772 Type: Null [TM]	157 Typhlosion [TM]
		248 Tyranitar [TM]	697 Tyrantrum [1, 6, TM]	696 Tyrunt [6, TM]	217 Ursaring [TM]	134 Vaporeon [TM]	003 Venusaur [TM]
		288 Vigoroth [TM]	640 Virizion [TM]	721 Volcanion [TM]	037 Vulpix [7, TM]	320 Wailmer [TM]	321 Wailord [TM]
		365 Walrein [TM]	293 Whismur [29, TM]	716 Xerneas [TM]	335 Zangoose [TM]	145 Zapdos [TM]	571 Zoroark [TM]
		570 Zorua [TM]	634 Zweilous [20, TM]				

*Revelation Dance's type changes depending on Oricorio's current form. Pom-Pom Style Oricorio will have an Electric-type Revelation Dance, Pa'u Style Oricorio will have a Psychic-type Revelation Dance, Baile Style Oricorio will have a Fire-type Revelation Dance, and Sensu Style Oricorio will have a Ghost-type Revelation Dance.

Type	Move Name	Pokémon					
Rock	Rock Blast	347 Anorith [55]	348 Armaldo [61]	525 Boldore [14]	573 Cinccino [1]	222 Corsola [31]	558 Crustle [1, 5]
		557 Dwebble [5]	074 Geodude [30]	526 Gigalith [14]	076 Golem [34]	075 Graveler [34]	214 Heracross [E]
		800 Necrozma [19]	299 Nosepass [28]	224 Octillery [1]	138 Omanyte [46]	139 Omastar [56]	095 Onix [E]
		476 Probopass [28]	223 Remoraid [E]	112 Rhydon [29]	111 Rhyhorn [29]	464 Rhyperior [29]	524 Roggenrola [14]
		090 Shellder [E]	410 Shieldon [E]	213 Shuckle [E]	805 Stakataka [47]	733 Toucannon [1]	568 Trubbish [E]
		732 Trumbeak [1]	413 Wormadam (Sandy Cloak) [26]				
Normal	Rock Climb	399 Bidoof [E]	626 Bouffalant [E]	529 Drilbur [E]	621 Druddigon [49]	632 Durant [E]	597 Ferroseed [E]
		598 Ferrothorn [1]	074 Geodude [E]	443 Gible [E]	207 Gligar [E]	595 Joltik [E]	745 Lycanroc [45]
		095 Onix [E]	111 Rhyhorn [E]	744 Rockruff [45]	551 Sandile [E]	027 Sandshrew ◆ [E]	545 Scolipede [50]
		560 Scrafty [51]	559 Scraggy [45]	543 Venipede [40, E]	544 Whirlipede [46]	263 Zigzagoon [E]	
Rock	Rock Polish (TM69)	142 Aerodactyl [TM]	306 Aggron [TM]	698 Amaura [TM]	347 Anorith [TM]	566 Archen [TM]	567 Archeops [TM]
		348 Armaldo [TM]	304 Aron [TM]	699 Aurorus [TM]	713 Avalugg [TM]	343 Baltoy [TM]	689 Barbaracle [24, TM]
		411 Bastiodon [TM]	712 Bergmite [TM]	688 Binacle [24, TM]	625 Bisharp [TM]	525 Boldore [TM]	438 Bonsly [TM]
		437 Bronzong [TM]	436 Bronzor [TM]	323 Camerupt [TM]	703 Carbink [TM]	565 Carracosta [TM]	344 Claydol [TM]
		638 Cobalion [TM]	222 Corsola [TM]	346 Cradily [TM]	408 Cranidos [TM]	558 Crustle [19, TM]	719 Diancie [TM]
		232 Donphan [TM]	632 Durant [TM]	557 Dwebble [19, TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	205 Forretress [TM]
		569 Garbodor [TM]	649 Genesect [TM]	074 Geodude [6, TM]	526 Gigalith [TM]	207 Gligar [TM]	472 Gliscor [TM]
		076 Golem [1, 6, TM]	622 Golett [TM]	623 Golurk [TM]	075 Graveler [1, 6, TM]	088 Grimer (Alola Form) [TM]	383 Groudon [TM]
		140 Kabuto [TM]	141 Kabutops [TM]	600 Klang [TM]	599 Klink [TM]	601 Klinklang [TM]	784 Kommo-o [TM]
		305 Lairon [TM]	645 Landorus [TM]	246 Larvitar [TM]	345 Lileep [TM]	337 Lunatone [9, TM]	745 Lycanroc [TM]
		219 Magcargo [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	774 Minior [TM]	089 Muk (Alola Form) [TM]
		800 Necrozma [TM]	299 Nosepass [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [19, TM]	770 Palossand [TM]
		624 Pawniard [TM]	476 Probopass [TM]	247 Pupitar [TM]	409 Rampardos [TM]	378 Regice [TM]	486 Regigigas [TM]
		377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]
		744 Rockruff [TM]	524 Roggenrola [TM]	769 Sandygast [TM]	410 Shieldon [TM]	213 Shuckle [TM]	338 Solrock [9, TM]
		805 Stakataka [TM]	208 Steelix [TM]	185 Sudowoodo [TM]	639 Terrakion [TM]	564 Tirtouga [TM]	389 Torterra [TM]
		248 Tyranitar [TM]	697 Tyrantrum [TM]	696 Tyrunt [TM, E]			
Rock	Rock Slide (TM80)	460 Abomasnow [TM]	359 Absol [TM]	681 Aegislash [TM]	142 Aerodactyl [73, TM]	306 Aggron [25, TM]	698 Amaura [TM]
		347 Anorith [TM]	024 Arbok [TM]	493 Arceus [TM]	566 Archen [45, TM]	567 Archeops [51, TM]	348 Armaldo [TM]
		304 Aron [25, TM]	699 Aurorus [TM]	713 Avalugg [TM]	371 Bagon [TM]	343 Baltoy [TM]	689 Barbaracle [TM]
		411 Bastiodon [TM]	614 Beartic [TM]	606 Beheeyem [TM]	712 Bergmite [TM]	760 Bewear [TM]	688 Binacle [TM]
		009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	525 Boldore [30, TM]	438 Bonsly [33, TM]	626 Bouffalant [TM]
		628 Braviary [TM]	286 Breloom [TM]	437 Bronzong [TM]	436 Bronzor [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]
		323 Camerupt [1, EV, TM]	703 Carbink [TM]	565 Carracosta [51, TM]	797 Celesteela [TM]	113 Chansey [TM]	006 Charizard [TM]
		004 Charmander [TM]	005 Charmeleon [TM]	652 Chesnaught [TM]	650 Chespin [TM]	692 Clauncher [TM]	693 Clawitzer [TM]
		344 Claydol [TM]	256 Combusken [TM]	534 Conkeldurr [33, TM]	341 Corphish [TM]	222 Corsola [TM]	740 Crabominable [TM]
		739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	453 Croagunk [TM]	159 Croconaw [TM]
		558 Crustle [29, TM]	104 Cubone [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	554 Darumaka [TM]	386 Deoxys [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	232 Donphan [TM]
		680 Doublade [TM]	149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	529 Drilbur [29, TM]	621 Druddigon [TM]
		051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]	632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]
		557 Dwebble [29, TM]	604 Eelektross [TM]	023 Ekans [TM]	466 Electivire [TM]	605 Elgyem [TM]	500 Emboar [TM]
		395 Empoleon [TM]	530 Excadrill [29, TM]	295 Exploud [TM]	160 Feraligatr [TM]	330 Flygon [15, TM]	205 Forretress [TM]
		656 Froakie [TM]	657 Frogadier [TM]	444 Gabite [TM]	475 Gallade [TM]	445 Garchomp [TM]	423 Gastrodon [TM]
		074 Geodude [TM]	443 Gible [TM]	526 Gigalith [30, TM]	207 Gligar [TM]	472 Gliscor [TM]	673 Gogoat [TM]
		076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]	704 Goomy [TM]
		574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	210 Granbull [TM]	075 Graveler [TM]
		658 Greninja [TM]	088 Grimer [TM]	383 Groudon [TM]	253 Grovyle [TM]	533 Gurdurr [33, TM]	799 Guzzlord [TM]
		783 Hakamo-o [TM]	297 Hariyama [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]
		237 Hitmontop [TM]	679 Honedge [TM]	635 Hydreigon [TM]	392 Infernape [TM]	686 Inkay [TM]	782 Jangmo-o [TM]
		140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]	352 Kecleon [TM]	099 Kingler [TM]	775 Komala [TM]
		784 Kommo-o [TM]	098 Krabby [TM]	552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]
		305 Lairon [25, TM]	645 Landorus [43, TM]	246 Larvitar [19, TM]	463 Lickilicky [TM]	108 Lickitung [TM]	345 Lileep [TM]
		294 Loudred [TM]	448 Lucario [TM]	337 Lunatone [21, TM]	745 Lycanroc [34, TM]	068 Machamp [TM]	067 Machoke [TM]
		066 Machop [TM]	219 Magcargo [29, TM]	467 Magmortar [TM]	296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]

Type	Move Name	Pokémon					
Rock	Rock Slide (TM80)	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]	105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [28, TM]
		303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]
		150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	241 Miltank [TM]	774 Minior [TM]	391 Monferno [TM]
		749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]
		518 Musharna [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	299 Nosepass [22, TM]	322 Numel [TM]
		274 Nuzleaf [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [34, TM]	765 Oranguru [TM]	484 Palkia [TM]
		770 Palossand [TM]	674 Pancham [TM]	675 Pangoro [TM]	766 Passimian [TM]	231 Phanpy [TM]	708 Phantump [TM]
		499 Pignite [TM]	221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	062 Poliwrath [TM]	057 Primeape [TM]
		476 Probopass [22, TM]	710 Pumpkaboo [TM]	247 Pupitar [19, TM]	195 Quagsire [TM]	651 Quilladin [TM]	409 Rampardos [TM]
		384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]
		643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	447 Riolu [TM]
		744 Rockruff [34, TM]	524 Roggenrola [27, TM]	627 Rufflet [TM]	373 Salamence [TM]	551 Sandile [TM]	027 Sandshrew [TM]
		028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	254 Sceptile [TM]	545 Scolipede [TM]	560 Scrafty [TM]
		559 Scraggy [TM]	364 Sealeo [TM]	537 Seismitoad [TM]	372 Shelgon [TM]	410 Shieldon [TM]	275 Shiftry [TM]
		213 Shuckle [38, TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		672 Skiddo [TM]	289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	218 Slugma [29, TM]	143 Snorlax [TM]
		791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [21, TM]	363 Spheal [TM]	327 Spinda [TM]	805 Stakataka [5, TM]
		208 Steelix [34, TM]	759 Stufful [TM]	618 Stunfisk [TM]	185 Sudowoodo [33, TM]	260 Swampert [28, TM]	220 Swinub [TM]
		465 Tangrowth [TM]	787 Tapu Bulu [TM]	128 Tauros [TM]	216 Teddiursa [TM]	639 Terrakion [25, TM]	538 Throh [TM]
		532 Timburr [31, TM]	564 Tirtouga [45, TM]	255 Torchic [TM]	324 Torkoal [TM]	389 Torterra [TM]	158 Totodile [TM]
		454 Toxicroak [TM]	328 Trapinch [15, TM]	252 Treecko [TM]	709 Trevenant [TM]	772 Type: Null [TM]	157 Typhlosion [TM]
		248 Tyranitar [19, TM]	697 Tyrantrum [1, EV, TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	217 Ursaring [TM]	329 Vibrava [15, TM]
		288 Vigoroth [TM]	721 Volcanion [TM]	365 Walrein [TM]	340 Whiscash [TM]	716 Xerneas [TM]	717 Yveltal [TM]
		335 Zangoose [TM]	644 Zekrom [TM]	718 Zygarde [TM]			
Fighting	Rock Smash	740 Crabominable [1, 5]	739 Crabrawler [5]	768 Golisopod [1, 7]	766 Passimian [8]	731 Pikipek [9]	539 Sawk [1]
		733 Toucannon [1, 9]	732 Trumbeak [1, 9]				
Rock	Rock Throw	698 Amaura [10]	566 Archen [5]	567 Archeops [1, 5]	699 Aurorus [1, 10]	438 Bonsly [12]	703 Carbink [5]
		534 Conkeldurr [16]	719 Diancie [1]	074 Geodude [16]	076 Golem [16]	075 Graveler [16]	533 Gurdurr [16]
		645 Landorus [19]	337 Lunatone [1]	745 Lycanroc [15]	219 Magcargo [1, 8]	258 Mudkip [25]	299 Nosepass [10]
		095 Onix [7]	377 Regirock [1, 7]	744 Rockruff [15]	213 Shuckle [23]	218 Slugma [8]	338 Solrock [1]
		805 Stakataka [23]	208 Steelix [7]	185 Sudowoodo [1, 12]	532 Timburr [16]	564 Tirtouga [E]	
Rock	Rock Tomb (TM39)	460 Abomasnow [TM]	359 Absol [TM]	142 Aerodactyl [TM]	306 Aggron [13, TM]	698 Amaura [TM]	347 Anorith [TM]
		024 Arbok [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	348 Armaldo [TM]	304 Aron [13, TM]
		699 Aurorus [TM]	713 Avalugg [TM]	610 Axew [TM]	371 Bagon [TM]	343 Baltoy [13, TM]	689 Barbaracle [TM]
		339 Barboach [TM]	411 Bastiodon [TM]	614 Beartic [TM]	606 Beheeyem [TM]	712 Bergmite [TM]	760 Bewear [TM]
		688 Binacle [TM]	625 Bisharp [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	525 Boldore [TM]
		438 Bonsly [26, TM]	626 Bouffalant [TM]	628 Braviary [TM]	286 Breloom [TM]	437 Bronzong [TM]	436 Bronzor [TM]
		418 Buizel [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]	323 Camerupt [TM]	703 Carbink [TM]	565 Carracosta [TM]
		113 Chansey [TM]	006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]	652 Chesnaught [TM]	650 Chespin [TM]
		344 Claydol [13, TM]	256 Combusken [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	740 Crabominable [TM]
		739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	453 Croagunk [TM]	159 Croconaw [TM]
		558 Crustle [TM]	613 Cubchoo [TM]	104 Cubone [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	554 Darumaka [TM]
		386 Deoxys [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	232 Donphan [TM]
		149 Dragonite [TM]	452 Drapion [TM]	529 Drilbur [TM]	621 Druddigon [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	557 Dwebble [TM]	604 Eelektross [TM]
		023 Ekans [TM]	466 Electivire [TM]	605 Elgyem [TM]	500 Emboar [TM]	395 Empoleon [TM]	530 Excadrill [TM]
		295 Exploud [TM]	160 Feraligatr [TM]	419 Floatzel [TM]	330 Flygon [TM]	205 Forretress [TM]	611 Fraxure [TM]
		656 Froakie [TM]	657 Frogadier [TM]	444 Gabite [TM]	475 Gallade [TM]	445 Garchomp [TM]	423 Gastrodon [TM]
		074 Geodude [TM]	443 Gible [TM]	526 Gigalith [TM]	207 Gligar [TM]	472 Gliscor [TM]	076 Golem [TM]
		622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	383 Groudon [TM]	253 Grovyle [TM]
		735 Gumshoos [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]	783 Hakamo-o [TM]	297 Hariyama [TM]	701 Hawlucha [TM]
		612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]	694 Helioptile [TM]	214 Heracross [TM]
		507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	392 Infernape [TM]	782 Jangmo-o [TM]	140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]
		352 Kecleon [TM]	099 Kingler [TM]	784 Kommo-o [TM]	098 Krabby [TM]	552 Krokorok [TM]	553 Krookodile [TM]

Type	Move Name	Pokémon					
Rock	**Rock Tomb (TM39)**	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [13, TM]	645 Landorus [1, TM]	246 Larvitar [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	345 Lileep [TM]	506 Lillipup [TM]	294 Loudred [TM]	448 Lucario [TM]	337 Lunatone [TM]
		745 Lycanroc [23, TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	219 Magcargo [TM]	467 Magmortar [TM]
		296 Makuhita [TM]	473 Mamoswine [TM]	630 Mandibuzz [TM]	056 Mankey [TM]	226 Mantine [TM]	105 Marowak [TM]
		802 Marshadow [TM]	259 Marshtomp [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]	376 Metagross [TM]
		375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	241 Miltank [TM]
		774 Minior [TM]	391 Monferno [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]
		446 Munchlax [TM]	517 Munna [TM]	518 Musharna [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]
		299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [10, TM]
		484 Palkia [TM]	770 Palossand [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]
		513 Pansear [TM]	766 Passimian [TM]	624 Pawniard [TM]	231 Phanpy [TM]	499 Pignite [TM]	221 Piloswine [TM]
		204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	062 Poliwrath [TM]	057 Primeape [TM]	394 Prinplup [TM]
		476 Probopass [TM]	247 Pupitar [TM]	195 Quagsire [TM]	651 Quilladin [TM]	409 Rampardos [TM]	384 Rayquaza [TM]
		378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [15, TM]	643 Reshiram [TM]
		579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	447 Riolu [TM]	744 Rockruff [23, TM]
		524 Roggenrola [TM, E]	627 Rufflet [TM]	302 Sableye [TM]	373 Salamence [TM]	551 Sandile [TM]	027 Sandshrew ◆ [TM]
		028 Sandslash ◆ [TM]	769 Sandygast [TM]	539 Sawk [TM]	254 Sceptile [TM]	545 Scolipede [TM]	560 Scrafty [TM]
		559 Scraggy [TM]	364 Sealeo [TM]	537 Seismitoad [TM]	319 Sharpedo [TM]	372 Shelgon [TM]	410 Shieldon [TM]
		275 Shiftry [TM]	213 Shuckle [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		451 Skorupi [TM]	289 Slaking [TM]	287 Slakoth [TM]	218 Slugma [TM]	143 Snorlax [TM]	791 Solgaleo [TM]
		577 Solosis [TM]	338 Solrock [TM]	363 Spheal [TM]	327 Spinda [TM]	442 Spiritomb [TM]	007 Squirtle [TM]
		805 Stakataka [TM]	208 Steelix [10, TM]	508 Stoutland [TM]	759 Stufful [TM]	618 Stunfisk [TM]	185 Sudowoodo [26, TM]
		260 Swampert [TM]	220 Swinub [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	128 Tauros [TM]	216 Teddiursa [TM]
		498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]	532 Timburr [TM]	564 Tirtouga [TM]	255 Torchic [TM]
		324 Torkoal [TM]	389 Torterra [TM]	158 Totodile [TM]	454 Toxicroak [TM]	328 Trapinch [TM]	252 Treecko [TM]
		776 Turtonator [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	696 Tyrunt [TM]	217 Ursaring [TM]
		329 Vibrava [TM]	288 Vigoroth [TM]	629 Vullaby [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]
		008 Wartortle [TM]	340 Whiscash [TM]	413 Wormadam (Sand Cloak) [TM]	734 Yungoos [TM]	335 Zangoose [TM]	644 Zekrom [TM]
Rock	**Rock Wrecker**	558 Crustle [55]	557 Dwebble [43]	464 Rhyperior [1, 69]			
Psychic	**Role Play**	460 Abomasnow [BP]	063 Abra [BP]	359 Absol [BP]	190 Aipom [BP]	065 Alakazam [BP]	424 Ambipom [BP]
		531 Audino [BP]	482 Azelf [BP]	354 Banette [BP]	606 Beheeyem [BP]	760 Bewear [BP]	625 Bisharp [BP]
		257 Blaziken [BP]	438 Bonsly [BP]	331 Cacnea [BP]	332 Cacturne [BP]	441 Chatot [BP]	390 Chimchar [BP]
		036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	563 Cofagrigus [BP]	764 Comfey [BP]	453 Croagunk [BP]
		655 Delphox [1, BP]	386 Deoxys [BP]	781 Dhelmise [BP]	096 Drowzee [E, BP]	578 Duosion [BP]	605 Elgyem [BP]
		677 Espurr [BP]	656 Froakie [BP]	657 Frogadier [BP]	676 Furfrou [E, BP]	094 Gengar [BP]	055 Golduck [BP]
		574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	711 Gourgeist [BP]	658 Greninja [1, BP]	326 Grumpig [BP]
		297 Hariyama [BP]	107 Hitmonchan [BP]	106 Hitmonlee [BP]	237 Hitmontop [BP]	720 Hoopa [BP]	229 Houndoom [BP]
		228 Houndour [BP]	097 Hypno [BP]	174 Igglybuff [BP]	392 Infernape [BP]	686 Inkay [BP]	039 Jigglypuff [BP]
		124 Jynx [BP]	064 Kadabra [41, BP]	352 Kecleon [BP]	645 Landorus [BP]	380 Latias [BP]	510 Liepard [BP]
		549 Lilligant [BP]	448 Lucario [BP]	068 Machamp [BP]	067 Machoke [BP]	066 Machop [BP]	296 Makuhita [BP]
		687 Malamar [BP]	056 Mankey [BP]	802 Marshadow [30, BP]	308 Medicham [BP]	307 Meditite [BP]	648 Meloetta [71, BP]
		678 Meowstic [43, BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]	619 Mienfoo [BP]	620 Mienshao [BP]
		439 Mime Jr. [43, BP]	391 Monferno [BP]	122 Mr. Mime [43, BP]	793 Nihilego [BP]	038 Ninetales [BP]	741 Oricorio [BP]
		770 Palossand [BP]	515 Panpour [E, BP]	511 Pansage [E, BP]	513 Pansear [E, BP]	624 Pawniard [BP]	708 Phantump [BP]
		057 Primeape [BP]	054 Psyduck [BP]	710 Pumpkaboo [BP]	509 Purrloin [BP]	579 Reuniclus [BP]	447 Riolu [BP]
		302 Sableye [BP]	769 Sandygast [BP]	353 Shuppet [BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]
		238 Smoochum [BP]	459 Snover [BP]	577 Solosis [BP]	327 Spinda [E, BP]	325 Spoink [BP]	805 Stakataka [BP]
		234 Stantler [33, BP]	759 Stufful [BP]	185 Sudowoodo [BP]	128 Tauros [BP]	642 Thundurus [BP]	777 Togedemaru [BP]
		641 Tornadus [BP]	454 Toxicroak [BP]	709 Trevenant [BP]	236 Tyrogue [BP]	480 Uxie [BP]	494 Victini [BP]
		037 Vulpix [BP]	040 Wigglytuff [BP]	562 Yamask [BP]			
Fighting	**Rolling Kick**	239 Elekid [E]	106 Hitmonlee [1, 9]	237 Hitmontop [1, EV]	066 Machop [E]	802 Marshadow [15]	
Rock	**Rollout**	184 Azumarill [10]	400 Bibarel [9]	399 Bidoof [9, E]	438 Bonsly [E]	659 Bunnelby [E]	565 Carracosta [1, 5]
		420 Cherubi [E]	652 Chesnaught [1, 8]	650 Chespin [8, E]	155 Cyndaquil [49]	555 Darmanitan [1, 3]	554 Darumaka [3]
		232 Donphan [10]	206 Dunsparce [3]	578 Duosion [1, 7]	101 Electrode [11]	500 Emboar [23]	597 Ferroseed [6]
		598 Ferrothorn [1, 6]	590 Foongus [E]	074 Geodude [10]	622 Golett [9]	623 Golurk [9]	075 Graveler [10]
		039 Jigglypuff [20]	775 Komala [1]	463 Lickilicky [33]	108 Lickitung [33]	183 Marill [10]	241 Miltank [19]
		774 Minior [8]	446 Munchlax [36]	299 Nosepass [E]	322 Numel [E]	138 Omanyte [16]	139 Omastar [16]

Type	Move Name	Pokémon					
Rock	Rollout	095 Onix [E]	417 Pachirisu [E]	231 Phanpy [10]	499 Pignite [23]	156 Quilava [57]	651 Quilladin [8]
		211 Qwilfish [17]	579 Reuniclus [1, 7]	027 Sandshrew ◆ [7]	028 Sandslash ◆ [7]	545 Scolipede [1]	364 Sealeo [5]
		213 Shuckle [1]	672 Skiddo [E]	218 Slugma [E]	143 Snorlax [36]	361 Snorunt [E]	577 Solosis [7]
		363 Spheal [5, E]	185 Sudowoodo [E]	498 Tepig [21]	564 Tirtouga [5]	777 Togedemaru [9]	568 Trubbish [E]
		157 Typhlosion [61]	543 Venipede [1]	100 Voltorb [11]	320 Wailmer [10]	321 Wailord [1, 10]	365 Walrein [7]
		544 Whirlipede [1]					
Flying	Roost (TM19)	142 Aerodactyl [TM, E]	334 Altaria [TM]	566 Archen [TM]	567 Archeops [TM]	144 Articuno [85, TM]	267 Beautifly [TM]
		015 Beedrill [TM]	628 Braviary [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	006 Charizard [TM]	441 Chatot [41, TM]
		169 Crobat [TM]	742 Cutiefly [TM]	723 Dartrix [TM]	724 Decidueye [TM]	085 Dodrio [TM]	084 Doduo [TM]
		149 Dragonite [1, TM]	780 Drampa [TM]	580 Ducklett [30, TM]	206 Dunsparce [26, TM]	269 Dustox [TM]	587 Emolga [TM, E]
		083 Farfetch'd [TM, E]	022 Fearow [36, TM]	662 Fletchinder [25, TM]	661 Fletchling [21, TM]	330 Flygon [TM]	207 Gligar [TM]
		472 Gliscor [TM]	042 Golbat [TM]	701 Hawlucha [12, TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	163 Hoothoot [37, TM]
		635 Hydreigon [TM]	314 Illumise [TM]	646 Kyurem [TM]	380 Latias [TM]	381 Latios [TM]	166 Ledian [TM]
		165 Ledyba [TM]	249 Lugia [TM]	792 Lunala [TM]	630 Mandibuzz [TM]	226 Mantine [1, TM]	284 Masquerain [TM]
		151 Mew [TM]	146 Moltres [85, TM]	414 Mothim [TM]	198 Murkrow [TM, E]	177 Natu [TM, E]	291 Ninjask [TM]
		164 Noctowl [43, TM]	714 Noibat [27, TM]	715 Noivern [27, TM]	741 Oricorio [30, TM]	279 Pelipper [39, TM]	795 Pheromosa [TM]
		018 Pidgeot [44, TM]	017 Pidgeotto [42, TM]	016 Pidgey [37, TM]	519 Pidove [18, TM]	731 Pikipek [19, TM]	643 Reshiram [TM]
		743 Ribombee [TM]	722 Rowlet [TM]	627 Rufflet [TM]	373 Salamence [TM]	212 Scizor [TM]	123 Scyther [TM]
		561 Sigilyph [TM, E]	227 Skarmory [TM]	021 Spearow [32, TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM, E]
		333 Swablu [TM, E]	581 Swanna [30, TM]	277 Swellow [TM]	528 Swoobat [TM]	276 Taillow [TM, E]	663 Talonflame [25, TM]
		785 Tapu Koko [TM]	468 Togekiss [TM]	176 Togetic [TM]	733 Toucannon [21, TM]	520 Tranquill [18, TM]	357 Tropius [TM]
		732 Trumbeak [21, TM]	521 Unfezant [18, TM]	049 Venomoth [TM]	416 Vespiquen [TM]	329 Vibrava [TM]	738 Vikavolt [TM]
		666 Vivillon [TM]	313 Volbeat [TM]	637 Volcarona [TM]	629 Vullaby [TM, E]	278 Wingull [33, TM, E]	527 Woobat [TM, E]
		178 Xatu [TM]	193 Yanma [TM]	469 Yanmega [TM]	717 Yveltal [1, TM]	145 Zapdos [85, TM]	644 Zekrom [TM]
		041 Zubat [TM]					
Ground	Rototiller	400 Bibarel [1]	331 Cacnea [E]	660 Diggersby [1]	051 Dugtrio [1]	557 Dwebble [E]	530 Excadrill [1]
		264 Linoone [1]	428 Lopunny [1]	749 Mudbray [8]	750 Mudsdale [1, 8]	095 Onix [E]	046 Paras [E]
		111 Rhyhorn [E]	027 Sandshrew ◆ [E]	787 Tapu Bulu [38]	505 Watchog [1]		
Normal	Round (TM48)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [17, TM]	698 Amaura [30, TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [30, TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [29, TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]	780 Drampa [TM]
		452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]	096 Drowzee [TM]
		621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]	632 Durant [TM]
		356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]	603 Eelektrik [TM]

Type	Move Name	Pokémon					
Normal	**Round (TM48)**	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]	309 Electrike [TM]
		101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]	395 Empoleon [TM]
		244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]	102 Exeggcute [TM]
		103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]	653 Fennekin [TM]
		160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]	669 Flabébé [TM]
		136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]	671 Florges [TM]
		330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]	592 Frillish [TM]
		656 Froakie [21, TM]	657 Frogadier [23, TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]	444 Gabite [TM]
		475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	092 Gastly [TM]
		423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]	526 Gigalith [TM]
		203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]	207 Gligar [TM]
		472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]	055 Golduck [TM]
		076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]	704 Goomy [TM]
		368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	210 Granbull [TM]
		075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]	253 Grovyle [TM]
		058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]	533 Gurdurr [TM]
		799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]	093 Haunter [TM]
		701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]
		237 Hitmontop [TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]	163 Hoothoot [TM]	187 Hoppip [TM]
		116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [TM]
		174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]	686 Inkay [TM]	002 Ivysaur [TM]
		782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [22, TM]	385 Jirachi [TM]	135 Jolteon [TM]	595 Joltik [TM]
		189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]
		588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]
		281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]	601 Klinklang [TM]	109 Koffing [TM]
		775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]	552 Krokorok [TM]	553 Krookodile [TM]
		382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]	645 Landorus [TM]	171 Lanturn [TM]
		131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]
		542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]
		345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]	667 Litleo [TM]	725 Litten [TM]
		607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [TM]	448 Lucario [TM]
		272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]	337 Lunatone [TM]	754 Lurantis [TM]
		370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]	068 Machamp [TM]	067 Machoke [TM]
		066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [TM]
		081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]	473 Mamoswine [TM]
		490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]	226 Mantine [TM]	458 Mantyke [TM]
		556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]	802 Marshadow [TM]
		259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]
		648 Meloetta [1, TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]
		151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]	350 Milotic [TM]
		241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]
		200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	755 Morelull [TM]	414 Mothim [TM]
		122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]
		517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]	177 Natu [TM]	800 Necrozma [TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]
		793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]
		715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]
		138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]
		417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [1, 9, TM]	674 Pancham [TM]	675 Pangoro [TM]
		515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]
		504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]
		708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]
		016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]	731 Pikipek [TM]	221 Piloswine [TM]
		204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	803 Poipole [TM]	186 Politoed [TM]
		060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [TM]	728 Popplio [TM]
		137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]
		476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [TM]

Type	Move Name	Pokémon					
Normal	**Round (TM48)**	668 Pyroar [TM]	195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]
		243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]
		384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]
		223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]
		743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]
		479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]	373 Salamence [TM]	757 Salandit [TM]
		758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]
		539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [TM]
		559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [TM]	273 Seedot [TM]
		086 Seel [TM]	537 Seismitoad [1, 9, TM]	161 Sentret [TM]	497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]
		540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]	372 Shelgon [TM]	090 Shellder [TM]
		422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [TM]
		285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]
		512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]
		451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]
		080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]	685 Slurpuff [13, TM]	238 Smoochum [TM]
		215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]	361 Snorunt [TM]	459 Snover [TM]	209 Snubbull [TM]
		791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]	363 Spheal [TM]	167 Spinarak [TM]
		327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]	007 Squirtle [TM]	805 Stakataka [TM]
		234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]	121 Starmie [TM]	120 Staryu [TM]
		208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]
		185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [17, TM]
		541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]
		684 Swirlix [13, TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]
		465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [TM]
		216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]
		642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]
		176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]	726 Torracat [TM]	389 Torterra [TM]
		158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]	520 Tranquill [TM]	328 Trapinch [TM]
		252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]	732 Trumbeak [TM]	763 Tsareena [TM]
		776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [9, TM]	772 Type: Null [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]
		697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]	521 Unfezant [TM]	217 Ursaring [TM]
		480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]	543 Venipede [TM]
		049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]	494 Victini [TM]
		071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]	666 Vivillon [TM]
		313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]	629 Vullaby [TM]	037 Vulpix [TM]
		320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]	505 Watchog [TM]	461 Weavile [TM]
		070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]	340 Whiscash [TM]	293 Whismur [TM]
		040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]	194 Wooper [TM]
		413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [TM]	193 Yanma [TM]
		469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]	145 Zapdos [TM]	523 Zebstrika [TM]
		644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]	634 Zweilous [TM]
		718 Zygarde [TM]					
Fire	**Sacred Fire**	244 Entei [1]	250 Ho-Oh [43]				
Fighting	**Sacred Sword**	681 Aegislash [1]	638 Cobalion [31]	680 Doublade [51]	679 Honedge [47]	798 Kartana [1]	647 Keldeo [43]
		501 Oshawott [E]	639 Terrakion [31]	640 Virizion [31]			
Normal	**Safeguard (TM20)**	460 Abomasnow [TM]	063 Abra [TM]	065 Alakazam [TM]	594 Alomomola [45, TM]	334 Altaria [9, TM]	698 Amaura [TM]
		181 Ampharos [TM]	752 Araquanid [TM]	059 Arcanine [TM]	493 Arceus [TM]	531 Audino [TM]	699 Aurorus [TM]
		713 Avalugg [TM]	482 Azelf [TM]	343 Baltoy [TM]	689 Barbaracle [TM]	153 Bayleef [46, TM]	267 Beautifly [TM]
		606 Beheeyem [TM]	182 Bellossom [TM]	712 Bergmite [TM]	688 Binacle [TM]	242 Blissey [TM]	761 Bounsweet [TM]
		654 Braixen [TM]	286 Breloom [TM]	437 Bronzong [25, TM]	436 Bronzor [25, TM]	779 Bruxish [TM]	001 Bulbasaur [TM]
		012 Butterfree [25, TM]	703 Carbink [70, TM]	251 Celebi [10, TM]	609 Chandelure [TM]	113 Chansey [TM]	421 Cherrim [TM]
		420 Cherubi [TM]	152 Chikorita [39, TM]	358 Chimecho [37, TM]	433 Chingling [TM]	573 Cinccino [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]	764 Comfey [TM]
		222 Corsola [TM]	546 Cottonee [TM]	488 Cresselia [11, TM]	742 Cutiefly [TM]	723 Dartrix [TM]	724 Decidueye [TM]
		585 Deerling [TM]	301 Delcatty [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [61, TM]	483 Dialga [TM]
		719 Diancie [70, TM]	148 Dragonair [53, TM]	149 Dragonite [53, TM]	780 Drampa [33, TM]	147 Dratini [45, TM]	096 Drowzee [TM]

Type	Move Name	Pokémon					
Normal	**Safeguard (TM20)**	578 Duosion [TM]	605 Elgyem [TM]	677 Espurr [TM]	653 Fennekin [TM]	456 Finneon [29, TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	670 Floette [TM]	671 Florges [TM]	753 Fomantis [TM]	592 Frillish [TM]	478 Froslass [TM]
		475 Gallade [TM]	282 Gardevoir [TM]	487 Giratina [TM]	362 Glalie [TM]	622 Golett [TM]	623 Golurk [TM]
		368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	388 Grotle [TM]
		383 Groudon [TM]	253 Grovyle [TM]	058 Growlithe [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	250 Ho-Oh [65, TM]
		720 Hoopa [TM]	097 Hypno [TM]	174 Igglybuff [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]
		039 Jigglypuff [TM]	385 Jirachi [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]	647 Keldeo [TM]	281 Kirlia [TM]
		707 Klefki [TM]	784 Kommo-o [TM]	382 Kyogre [TM]	646 Kyurem [TM]	608 Lampent [TM]	131 Lapras [43, TM]
		636 Larvesta [TM]	380 Latias [1, TM]	381 Latios [1, TM]	542 Leavanny [TM]	166 Ledian [12, TM]	165 Ledyba [12, TM]
		549 Lilligant [TM]	607 Litwick [TM]	249 Lugia [65, TM]	457 Lumineon [29, TM]	792 Lunala [TM]	337 Lunatone [TM]
		754 Lurantis [TM]	370 Luvdisc [49, TM]	490 Manaphy [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]
		154 Meganium [54, TM]	648 Meloetta [TM]	678 Meowstic [TM]	481 Mesprit [TM]	151 Mew [TM]	150 Mewtwo [1, TM]
		350 Milotic [37, TM]	439 Mime Jr. [50, TM]	778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]	146 Moltres [43, TM]
		755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [50, TM]	517 Munna [TM]	518 Musharna [TM]	793 Nihilego [31, TM]
		038 Ninetales [1, TM]	765 Oranguru [TM]	741 Oricorio [TM, E]	484 Palkia [TM]	548 Petilil [TM]	708 Phantump [TM]
		489 Phione [TM]	710 Pumpkaboo [TM]	771 Pyukumuku [13, TM]	195 Quagsire [TM]	026 Raichu (Alola Form) [TM]	280 Ralts [TM]
		378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	643 Reshiram [TM]
		579 Reuniclus [TM]	743 Ribombee [TM]	722 Rowlet [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	586 Sawsbuck [TM]
		254 Sceptile [TM]	212 Scizor [TM]	123 Scyther [TM]	086 Seel [51, TM]	497 Serperior [TM]	496 Servine [TM]
		540 Sewaddle [TM]	492 Shaymin [TM]	756 Shiinotic [TM]	285 Shroomish [TM]	213 Shuckle [16, TM]	561 Sigilyph [TM]
		300 Skitty [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	685 Slurpuff [67, TM]	495 Snivy [TM]
		361 Snorunt [TM]	459 Snover [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	327 Spinda [TM]
		805 Stakataka [TM]	762 Steenee [TM]	192 Sunflora [TM]	191 Sunkern [TM]	333 Swablu [9, TM]	541 Swadloon [TM]
		684 Swirlix [67, TM]	528 Swoobat [TM]	700 Sylveon [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	639 Terrakion [TM]	468 Togekiss [TM]	175 Togepi [37, TM]
		176 Togetic [37, TM]	389 Torterra [TM]	748 Toxapex [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]
		763 Tsareena [TM]	387 Turtwig [TM]	480 Uxie [TM]	003 Venusaur [TM]	494 Victini [TM]	045 Vileplume [TM]
		640 Virizion [TM]	666 Vivillon [41, TM]	637 Volcarona [TM]	037 Vulpix [34, TM]	547 Whimsicott [TM]	040 Wigglytuff [TM]
		202 Wobbuffet [1, TM]	527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [TM]	360 Wynaut [15, TM]	562 Yamask [TM]
		644 Zekrom [TM]	718 Zygarde [5, TM]				
Ground	**Sand Attack**	190 Aipom [4]	424 Ambipom [1, 4]	347 Anorith [E]	689 Barbaracle [1]	688 Binacle [1]	257 Blaziken [1, 10]
		522 Blitzle [E]	525 Boldore [1, 7]	331 Cacnea [13]	332 Cacturne [13]	256 Combusken [1, 10]	558 Crustle [1, 11]
		585 Deerling [7]	050 Diglett [1]	051 Dugtrio [1]	632 Durant [1]	557 Dwebble [11]	133 Eevee [5]
		196 Espeon [5]	083 Farfetch'd [1]	136 Flareon [5]	330 Flygon [1]	676 Furfrou [5]	444 Gabite [1, 3]
		445 Garchomp [1, 3]	443 Gible [3]	526 Gigalith [1, 7]	471 Glaceon [5]	431 Glameow [E]	207 Gligar [4]
		472 Gliscor [1, 4]	768 Golisopod [1]	735 Gumshoos [1, 10]	297 Hariyama [1, 4]	449 Hippopotas [1]	450 Hippowdon [1]
		135 Jolteon [5]	140 Kabuto [21]	141 Kabutops [21]	552 Krokorok [1, 7]	553 Krookodile [1, 7]	470 Leafeon [5]
		510 Liepard [1, 10]	506 Lillipup [E]	264 Linoone [1, 7]	745 Lycanroc [1, 4]	296 Makuhita [4]	179 Mareep [E]
		262 Mightyena [1, 7]	290 Nincada [9]	291 Ninjask [1, 9]	770 Palossand [1, 9]	504 Patrat [13]	018 Pidgeot [1, 5]
		017 Pidgeotto [1, 5]	016 Pidgey [5]	261 Poochyena [7]	509 Purrloin [10]	744 Rockruff [4]	524 Roggenrola [7]
		757 Salandit [E]	551 Sandile [7]	027 Sandshrew ◆ [3]	028 Sandslash ◆ [1, 3]	769 Sandygast [9]	586 Sawsbuck [1, 7]
		560 Scrafty [1, 5]	559 Scraggy [5]	292 Shedinja [1, 9]	227 Skarmory [6]	451 Skorupi [E]	234 Stantler [16]
		396 Starly [E]	700 Sylveon [5]	255 Torchic [10]	328 Trapinch [1]	568 Trubbish [E]	197 Umbreon [5]
		134 Vaporeon [5]	329 Vibrava [1]	505 Watchog [13]	767 Wimpod [1]	734 Yungoos [10]	263 Zigzagoon [7]
Ground	**Sand Tomb**	438 Bonsly [E]	051 Dugtrio [1, EV]	557 Dwebble [E]	330 Flygon [12]	444 Gabite [19]	445 Garchomp [19]
		443 Gible [19, E]	207 Gligar [E]	449 Hippopotas [25, E]	450 Hippowdon [25]	552 Krokorok [13]	553 Krookodile [13]
		095 Onix [37]	770 Palossand [14]	204 Pineco [E]	551 Sandile [13]	027 Sandshrew ◆ [23]	028 Sandslash ◆ [24]
		769 Sandygast [14]	213 Shuckle [E]	185 Sudowoodo [E]	328 Trapinch [12]	387 Turtwig [E]	329 Vibrava [12]
Rock	**Sandstorm (TM37)**	359 Absol [TM]	617 Accelgor [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	698 Amaura [TM]	347 Anorith [TM]
		493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	348 Armaldo [TM]	304 Aron [TM]	144 Articuno [TM]
		699 Aurorus [TM]	482 Azelf [TM]	343 Baltoy [40, TM]	689 Barbaracle [TM]	339 Barboach [TM]	411 Bastiodon [TM]
		688 Binacle [TM]	625 Bisharp [TM]	242 Blissey [TM]	525 Boldore [42, TM]	438 Bonsly [TM]	437 Bronzong [TM]
		436 Bronzor [TM]	659 Bunnelby [TM]	331 Cacnea [50, TM]	332 Cacturne [54, TM]	323 Camerupt [TM]	703 Carbink [TM]
		565 Carracosta [TM]	351 Castform [TM]	251 Celebi [TM]	113 Chansey [TM]	344 Claydol [46, TM]	638 Cobalion [TM]
		222 Corsola [TM]	346 Cradily [TM]	408 Cranidos [TM]	558 Crustle [TM]	104 Cubone [TM]	483 Dialga [TM]
		719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	232 Donphan [TM]	149 Dragonite [TM]	529 Drilbur [40, TM]
		051 Dugtrio [TM]	632 Durant [TM]	557 Dwebble [TM]	244 Entei [TM]	530 Excadrill [49, TM]	598 Ferrothorn [TM]

Type	Move Name	Pokémon					
Rock	Sandstorm (TM37)	330 Flygon [36, TM]	205 Forretress [TM]	444 Gabite [13, TM]	445 Garchomp [1, 13, TM]	423 Gastrodon [TM]	074 Geodude [TM]
		443 Gible [13, TM]	526 Gigalith [42, TM]	207 Gligar [TM]	472 Gliscor [TM]	076 Golem [TM]	075 Graveler [TM]
		383 Groudon [TM]	735 Gumshoos [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	695 Heliolisk [TM]	694 Helioptile [TM]
		449 Hippopotas [TM]	450 Hippowdon [TM]	237 Hitmontop [TM]	250 Ho-Oh [TM]	782 Jangmo-o [TM]	385 Jirachi [TM]
		140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]	600 Klang [TM]	599 Klink [TM]	601 Klinklang [TM]
		784 Kommo-o [TM]	552 Krokorok [44, TM]	553 Krookodile [48, TM]	305 Lairon [TM]	645 Landorus [55, TM]	246 Larvitar [5, TM]
		380 Latias [TM]	381 Latios [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	345 Lileep [TM]	249 Lugia [TM]
		337 Lunatone [TM]	219 Magcargo [TM]	473 Mamoswine [TM]	105 Marowak [TM]	303 Mawile [TM]	481 Mesprit [TM]
		376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	241 Miltank [TM]	774 Minior [TM]
		146 Moltres [TM]	749 Mudbray [TM]	750 Mudsdale [TM]	446 Munchlax [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]
		793 Nihilego [TM]	290 Nincada [TM]	291 Ninjask [TM]	299 Nosepass [34, TM]	322 Numel [TM]	138 Omanyte [TM]
		139 Omastar [TM]	095 Onix [52, TM]	741 Oricorio [TM]	484 Palkia [TM]	770 Palossand [60, TM]	624 Pawniard [TM]
		231 Phanpy [TM]	221 Piloswine [TM]	204 Pineco [TM]	476 Probopass [34, TM]	247 Pupitar [1, 5, TM]	195 Quagsire [TM]
		243 Raikou [TM]	409 Rampardos [TM]	384 Rayquaza [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	524 Roggenrola [33, TM]	551 Sandile [40, TM]	027 Sandshrew ◆ [42, TM]
		028 Sandslash ◆ [48, TM]	769 Sandygast [54, TM]	212 Scizor [TM]	292 Shedinja [TM]	410 Shieldon [TM]	213 Shuckle [TM]
		773 Silvally [TM]	227 Skarmory [TM]	143 Snorlax [TM]	338 Solrock [TM]	805 Stakataka [TM]	208 Steelix [52, TM]
		618 Stunfisk [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	220 Swinub [TM]	128 Tauros [TM]	639 Terrakion [TM]
		564 Tirtouga [TM]	389 Torterra [TM]	328 Trapinch [36, TM]	772 Type: Null [TM]	248 Tyranitar [1, 5, TM]	697 Tyrantrum [TM]
		696 Tyrunt [TM]	480 Uxie [TM]	329 Vibrava [36, TM]	721 Volcanion [TM]	340 Whiscash [TM]	194 Wooper [TM]
		413 Wormadam (Sand Cloak) [TM]	734 Yungoos [TM]	145 Zapdos [TM]	718 Zygarde [35, TM]		
Water	Scald (TM55)	594 Alomomola [TM]	752 Araquanid [TM]	184 Azumarill [TM]	298 Azurill [TM]	689 Barbaracle [TM]	339 Barboach [TM]
		550 Basculin [TM]	400 Bibarel [TM]	688 Binacle [TM]	009 Blastoise [TM]	729 Brionne [TM]	779 Bruxish [TM]
		418 Buizel [TM]	565 Carracosta [TM]	318 Carvanha [TM]	351 Castform [TM]	170 Chinchou [TM]	366 Clamperl [TM]
		692 Clauncher [TM]	693 Clawitzer [TM]	341 Corphish [TM]	222 Corsola [TM]	740 Crabominable [TM]	739 Crabrawler [TM]
		342 Crawdaunt [TM]	159 Croconaw [TM]	502 Dewott [TM]	751 Dewpider [TM]	691 Dragalge [TM]	580 Ducklett [TM]
		500 Emboar [TM]	395 Empoleon [TM]	349 Feebas [TM]	160 Feraligatr [TM]	456 Finneon [TM]	419 Floatzel [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	423 Gastrodon [TM]	118 Goldeen [TM]	055 Golduck [TM]
		768 Golisopod [TM]	368 Gorebyss [TM]	658 Greninja [TM]	130 Gyarados [TM]	116 Horsea [TM]	367 Huntail [TM]
		593 Jellicent [TM]	140 Kabuto [TM]	141 Kabutops [TM]	647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]
		098 Krabby [TM]	382 Kyogre [TM]	171 Lanturn [TM]	271 Lombre [TM]	270 Lotad [TM]	272 Ludicolo [TM]
		457 Lumineon [TM]	370 Luvdisc [TM]	490 Manaphy [TM]	226 Mantine [TM]	458 Mantyke [TM]	747 Mareanie [TM]
		183 Marill [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	151 Mew [TM]	350 Milotic [TM]	258 Mudkip [TM]
		224 Octillery [TM]	138 Omanyte [TM]	139 Omastar [TM]	501 Oshawott [TM]	536 Palpitoad [TM]	515 Panpour [22, TM]
		279 Pelipper [TM]	489 Phione [TM]	393 Piplup [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]
		062 Poliwrath [TM]	728 Popplio [TM]	730 Primarina [TM]	394 Prinplup [TM]	054 Psyduck [TM]	195 Quagsire [TM]
		211 Qwilfish [TM]	369 Relicanth [TM]	223 Remoraid [TM]	503 Samurott [TM]	117 Seadra [TM]	119 Seaking [TM]
		537 Seismitoad [TM]	319 Sharpedo [TM]	422 Shellos [TM]	516 Simipour [1, TM]	690 Skrelp [TM]	080 Slowbro [TM]
		199 Slowking [TM]	079 Slowpoke [TM]	007 Squirtle [TM]	121 Starmie [TM]	120 Staryu [TM]	618 Stunfisk [TM]
		245 Suicune [TM]	283 Surskit [TM]	260 Swampert [TM]	581 Swanna [TM]	788 Tapu Fini [TM]	072 Tentacool [TM]
		073 Tentacruel [TM]	564 Tirtouga [TM]	158 Totodile [TM]	748 Toxapex [TM]	535 Tympole [TM]	134 Vaporeon [TM]
		721 Volcanion [32, TM]	320 Wailmer [TM]	321 Wailord [TM]	008 Wartortle [TM]	340 Whiscash [TM]	767 Wimpod [TM]
		278 Wingull [TM]	746 Wishiwashi [TM]	194 Wooper [TM]			
Normal	Scary Face	142 Aerodactyl [1]	566 Archen [11]	567 Archeops [11]	168 Ariados [12]	610 Axew [16]	371 Bagon [39]
		550 Basculin [30]	625 Bisharp [22]	626 Bouffalant [21]	628 Braviary [19]	318 Carvanha [29]	006 Charizard [21]
		004 Charmander [19]	005 Charmeleon [21]	563 Cofagrigus [1, EV]	534 Conkeldurr [41]	408 Cranidos [19]	159 Croconaw [15]
		633 Deino [50]	483 Dialga [1]	232 Donphan [37]	452 Drapion [43]	621 Druddigon [13]	023 Ekans [E]
		160 Feraligatr [15]	136 Flareon [29]	611 Fraxure [16]	092 Gastly [E]	443 Gible [E]	487 Giratina [1]
		711 Gourgeist [1, 4]	210 Granbull [1]	088 Grimer [E]	383 Groudon [5]	735 Gumshoos [35]	533 Gurdurr [41]
		130 Gyarados [33]	783 Hakamo-o [21]	612 Haxorus [16]	485 Heatran [41]	367 Huntail [9]	635 Hydreigon [55]
		727 Incineroar [49]	782 Jangmo-o [21]	588 Karrablast [40]	784 Kommo-o [21]	552 Krokorok [36]	553 Krookodile [36]
		382 Kyogre [5]	646 Kyurem (Normal) [43]	246 Larvitar [23]	725 Litten [39]	404 Luxio [43]	405 Luxray [49]
		745 Lycanroc [37]	068 Machamp [53]	067 Machoke [53]	066 Machop [43]	473 Mamoswine [1, 58]	284 Masquerain [22]
		376 Metagross [35]	375 Metang [35]	262 Mightyena [28]	322 Numel [E]	484 Palkia [1]	766 Passimian [18]
		624 Pawniard [22]	261 Poochyena [25]	710 Pumpkaboo [4]	247 Pupitar [23]	409 Rampardos [19]	020 Raticate [1, EV]

Type	Move Name	Pokémon					
Normal	Scary Face	384 Rayquaza [5]	112 Rhydon [1, 9]	111 Rhyhorn [9]	464 Rhyperior [1, 9]	744 Rockruff [37]	627 Rufflet [19]
		373 Salamence [42]	551 Sandile [34]	560 Scrafty [34]	559 Scraggy [34]	336 Seviper [E]	319 Sharpedo [29]
		372 Shelgon [42]	410 Shieldon [E]	403 Shinx [37]	773 Silvally [30]	451 Skorupi [41]	209 Snubbull [1]
		021 Spearow [E]	167 Spinarak [12]	434 Stunky [E]	787 Tapu Bulu [20]	128 Tauros [11]	532 Timburr [37]
		726 Torracat [46]	158 Totodile [15]	772 Type: Null [30]	248 Tyranitar [23]	217 Ursaring [38]	629 Vullaby [E]
		734 Yungoos [31]	571 Zoroark [21]	570 Zorua [21]	634 Zweilous [55]		
Normal	Scratch	359 Absol [1]	190 Aipom [1]	424 Ambipom [1]	347 Anorith [1]	348 Armaldo [1]	610 Axew [1]
		689 Barbaracle [1]	688 Binacle [1]	625 Bisharp [1]	257 Blaziken [1]	654 Braixen [1]	006 Charizard [1]
		004 Charmander [1]	005 Charmeleon [1]	390 Chimchar [1]	256 Combusken [1]	159 Croconaw [1]	655 Delphox [1]
		050 Diglett ◆ [1]	529 Drilbur [1]	621 Druddigon [1]	051 Dugtrio ◆ [1]	677 Espurr [1]	530 Excadrill [1]
		653 Fennekin [1]	160 Feraligatr [1]	611 Fraxure [1]	162 Furret [1]	431 Glameow [5]	055 Golduck [1]
		612 Haxorus [1]	727 Incineroar [1]	392 Infernape [1]	140 Kabuto [1]	141 Kabutops [1]	352 Kecleon [1]
		510 Liepard [1]	725 Litten [1]	056 Mankey [1]	678 Meowstic [1]	052 Meowth [1]	778 Mimikyu [1]
		391 Monferno [1]	031 Nidoqueen [1]	029 Nidoran♀ [1]	030 Nidorina [1]	290 Nincada [1]	291 Ninjask [1]
		515 Panpour [1]	511 Pansage [1]	513 Pansear [1]	046 Paras [1]	047 Parasect [1]	624 Pawniard [1]
		053 Persian [1]	057 Primeape [1]	054 Psyduck [1]	509 Purrloin [1]	432 Purugly [1, 5]	302 Sableye [1]
		757 Salandit [1]	027 Sandshrew [1]	028 Sandslash ◆ [1]	161 Sentret [1]	292 Shedinja [1]	435 Skuntank [1]
		289 Slaking [1]	287 Slakoth [1]	215 Sneasel [1]	434 Stunky [1]	216 Teddiursa [1]	255 Torchic [1]
		726 Torracat [1]	158 Totodile [1]	217 Ursaring [1]	288 Vigoroth [1]	461 Weavile [1]	335 Zangoose [1]
		571 Zoroark [1]	570 Zorua [1]				
Normal	Screech	190 Aipom [25, E]	424 Ambipom [25]	347 Anorith [E]	024 Arbok [17]	304 Aron [E]	354 Banette [1, 4]
		522 Blitzle [E]	779 Bruxish [36]	318 Carvanha [18]	170 Chinchou [E]	222 Corsola [E]	408 Cranidos [42]
		169 Crobat [1]	159 Croconaw [42]	104 Cubone [E]	633 Deino [E]	050 Diglett ◆ [E]	206 Dunsparce [11]
		632 Durant [E]	023 Ekans [17]	125 Electabuzz [42]	466 Electivire [42]	101 Electrode [13]	239 Elekid [36]
		295 Exploud [15]	160 Feraligatr [50]	330 Flygon [22]	596 Galvantula [7]	649 Genesect [1]	074 Geodude (Alola Form) [E]
		207 Gligar [35]	472 Gliscor [35]	042 Golbat [1]	055 Golduck [22]	088 Grimer [37]	253 Grovyle [63]
		783 Hakamo-o [33]	367 Huntail [5]	782 Jangmo-o [33]	595 Joltik [7]	140 Kabuto [E]	588 Karrablast [E]
		352 Kecleon [38]	600 Klang [40]	599 Klink [39]	601 Klinklang [40]	109 Koffing [E]	784 Kommo-o [33]
		402 Kricketune [34]	246 Larvitar [10]	165 Ledyba [E]	463 Lickilicky [49]	108 Lickitung [49]	294 Loudred [15]
		240 Magby [E]	081 Magnemite [35]	082 Magneton [39]	462 Magnezone [39]	056 Mankey [40]	179 Mareep [E]
		052 Meowth [17]	200 Misdreavus [E]	089 Muk [37]	446 Munchlax [20]	198 Murkrow [E]	291 Ninjask [1, EV]
		714 Noibat [1]	715 Noivern [1]	095 Onix [31]	501 Oshawott [E]	046 Paras [E]	504 Patrat [E]
		053 Persian [17]	731 Pikipek [25]	057 Primeape [44]	054 Psyduck [22]	247 Pupitar [1, 10]	409 Rampardos [51]
		019 Rattata ◆ [E]	223 Remoraid [E]	447 Riolu [24]	254 Sceptile [69]	545 Scolipede [1, 8]	336 Seviper [14]
		540 Sewaddle [E]	319 Sharpedo [18]	090 Shellder [E]	410 Shieldon [E]	353 Shuppet [4]	451 Skorupi [E]
		435 Skuntank [1, 7]	215 Sneasel [32]	208 Steelix [31]	434 Stunky [7]	785 Tapu Koko [20]	072 Tentacool [37]
		073 Tentacruel [40]	158 Totodile [36]	733 Toucannon [30]	252 Treecko [49]	732 Trumbeak [29]	248 Tyranitar [1, 10]
		197 Umbreon [29]	543 Venipede [8]	048 Venonat [E]	329 Vibrava [22]	100 Voltorb [13]	461 Weavile [32]
		544 Whirlipede [1, 8]	293 Whismur [15]	193 Yanma [46]	469 Yanmega [46]		
Fire	Searing Shot	494 Victini [1]					
Normal	Secret Power	531 Audino [25]	096 Drowzee [E]	206 Dunsparce [E]	203 Girafarig [E]	307 Meditite [E]	517 Munna [E]
		043 Oddish [E]	054 Psyduck [E]	577 Solosis [E]	175 Togepi [E]	048 Venonat [E]	037 Vulpix [E]
		193 Yanma [E]					
Fighting	Secret Sword	647 Keldeo [T]					
Grass	Seed Bomb	460 Abomasnow [BP]	190 Aipom [BP]	424 Ambipom [BP]	591 Amoonguss [BP]	024 Arbok [BP]	153 Bayleef [BP]
		182 Bellossom [BP]	069 Bellsprout [BP]	761 Bounsweet [BP]	286 Breloom [44, BP]	406 Budew [E, BP]	001 Bulbasaur [37, BP]
		331 Cacnea [E, BP]	332 Cacturne [BP]	455 Carnivine [BP]	251 Celebi [BP]	797 Celesteela [47, BP]	421 Cherrim [BP]
		420 Cherubi [E, BP]	652 Chesnaught [35, BP]	650 Chespin [32, BP]	152 Chikorita [BP]	573 Cinccino [BP]	764 Comfey [BP]
		546 Cottonee [BP]	346 Cradily [BP]	723 Dartrix [BP]	724 Decidueye [BP]	585 Deerling [BP]	225 Delibird [BP]
		232 Donphan [BP]	023 Ekans [BP]	102 Exeggcute [BP]	103 Exeggutor [1, BP]	597 Ferroseed [E, BP]	598 Ferrothorn [BP]
		669 Flabébé [BP]	670 Floette [BP]	671 Florges [BP]	753 Fomantis [BP]	590 Foongus [BP]	569 Garbodor [BP]
		044 Gloom [BP]	673 Gogoat [30, BP]	711 Gourgeist [48, BP]	388 Grotle [BP]	253 Grovyle [BP]	316 Gulpin [BP]
		187 Hoppip [E, BP]	002 Ivysaur [BP]	189 Jumpluff [BP]	470 Leafeon [BP]	542 Leavanny [BP]	510 Liepard [BP]
		345 Lileep [BP]	549 Lilligant [BP]	264 Linoone [BP]	271 Lombre [BP]	270 Lotad [BP]	272 Ludicolo [BP]
		754 Lurantis [BP]	056 Mankey [BP]	226 Mantine [BP]	556 Maractus [E, BP]	154 Meganium [BP]	052 Meowth [BP]
		151 Mew [BP]	572 Minccino [BP]	755 Morelull [BP]	446 Munchlax [BP]	274 Nuzleaf [BP]	224 Octillery [BP]
		043 Oddish [BP]	417 Pachirisu [BP]	511 Pansage [22, BP]	046 Paras [BP]	047 Parasect [BP]	766 Passimian [BP]

Type	Move Name	Pokémon					
Grass	Seed Bomb	504 Patrat [BP]	279 Pelipper [BP]	053 Persian [BP]	548 Petilil [BP]	231 Phanpy [BP]	708 Phantump [BP]
		057 Primeape [BP]	710 Pumpkaboo [48, BP]	509 Purrloin [BP]	651 Quilladin [35, BP]	223 Remoraid [BP]	315 Roselia [E, BP]
		407 Roserade [BP]	722 Rowlet [BP]	586 Sawsbuck [BP]	254 Sceptile [BP]	273 Seedot [BP]	497 Serperior [BP]
		496 Servine [BP]	540 Sewaddle [BP]	492 Shaymin [BP]	275 Shiftry [BP]	756 Shiinotic [BP]	285 Shroomish [36, E, BP]
		512 Simisage [1, BP]	672 Skiddo [30, BP]	188 Skiploom [BP]	495 Snivy [BP]	143 Snorlax [BP]	459 Snover [E, BP]
		762 Steenee [BP]	192 Sunflora [BP]	191 Sunkern [43, BP]	541 Swadloon [BP]	317 Swalot [BP]	114 Tangela [BP]
		465 Tangrowth [BP]	787 Tapu Bulu [BP]	216 Teddiursa [BP]	389 Torterra [BP]	733 Toucannon [BP]	252 Treecko [BP]
		709 Trevenant [BP]	357 Tropius [BP]	568 Trubbish [BP]	763 Tsareena [BP]	387 Turtwig [E, BP]	217 Ursaring [BP]
		003 Venusaur [BP]	071 Victreebel [BP]	045 Vileplume [BP]	640 Virizion [BP]	505 Watchog [BP]	070 Weepinbell [BP]
		547 Whimsicott [BP]	413 Wormadam (Plant Cloak) [BP]	263 Zigzagoon [BP]			
Grass	Seed Flare	492 Shaymin [100]					
Fighting	Seismic Toss	493 Arceus [1]	113 Chansey [E]	297 Hariyama [34]	214 Heracross [E]	068 Machamp [15]	067 Machoke [15]
		066 Machop [15]	296 Makuhita [31]	056 Mankey [15]	303 Mawile [E]	241 Miltank [E]	766 Passimian [E]
		127 Pinsir [8]	057 Primeape [15]	216 Teddiursa [E]	538 Throh [5]	313 Volbeat [E]	
Normal	Self-Destruct	343 Baltoy [28]	438 Bonsly [E]	344 Claydol [28]	101 Electrode [26]	597 Ferroseed [38]	598 Ferrothorn [38]
		205 Forretress [1, 6]	649 Genesect [77]	074 Geodude [24]	076 Golem [24]	075 Graveler [24]	109 Koffing [23]
		774 Minior [22]	446 Munchlax [E]	204 Pineco [6]	185 Sudowoodo [E]	568 Trubbish [E]	100 Voltorb [26]
		110 Weezing [23]					
Ghost	Shadow Ball (TM30)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	681 Aegislash [TM]	190 Aipom [TM]	065 Alakazam [TM]
		594 Alomomola [TM]	424 Ambipom [TM]	493 Arceus [TM]	531 Audino [TM]	482 Azelf [TM]	343 Baltoy [TM]
		354 Banette [30, TM]	267 Beautifly [TM]	606 Beheeyem [TM]	400 Bibarel [TM]	399 Bidoof [TM]	806 Blacephalon [41, TM]
		242 Blissey [TM]	437 Bronzong [TM]	436 Bronzor [TM]	406 Budew [TM]	427 Buneary [TM]	012 Butterfree [TM]
		351 Castform [TM]	251 Celebi [TM]	609 Chandelure [TM]	113 Chansey [TM]	358 Chimecho [TM]	433 Chingling [TM]
		693 Clawitzer [TM]	344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	563 Cofagrigus [39, TM]
		222 Corsola [TM]	488 Cresselia [TM]	453 Croagunk [TM]	169 Crobat [TM]	491 Darkrai [TM]	724 Decidueye [TM]
		585 Deerling [TM]	301 Delcatty [TM]	655 Delphox [1, TM]	386 Deoxys [TM]	781 Dhelmise [36, TM]	691 Dragalge [TM]
		780 Drampa [TM]	452 Drapion [TM]	426 Drifblim [40, TM]	425 Drifloon [36, TM]	096 Drowzee [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	356 Dusclops [45, TM]	477 Dusknoir [45, TM]	355 Duskull [41, TM]	269 Dustox [TM]	133 Eevee [TM]
		605 Elgyem [TM]	244 Entei [TM]	196 Espeon [TM]	295 Exploud [TM]	136 Flareon [TM]	592 Frillish [TM]
		478 Froslass [42, TM]	162 Furret [TM]	475 Gallade [TM]	282 Gardevoir [TM]	092 Gastly [29, TM]	094 Gengar [33, TM]
		203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]	042 Golbat [TM]
		622 Golett [TM]	623 Golurk [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		711 Gourgeist [36, TM]	210 Granbull [TM]	088 Grimer [TM]	326 Grumpig [TM]	316 Gulpin [TM]	440 Happiny [TM]
		093 Haunter [33, TM]	507 Herdier [TM]	430 Honchkrow [TM]	250 Ho-Oh [TM]	720 Hoopa (Hoopa Confined) [55, TM]	720 Hoopa (Hoopa Unbound) [TM]
		163 Hoothoot [TM]	229 Houndoom [TM]	228 Houndour [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]
		593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [TM]	124 Jynx [TM]	064 Kadabra [TM]
		115 Kangaskhan [TM]	352 Kecleon [TM]	281 Kirlia [TM]	109 Koffing [TM]	646 Kyurem [TM]	608 Lampent [53, TM]
		380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]
		506 Lillipup [TM]	264 Linoone [TM]	607 Litwick [49, TM]	428 Lopunny [TM]	294 Loudred [TM]	448 Lucario [TM]
		249 Lugia [TM]	792 Lunala [23, TM]	337 Lunatone [TM]	801 Magearna [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]
		105 Marowak (Alola Form) [TM]	802 Marshadow [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]
		648 Meloetta [TM]	678 Meowstic (Female) [31, TM]	678 Meowstic (Male) [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]
		375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	262 Mightyena [TM]	241 Miltank [TM]	439 Mime Jr. [TM]
		778 Mimikyu [TM]	200 Misdreavus [41, TM]	429 Mismagius [TM]	414 Mothim [TM]	122 Mr. Mime [TM]	089 Muk [TM]
		446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	177 Natu [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	290 Nincada [TM]	291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]
		274 Nuzleaf [TM]	765 Oranguru [TM]	770 Palossand [41, TM]	766 Passimian [TM]	504 Patrat [TM]	053 Persian [TM]
		708 Phantump [TM]	261 Poochyena [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]
		710 Pumpkaboo [36, TM]	509 Purrloin [TM]	432 Purugly [TM]	211 Qwilfish [TM]	243 Raikou [TM]	280 Ralts [TM]
		020 Raticate [TM]	019 Rattata [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	315 Roselia [TM]	407 Roserade [TM]
		479 Rotom [TM]	302 Sableye [39, TM]	769 Sandygast [41, TM]	586 Sawsbuck [TM]	273 Seedot [TM]	161 Sentret [TM]
		292 Shedinja [33, TM]	275 Shiftry [TM]	353 Shuppet [30, TM]	561 Sigilyph [TM]	773 Silvally [TM]	300 Skitty [TM]

Type	Move Name	Pokémon					
Ghost	Shadow Ball (TM30)	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]	287 Slakoth [TM]	080 Slowbro [TM]
		199 Slowking [TM]	079 Slowpoke [TM]	238 Smoochum [TM]	215 Sneasel [TM]	143 Snorlax [TM]	361 Snorunt [TM]
		459 Snover [TM]	209 Snubbull [TM]	577 Solosis [TM]	338 Solrock [TM]	327 Spinda [TM]	442 Spiritomb [TM]
		325 Spoink [TM]	234 Stantler [TM]	508 Stoutland [TM]	434 Stunky [TM]	245 Suicune [TM]	283 Surskit [TM]
		317 Swalot [TM]	528 Swoobat [TM]	700 Sylveon [TM]	788 Tapu Fini [TM]	786 Tapu Lele [TM]	468 Togekiss [TM]
		175 Togepi [TM]	176 Togetic [TM]	454 Toxicroak [TM]	709 Trevenant [TM]	197 Umbreon [TM]	480 Uxie [TM]
		134 Vaporeon [TM]	494 Victini [TM]	288 Vigoroth [TM]	313 Volbeat [TM]	629 Vullaby [TM]	505 Watchog [TM]
		461 Weavile [TM]	110 Weezing [TM]	547 Whimsicott [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	527 Woobat [TM]
		413 Wormadam [TM]	178 Xatu [TM]	562 Yamask [37, TM]	193 Yanma [TM]	469 Yanmega [TM]	717 Yveltal [TM]
		335 Zangoose [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]
Ghost	Shadow Bone	105 Marowak (Alola Form) [27]					
Ghost	Shadow Claw (TM65)	359 Absol [TM]	681 Aegislash [TM]	306 Aggron [TM]	190 Aipom [TM]	424 Ambipom [TM]	493 Arceus [TM]
		566 Archen [TM]	567 Archeops [TM]	304 Aron [TM]	371 Bagon [TM]	354 Banette [TM]	689 Barbaracle [TM]
		614 Beartic [TM]	760 Bewear [TM]	688 Binacle [TM]	625 Bisharp [TM]	806 Blacephalon [TM]	257 Blaziken [TM]
		628 Braviary [TM]	006 Charizard [1, TM]	004 Charmander [TM]	005 Charmeleon [TM]	652 Chesnaught [TM]	650 Chespin [TM]
		390 Chimchar [TM]	256 Combusken [TM]	159 Croconaw [TM]	558 Crustle [TM]	613 Cubchoo [TM]	491 Darkrai [TM]
		723 Dartrix [TM]	724 Decidueye [TM]	781 Dhelmise [TM]	483 Dialga [TM]	050 Diglett [TM]	680 Doublade [TM]
		780 Drampa [TM]	529 Drilbur [TM]	621 Druddigon [TM]	051 Dugtrio [TM]	632 Durant [TM]	557 Dwebble [TM]
		395 Empoleon [TM]	530 Excadrill [TM]	160 Feraligatr [TM]	598 Ferrothorn [TM]	611 Fraxure [TM]	162 Furret [TM]
		444 Gabite [TM]	445 Garchomp [TM]	649 Genesect [TM]	094 Gengar [TM]	443 Gible [TM]	487 Giratina [42, TM]
		431 Glameow [TM]	055 Golduck [TM]	768 Golisopod [TM]	383 Groudon [TM]	799 Guzzlord [TM]	783 Hakamo-o [TM]
		093 Haunter [TM]	612 Haxorus [TM]	631 Heatmor [TM]	214 Heracross [TM]	679 Honedge [TM]	727 Incineroar [TM]
		392 Infernape [TM]	782 Jangmo-o [TM]	115 Kangaskhan [TM]	352 Kecleon [33, TM]	775 Komala [TM]	784 Kommo-o [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	646 Kyurem [TM]	305 Lairon [TM]	380 Latias [TM]	381 Latios [TM]
		542 Leavanny [TM]	510 Liepard [TM]	264 Linoone [TM]	725 Litten [TM]	448 Lucario [TM]	792 Lunala [TM]
		802 Marshadow [TM]	648 Meloetta [TM]	052 Meowth [TM]	151 Mew [TM]	778 Mimikyu [37, TM]	391 Monferno [TM]
		804 Naganadel [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]
		030 Nidorina [TM]	033 Nidorino [TM]	714 Noibat [TM]	715 Noivern [TM]	484 Palkia [TM]	674 Pancham [TM]
		675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	624 Pawniard [TM]	053 Persian [TM]
		708 Phantump [TM]	394 Prinplup [TM]	054 Psyduck [TM]	509 Purrloin [TM]	432 Purugly [TM]	651 Quilladin [TM]
		020 Raticate (Alola Form) [TM]	019 Rattata (Alola Form) [TM]	384 Rayquaza [TM]	379 Registeel [TM]	643 Reshiram [TM]	112 Rhydon [TM]
		464 Rhyperior [TM]	447 Riolu [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [29, TM]	373 Salamence [TM]
		757 Salandit [TM]	758 Salazzle [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	161 Sentret [TM]	292 Shedinja [TM]
		372 Shelgon [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	435 Skuntank [TM]
		289 Slaking [TM]	287 Slakoth [TM]	215 Sneasel [TM]	434 Stunky [TM]	216 Teddiursa [TM]	255 Torchic [TM]
		726 Torracat [TM]	158 Totodile [TM]	709 Trevenant [1, EV, TM]	772 Type: Null [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]
		217 Ursaring [TM]	288 Vigoroth [TM]	461 Weavile [TM]	717 Yveltal [TM]	335 Zangoose [TM]	644 Zekrom [TM]
		571 Zoroark [TM]					
Ghost	Shadow Force	487 Giratina [46]					
Ghost	Shadow Punch	356 Dusclops [1, EV]	477 Dusknoir [1]	094 Gengar [1, EV]	622 Golett [13]	623 Golurk [13]	088 Grimer ◆ [E]
		093 Haunter [1, EV]	802 Marshadow [26]				
Ghost	Shadow Sneak	681 Aegislash [1]	168 Ariados [19]	354 Banette [13]	724 Decidueye [1]	680 Doublade [20]	356 Dusclops [17]
		477 Dusknoir [17]	355 Duskull [17]	487 Giratina [19]	711 Gourgeist [30]	658 Greninja [23]	088 Grimer [E]
		679 Honedge [20, E]	352 Kecleon [7]	802 Marshadow [1]	778 Mimikyu [14]	200 Misdreavus [E]	710 Pumpkaboo [30]
		280 Ralts [E]	302 Sableye [16]	292 Shedinja [21]	353 Shuppet [13, E]	167 Spinarak [19]	442 Spiritomb [1, E]
Normal	Sharpen	713 Avalugg [20]	712 Bergmite [20]	703 Carbink [8]	615 Cryogonal [1]	719 Diancie [5]	137 Porygon [1]
Ice	Sheer Cold	460 Abomasnow [58]	144 Articuno [99]	614 Beartic [1, 66]	615 Cryogonal [1, 57]	613 Cubchoo [57]	087 Dewgong [1, EV]
		362 Glalie [1, 61]	382 Kyogre [65]	131 Lapras [50]	364 Sealeo [52]	459 Snover [46]	363 Spheal [46]
		245 Suicune [1]	583 Vanillish [58]	582 Vanillite [53]	584 Vanilluxe [1, 67]	037 Vulpix (Alola Form) [50]	365 Walrein [60]
Normal	Shell Smash	689 Barbaracle [1]	688 Binacle [1]	565 Carracosta [40]	366 Clamperl [50]	091 Cloyster [1]	558 Crustle [1, 43]
		557 Dwebble [37]	219 Magcargo [1, EV]	774 Minior [45]	138 Omanyte [50]	139 Omastar [67]	090 Shellder [56]
		213 Shuckle [34]	564 Tirtouga [38]	324 Torkoal [47]	776 Turtonator [37]		
Fire	Shell Trap	776 Turtonator [45]					
Steel	Shift Gear	600 Klang [52]	599 Klink [48]	601 Klinklang [54]	801 Magearna [1]		

Type	Move Name	Pokémon					
Electric	**Shock Wave**	063 Abra [BP]	359 Absol [BP]	681 Aegislash [BP]	306 Aggron [BP]	190 Aipom [BP]	065 Alakazam [BP]
		424 Ambipom [BP]	181 Ampharos [BP]	493 Arceus [BP]	304 Aron [BP]	610 Axew [BP]	482 Azelf [BP]
		354 Banette [BP]	411 Bastiodon [BP]	606 Beheeyem [BP]	400 Bibarel [BP]	399 Bidoof [BP]	242 Blissey [BP]
		522 Blitzle [11, E, BP]	654 Braixen [BP]	427 Buneary [BP]	351 Castform [BP]	251 Celebi [BP]	797 Celesteela [BP]
		609 Chandelure [BP]	113 Chansey [BP]	737 Charjabug [BP]	358 Chimecho [BP]	170 Chinchou [E, BP]	433 Chingling [BP]
		573 Cinccino [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	563 Cofagrigus [BP]	408 Cranidos [BP]
		491 Darkrai [BP]	702 Dedenne [BP]	633 Deino [BP]	301 Delcatty [BP]	655 Delphox [BP]	386 Deoxys [BP]
		483 Dialga [BP]	680 Doublade [BP]	691 Dragalge [BP]	148 Dragonair [BP]	149 Dragonite [BP]	780 Drampa [BP]
		147 Dratini [BP]	426 Drifblim [BP]	425 Drifloon [BP]	621 Druddigon [BP]	206 Dunsparce [BP]	578 Duosion [BP]
		603 Eelektrik [BP]	604 Eelektross [BP]	125 Electabuzz [15, BP]	466 Electivire [15, BP]	309 Electrike [E, BP]	101 Electrode [BP]
		239 Elekid [15, BP]	605 Elgyem [BP]	587 Emolga [22, E, BP]	677 Espurr [BP]	295 Exploud [BP]	180 Flaaffy [BP]
		611 Fraxure [BP]	592 Frillish [BP]	478 Froslass [BP]	162 Furret [BP]	475 Gallade [BP]	596 Galvantula [BP]
		282 Gardevoir [BP]	649 Genesect [BP]	203 Girafarig [BP]	487 Giratina [BP]	431 Glameow [BP]	076 Golem (Alola Form) [BP]
		622 Golett [BP]	623 Golurk [BP]	706 Goodra [BP]	704 Goomy [BP]	574 Gothita [BP]	576 Gothitelle [BP]
		575 Gothorita [BP]	210 Granbull [BP]	075 Graveler (Alola Form) [BP]	088 Grimer [BP]	383 Groudon [BP]	736 Grubbin [BP]
		326 Grumpig [BP]	316 Gulpin [BP]	735 Gumshoos [BP]	799 Guzzlord [BP]	440 Happiny [BP]	612 Haxorus [BP]
		695 Heliolisk [BP]	694 Helioptile [BP]	507 Herdier [BP]	679 Honedge [BP]	250 Ho-Oh [BP]	720 Hoopa [BP]
		635 Hydreigon [BP]	174 Igglybuff [BP]	314 Illumise [BP]	593 Jellicent [BP]	039 Jigglypuff [BP]	385 Jirachi [BP]
		135 Jolteon [BP]	595 Joltik [BP]	064 Kadabra [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]	281 Kirlia [BP]
		600 Klang [BP]	599 Klink [BP]	601 Klinklang [BP]	109 Koffing [BP]	784 Kommo-o [BP]	382 Kyogre [BP]
		305 Lairon [BP]	608 Lampent [BP]	171 Lanturn [BP]	131 Lapras [BP]	380 Latias [BP]	381 Latios [BP]
		463 Lickilicky [BP]	108 Lickitung [BP]	506 Lillipup [BP]	264 Linoone [BP]	607 Litwick [BP]	428 Lopunny [BP]
		294 Loudred [BP]	249 Lugia [BP]	792 Lunala [BP]	404 Luxio [BP]	405 Luxray [BP]	801 Magearna [BP]
		081 Magnemite [BP]	082 Magneton [BP]	462 Magnezone [BP]	310 Manectric [BP]	179 Mareep [BP]	648 Meloetta [BP]
		678 Meowstic [BP]	052 Meowth [BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]	241 Miltank [BP]
		439 Mime Jr. [BP]	572 Minccino [BP]	312 Minun [BP]	200 Misdreavus [BP]	429 Mismagius [BP]	122 Mr. Mime [BP]
		089 Muk [BP]	446 Munchlax [BP]	517 Munna [BP]	518 Musharna [BP]	804 Naganadel [BP]	800 Necrozma [BP]
		034 Nidoking [BP]	031 Nidoqueen [BP]	029 Nidoran♀ [BP]	032 Nidoran♂ [BP]	030 Nidorina [BP]	033 Nidorino [BP]
		299 Nosepass [BP]	417 Pachirisu [BP]	484 Palkia [BP]	766 Passimian [BP]	504 Patrat [BP]	279 Pelipper [BP]
		053 Persian [BP]	795 Pheromosa [BP]	172 Pichu [BP]	025 Pikachu [BP]	311 Plusle [BP]	137 Porygon [BP]
		233 Porygon2 [BP]	474 Porygon-Z [BP]	476 Probopass [BP]	432 Purugly [BP]	211 Qwilfish [BP]	026 Raichu [BP]
		243 Raikou [BP]	280 Ralts [BP]	409 Rampardos [BP]	020 Raticate [BP]	019 Rattata [BP]	384 Rayquaza [BP]
		378 Regice [BP]	486 Regigigas [BP]	377 Regirock [BP]	379 Registeel [BP]	579 Reuniclus [BP]	112 Rhydon [BP]
		111 Rhyhorn [BP]	464 Rhyperior [BP]	479 Rotom [22, BP]	302 Sableye [BP]	161 Sentret [BP]	410 Shieldon [BP]
		403 Shinx [E, BP]	353 Shuppet [BP]	561 Sigilyph [BP]	300 Skitty [BP]	690 Skrelp [BP]	289 Slaking [BP]
		287 Slakoth [BP]	705 Sliggoo [BP]	143 Snorlax [BP]	209 Snubbull [BP]	791 Solgaleo [BP]	577 Solosis [BP]
		327 Spinda [BP]	442 Spiritomb [BP]	325 Spoink [BP]	234 Stantler [BP]	508 Stoutland [BP]	618 Stunfisk [E, BP]
		317 Swalot [BP]	528 Swoobat [BP]	114 Tangela [BP]	465 Tangrowth [BP]	785 Tapu Koko [14, BP]	128 Tauros [BP]
		642 Thundurus [19, BP]	777 Togedemaru [BP]	468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]	776 Turtonator [BP]
		248 Tyranitar [BP]	480 Uxie [BP]	494 Victini [BP]	288 Vigoroth [BP]	738 Vikavolt [BP]	313 Volbeat [BP]
		100 Voltorb [BP]	505 Watchog [BP]	110 Weezing [BP]	293 Whismur [BP]	040 Wigglytuff [BP]	278 Wingull [BP]
		527 Woobat [BP]	796 Xurkitree [13, BP]	562 Yamask [BP]	734 Yungoos [BP]	335 Zangoose [BP]	145 Zapdos [BP]
		523 Zebstrika [11, BP]	644 Zekrom [BP]	263 Zigzagoon [BP]	634 Zweilous [BP]	718 Zygarde [BP]	
Ground	**Shore Up**	770 Palossand [54]	769 Sandygast [50]				
Bug	**Signal Beam**	063 Abra [BP]	617 Accelgor [BP]	065 Alakazam [BP]	181 Ampharos [51, BP]	752 Araquanid [BP]	493 Arceus [BP]
		168 Ariados [BP]	144 Articuno [BP]	531 Audino [BP]	482 Azelf [BP]	343 Baltoy [BP]	267 Beautifly [BP]
		606 Beheeyem [BP]	009 Blastoise [BP]	522 Blitzle [BP]	437 Bronzong [BP]	436 Bronzor [BP]	779 Bruxish [BP]
		012 Butterfree [BP]	251 Celebi [BP]	358 Chimecho [BP]	170 Chinchou [28, BP]	433 Chingling [BP]	344 Claydol [BP]
		036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	091 Cloyster [BP]	488 Cresselia [BP]	615 Cryogonal [BP]
		742 Cutiefly [BP]	702 Dedenne [BP]	225 Delibird [BP]	655 Delphox [BP]	386 Deoxys [BP]	087 Dewgong [1, 7, BP]
		751 Dewpider [BP]	780 Drampa [BP]	096 Drowzee [BP]	578 Duosion [BP]	269 Dustox [BP]	603 Eelektrik [BP]
		604 Eelektross [BP]	125 Electabuzz [BP]	466 Electivire [BP]	309 Electrike [BP]	101 Electrode [BP]	239 Elekid [BP]
		605 Elgyem [BP]	587 Emolga [BP]	395 Empoleon [BP]	589 Escavalier [BP]	196 Espeon [BP]	677 Espurr [BP]
		456 Finneon [E, BP]	180 Flaaffy [47, BP]	330 Flygon [BP]	753 Fomantis [BP]	205 Forretress [BP]	478 Froslass [BP]
		475 Gallade [BP]	596 Galvantula [34, BP]	282 Gardevoir [BP]	649 Genesect [40, BP]	203 Girafarig [BP]	471 Glaceon [BP]
		362 Glalie [BP]	118 Goldeen [E, BP]	055 Golduck [BP]	622 Golett [BP]	623 Golurk [BP]	368 Gorebyss [BP]

Type	Move Name	Pokémon					
Bug	Signal Beam	574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	326 Grumpig [BP]	695 Heliolisk [BP]	694 Helioptile [BP]
		250 Ho-Oh [BP]	720 Hoopa [BP]	116 Horsea [E, BP]	635 Hydreigon [BP]	097 Hypno [BP]	385 Jirachi [BP]
		135 Jolteon [BP]	595 Joltik [34, BP]	124 Jynx [BP]	064 Kadabra [BP]	588 Karrablast [BP]	230 Kingdra [BP]
		281 Kirlia [BP]	600 Klang [BP]	599 Klink [BP]	601 Klinklang [BP]	382 Kyogre [BP]	646 Kyurem [BP]
		171 Lanturn [29, BP]	131 Lapras [BP]	636 Larvesta [BP]	542 Leavanny [BP]	249 Lugia [BP]	457 Lumineon [BP]
		792 Lunala [BP]	337 Lunatone [BP]	754 Lurantis [BP]	404 Luxio [BP]	405 Luxray [BP]	801 Magearna [BP]
		081 Magnemite [BP]	082 Magneton [BP]	462 Magnezone [BP]	687 Malamar [BP]	490 Manaphy [BP]	310 Manectric [BP]
		226 Mantine [1, BP]	458 Mantyke [E, BP]	179 Mareep [39, BP]	284 Masquerain [BP]	308 Medicham [BP]	307 Meditite [BP]
		648 Meloetta [BP]	678 Meowstic (Female) [45, BP]	678 Meowstic (Male) [BP]	481 Mesprit [BP]	376 Metagross [BP]	375 Metang [BP]
		151 Mew [BP]	150 Mewtwo [BP]	439 Mime Jr. [BP]	312 Minun [BP]	755 Morelull [BP]	414 Mothim [BP]
		122 Mr. Mime [BP]	517 Munna [BP]	518 Musharna [BP]	804 Naganadel [BP]	177 Natu [BP]	800 Necrozma [BP]
		224 Octillery [34, BP]	795 Pheromosa [BP]	489 Phione [BP]	172 Pichu [BP]	025 Pikachu [BP]	393 Piplup [BP]
		311 Plusle [BP]	803 Poipole [BP]	137 Porygon [29, BP]	233 Porygon2 [29, BP]	474 Porygon-Z [29, BP]	394 Prinplup [BP]
		054 Psyduck [BP]	211 Qwilfish [E, BP]	026 Raichu [BP]	243 Raikou [BP]	280 Ralts [BP]	378 Regice [BP]
		223 Remoraid [30, BP]	579 Reuniclus [BP]	743 Ribombee [BP]	479 Rotom [BP]	302 Sableye [BP]	545 Scolipede [BP]
		117 Seadra [BP]	119 Seaking [BP]	364 Sealeo [BP]	086 Seel [E, BP]	540 Sewaddle [BP]	616 Shelmet [BP]
		756 Shiinotic [BP]	403 Shinx [E, BP]	561 Sigilyph [BP]	773 Silvally [BP]	080 Slowbro [BP]	199 Slowking [BP]
		079 Slowpoke [BP]	238 Smoochum [BP]	577 Solosis [BP]	338 Solrock [BP]	363 Spheal [E, BP]	167 Spinarak [E, BP]
		325 Spoink [BP]	234 Stantler [BP]	121 Starmie [BP]	120 Staryu [BP]	245 Suicune [BP]	283 Surskit [E, BP]
		541 Swadloon [BP]	528 Swoobat [BP]	468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]	328 Trapinch [E, BP]
		772 Type: Null [BP]	480 Uxie [BP]	583 Vanillish [BP]	582 Vanillite [BP]	584 Vanilluxe [BP]	134 Vaporeon [BP]
		543 Venipede [BP]	049 Venomoth [25, BP]	048 Venonat [25, E, BP]	416 Vespiquen [BP]	329 Vibrava [BP]	494 Victini [BP]
		738 Vikavolt [BP]	666 Vivillon [BP]	313 Volbeat [26, BP]	637 Volcarona [BP]	100 Voltorb [BP]	365 Walrein [BP]
		505 Watchog [BP]	544 Whirlipede [BP]	527 Woobat [BP]	413 Wormadam [BP]	178 Xatu [BP]	796 Xurkitree [31, BP]
		193 Yanma [E, BP]	469 Yanmega [BP]	145 Zapdos [BP]	523 Zebstrika [BP]	644 Zekrom [BP]	
Bug	Silver Wind	267 Beautifly [25]	012 Butterfree [19]	742 Cutiefly [13]	269 Dustox [25]	456 Finneon [49]	314 Illumise [E]
		166 Ledian [20]	165 Ledyba [19, E]	457 Lumineon [59]	284 Masquerain [32]	414 Mothim [38]	290 Nincada [E]
		795 Pheromosa [23]	743 Ribombee [13]	123 Scyther [E]	540 Sewaddle [E]	049 Venomoth [1]	313 Volbeat [E]
		637 Volcarona [50]	193 Yanma [E]				
Normal	Simple Beam	531 Audino [45]	606 Beheeyem [29]	605 Elgyem [29]	083 Farfetch'd [E]	649 Genesect [62]	686 Inkay [E]
		177 Natu [E]	054 Psyduck [E]	300 Skitty [E]	325 Spoink [E]	263 Zigzagoon [E]	
Normal	Sing	334 Altaria [1, 5]	298 Azurill [E]	242 Blissey [31]	729 Brionne [28]	113 Chansey [31]	441 Chatot [13]
		573 Cinccino [1]	036 Clefable [1]	035 Clefairy [7]	173 Cleffa [7]	301 Delcatty [1]	174 Igglybuff [1]
		039 Jigglypuff [1]	775 Komala [E]	402 Kricketune [18]	131 Lapras [1]	648 Meloetta [1, 16]	572 Minccino [21]
		312 Minun [E]	311 Plusle [E]	728 Popplio [25]	730 Primarina [28]	300 Skitty [7]	238 Smoochum [18]
		333 Swablu [5]	040 Wigglytuff [1]				
Normal	Sketch	235 Smeargle [1, 11, 21, 31, 41, 51, 61, 71, 81, 91]					
Psychic	Skill Swap	063 Abra [E, BP]	065 Alakazam [BP]	683 Aromatisse [44, BP]	531 Audino [BP]	482 Azelf [BP]	343 Baltoy [BP]
		354 Banette [BP]	606 Beheeyem [BP]	242 Blissey [BP]	654 Braixen [BP]	437 Bronzong [BP]	436 Bronzor [BP]
		012 Butterfree [BP]	703 Carbink [40, BP]	251 Celebi [BP]	113 Chansey [BP]	358 Chimecho [E, BP]	433 Chingling [E, BP]
		344 Claydol [BP]	563 Cofagrigus [BP]	488 Cresselia [BP]	742 Cutiefly [E, BP]	655 Delphox [BP]	386 Deoxys [BP]
		719 Diancie [35, BP]	426 Drifblim [BP]	425 Drifloon [BP]	096 Drowzee [E, BP]	578 Duosion [43, BP]	356 Dusclops [BP]
		477 Dusknoir [BP]	355 Duskull [E, BP]	605 Elgyem [E, BP]	196 Espeon [BP]	677 Espurr [BP]	102 Exeggcute [E, BP]
		103 Exeggutor [BP]	475 Gallade [BP]	282 Gardevoir [BP]	092 Gastly [BP]	094 Gengar [BP]	203 Girafarig [E, BP]
		574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	711 Gourgeist [BP]	326 Grumpig [BP]	093 Haunter [BP]
		720 Hoopa [25, BP]	097 Hypno [BP]	385 Jirachi [BP]	124 Jynx [BP]	064 Kadabra [BP]	352 Kecleon [E, BP]
		281 Kirlia [BP]	249 Lugia [BP]	337 Lunatone [BP]	490 Manaphy [BP]	648 Meloetta [BP]	678 Meowstic [BP]
		481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]	439 Mime Jr. [BP]	200 Misdreavus [E, BP]	429 Mismagius [BP]
		414 Mothim [BP]	122 Mr. Mime [BP]	517 Munna [BP]	518 Musharna [BP]	177 Natu [E, BP]	770 Palossand [BP]
		708 Phantump [BP]	710 Pumpkaboo [BP]	280 Ralts [E, BP]	579 Reuniclus [45, BP]	743 Ribombee [BP]	769 Sandygast [BP]
		353 Shuppet [BP]	561 Sigilyph [E, BP]	080 Slowbro [BP]	199 Slowking [BP]	079 Slowpoke [BP]	238 Smoochum [BP]
		577 Solosis [40, BP]	338 Solrock [BP]	327 Spinda [BP]	325 Spoink [E, BP]	682 Spritzee [44, BP]	805 Stakataka [BP]
		234 Stantler [BP]	121 Starmie [BP]	528 Swoobat [BP]	700 Sylveon [25, BP]	786 Tapu Lele [26, BP]	709 Trevenant [BP]
		480 Uxie [BP]	049 Venomoth [BP]	048 Venonat [E, BP]	494 Victini [BP]	527 Woobat [BP]	413 Wormadam [BP]
		178 Xatu [BP]	562 Yamask [BP]				

Type	Move Name	Pokémon					
Normal	**Skull Bash**	713 Avalugg [1, 60]	689 Barbaracle [1, 65]	399 Bidoof [E]	009 Blastoise [40]	626 Bouffalant [E]	001 Bulbasaur [E]
		797 Celesteela [53]	104 Cubone [E]	529 Drilbur [E]	118 Goldeen [E]	029 Nidoran♀ [E]	369 Relicanth [E]
		111 Rhyhorn [E]	319 Sharpedo [51]	459 Snover [E]	007 Squirtle [31]	787 Tapu Bulu [58]	324 Torkoal [E]
		008 Wartortle [37]					
Flying	**Sky Attack**	142 Aerodactyl [BP]	334 Altaria [1, 59, BP]	567 Archeops [BP]	144 Articuno [BP]	628 Braviary [BP]	441 Chatot [BP]
		169 Crobat [BP]	723 Dartrix [BP]	724 Decidueye [BP]	225 Delibird [BP]	085 Dodrio [BP]	083 Farfetch'd [BP]
		022 Fearow [BP]	472 Gliscor [BP]	701 Hawlucha [48, BP]	430 Honchkrow [BP]	250 Ho-Oh [99, BP]	163 Hoothoot [E, BP]
		249 Lugia [99, BP]	792 Lunala [BP]	630 Mandibuzz [BP]	151 Mew [BP]	146 Moltres [78, BP]	198 Murkrow [E, BP]
		804 Naganadel [BP]	177 Natu [BP]	164 Noctowl [1, BP]	714 Noibat [BP]	715 Noivern [BP]	741 Oricorio [BP]
		279 Pelipper [BP]	018 Pidgeot [BP]	017 Pidgeotto [BP]	016 Pidgey [BP]	519 Pidove [50, BP]	731 Pikipek [BP]
		722 Rowlet [BP]	561 Sigilyph [50, BP]	227 Skarmory [E, BP]	021 Spearow [E, BP]	398 Staraptor [BP]	333 Swablu [BP]
		581 Swanna [BP]	277 Swellow [BP]	528 Swoobat [BP]	276 Taillow [E, BP]	785 Tapu Koko [BP]	468 Togekiss [1, BP]
		733 Toucannon [BP]	520 Tranquill [59, BP]	732 Trumbeak [BP]	521 Unfezant [66, BP]	278 Wingull [BP]	178 Xatu [BP]
		717 Yveltal [93, BP]	145 Zapdos [BP]				
Flying	**Sky Drop (TM58)**	142 Aerodactyl [49, TM]	144 Articuno [TM]	628 Braviary [50, TM]	006 Charizard [TM]	149 Dragonite [TM]	701 Hawlucha [55, TM]
		250 Ho-Oh [TM]	249 Lugia [TM]	792 Lunala [TM]	151 Mew [TM]	146 Moltres [TM]	804 Naganadel [TM]
		279 Pelipper [TM]	384 Rayquaza [TM]	627 Rufflet [50, TM]	227 Skarmory [TM]	785 Tapu Koko [TM]	642 Thundurus [TM]
		641 Tornadus [TM]	738 Vikavolt [TM]	717 Yveltal [TM]	145 Zapdos [TM]		
Fighting	**Sky Uppercut**	257 Blaziken [57]	286 Breloom [39]	427 Buneary [E]	256 Combusken [53]	207 Gligar [45]	472 Gliscor [45]
		783 Hakamo-o [1, EV]	107 Hitmonchan [41]	784 Kommo-o [1]	674 Pancham [48]	675 Pangoro [52]	447 Riolu [E]
Normal	**Slack Off**	390 Chimchar [41]	449 Hippopotas [E]	391 Monferno [49]	289 Slaking [1, 9]	287 Slakoth [9]	080 Slowbro [36]
		079 Slowpoke [36]					
Normal	**Slam**	190 Aipom [E]	298 Azurill [20, E]	069 Bellsprout [47]	455 Carnivine [E]	408 Cranidos [E]	633 Deino [28]
		781 Dhelmise [45]	232 Donphan [24]	148 Dragonair [21]	149 Dragonite [21]	147 Dratini [21]	023 Ekans [E]
		162 Furret [28]	253 Grovyle [33]	635 Hydreigon [28]	099 Kingler [44]	775 Komala [21]	098 Krabby [35, E]
		463 Lickilicky [29]	108 Lickitung [29]	226 Mantine [E]	458 Mantyke [E]	303 Mawile [E]	572 Minccino [37]
		138 Omanyte [E]	095 Onix [28]	504 Patrat [41]	231 Phanpy [24]	025 Pikachu [37]	195 Quagsire [15]
		254 Sceptile [33]	086 Seel [E]	161 Sentret [25]	497 Serperior [28]	496 Servine [28]	495 Snivy [25]
		208 Steelix [28]	185 Sudowoodo [1, EV]	114 Tangela [41]	465 Tangrowth [43]	564 Tirtouga [E]	252 Treecko [29]
		357 Tropius [E]	505 Watchog [50]	070 Weepinbell [54]	194 Wooper [15]	634 Zweilous [28]	
Normal	**Slash**	359 Absol [22]	681 Aegislash [1]	347 Anorith [34]	348 Armaldo [34]	610 Axew [20]	689 Barbaracle [13]
		614 Beartic [33]	688 Binacle [13]	625 Bisharp [30]	257 Blaziken [44]	628 Braviary [28]	418 Buizel [E]
		006 Charizard [41]	004 Charmander [34]	005 Charmeleon [39]	256 Combusken [42]	488 Cresselia [47]	159 Croconaw [39]
		558 Crustle [31]	615 Cryogonal [37]	613 Cubchoo [33]	483 Dialga [15]	050 Diglett ◆ [35]	680 Doublade [29]
		529 Drilbur [26]	621 Druddigon [21]	051 Dugtrio ◆ [41]	557 Dwebble [31]	589 Escavalier [32]	530 Excadrill [26]
		083 Farfetch'd [19]	160 Feraligatr [45]	753 Fomantis [32]	611 Fraxure [20]	444 Gabite [28]	475 Gallade [1, EV]
		596 Galvantula [26]	445 Garchomp [28]	649 Genesect [29]	443 Gible [25]	487 Giratina [15]	431 Glameow [37]
		207 Gligar [27]	768 Golisopod [21]	612 Haxorus [20]	631 Heatmor [41]	679 Honedge [29]	686 Inkay [43]
		595 Joltik [26]	141 Kabutops [1, EV]	588 Karrablast [32]	352 Kecleon [25]	402 Kricketune [26]	646 Kyurem [36]
		542 Leavanny [1, EV]	510 Liepard [34]	264 Linoone [32]	754 Lurantis [32]	687 Malamar [43]	052 Meowth [33]
		778 Mimikyu [32]	800 Necrozma [7]	291 Ninjask [23]	484 Palkia [15]	674 Pancham [20]	675 Pangoro [20]
		046 Paras [27]	047 Parasect [29]	624 Pawniard [30]	053 Persian [37]	509 Purrloin [30]	432 Purugly [37]
		643 Reshiram [36]	627 Rufflet [28]	503 Samurott [1, EV]	027 Sandshrew [26]	028 Sandslash (Alola Form) [1]	028 Sandslash ◆ [28]
		212 Scizor [29]	123 Scyther [29]	161 Sentret [E]	319 Sharpedo [1, EV]	227 Skarmory [39]	451 Skorupi [E]
		435 Skuntank [25]	287 Slakoth [E]	215 Sneasel [35]	434 Stunky [25]	216 Teddiursa [29]	255 Torchic [37]
		158 Totodile [34]	217 Ursaring [29]	416 Vespiquen [1, EV]	288 Vigoroth [23]	469 Yanmega [43]	335 Zangoose [19]
		644 Zekrom [36]					
Grass	**Sleep Powder**	069 Bellsprout [13]	406 Budew [E]	001 Bulbasaur [13]	012 Butterfree [13]	455 Carnivine [E]	102 Exeggcute [23]
		044 Gloom [15]	187 Hoppip [16]	002 Ivysaur [13]	189 Jumpluff [16]	755 Morelull [18]	043 Oddish [15]
		548 Petilil [10]	315 Roselia [E]	756 Shiinotic [18]	188 Skiploom [16]	114 Tangela [4]	465 Tangrowth [4]
		049 Venomoth [29]	048 Venonat [29]	003 Venusaur [13]	071 Victreebel [1]	666 Vivillon [1]	070 Weepinbell [13]
Normal	**Sleep Talk (TM88)**	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM, E]	699 Aurorus [TM]	713 Avalugg [TM]

Type	Move Name	Pokémon					
Normal	Sleep Talk (TM88)	610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM, E]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM, E]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM, E]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM, E]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM, E]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM, E]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [42, TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM, E]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]
		093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM, E]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM, E]	450 Hippowdon [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM, E]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]
		601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]
		645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM, E]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]
		381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM, E]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]
		667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]
		294 Loudred [41, TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]

Type	Move Name	Pokémon					
Normal	**Sleep Talk (TM88)**	337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]
		068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	126 Magmar [TM]
		467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]
		473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM, E]	226 Mantine [TM]
		458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]
		802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]
		154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]
		375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]
		350 Milotic [TM]	241 Miltank [TM, E]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM, E]	774 Minior [TM]
		312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	755 Morelull [TM]
		414 Mothim [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]
		446 Munchlax [TM]	517 Munna [TM, E]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]	177 Natu [TM]
		800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]
		033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]
		714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]	224 Octillery [TM]
		043 Oddish [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]	741 Oricorio [TM]
		501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]	674 Pancham [TM]
		675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM, E]	046 Paras [TM]	047 Parasect [TM]
		766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	548 Petilil [TM]
		231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]	018 Pidgeot [TM]
		017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]	731 Pikipek [TM]
		221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	803 Poipole [TM]
		186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [TM, E]
		728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [TM]
		394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM, E]	710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]
		432 Purugly [TM]	668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]
		211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]
		020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	369 Relicanth [TM, E]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]
		111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]
		315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]
		373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]
		028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]
		545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]
		364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM, E]	537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]
		496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]
		372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]
		756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]
		773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]
		188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [TM]
		287 Slakoth [TM, E]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM, E]	218 Slugma [TM]
		685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [33, TM]	361 Snorunt [TM]
		459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]
		363 Spheal [TM, E]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]
		007 Squirtle [TM]	805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]
		121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]
		618 Stunfisk [TM, E]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]
		283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]	581 Swanna [TM]
		277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]
		663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM, E]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM, E]
		639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]
		468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM, E]	641 Tornadus [TM]
		726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]	454 Toxicroak [TM]
		520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [TM]
		732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM, E]	772 Type: Null [TM]
		157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]
		521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]

Type	Move Name	Pokémon					
Normal	**Sleep Talk (TM88)**	134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]
		329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]
		640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]
		629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM, E]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]
		505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]
		340 Whiscash [TM]	293 Whismur [36, TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]
		527 Woobat [TM]	194 Wooper [TM, E]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]
		562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]
		145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM, E]	571 Zoroark [TM]	570 Zorua [TM]
		041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]			
Poison	**Sludge**	001 Bulbasaur [E]	569 Garbodor [18]	088 Grimer ◆ [15]	316 Gulpin [10]	109 Koffing [18]	258 Mudkip [E]
		089 Muk ◆ [15]	422 Shellos [E]	317 Swalot [1, 10]	568 Trubbish [18]	110 Weezing [18]	
Poison	**Sludge Bomb (TM36)**	617 Accelgor [TM]	591 Amoonguss [TM]	024 Arbok [TM]	493 Arceus [TM]	168 Ariados [TM]	689 Barbaracle [TM]
		015 Beedrill [TM]	182 Bellossom [TM]	069 Bellsprout [TM]	688 Binacle [TM]	286 Breloom [TM]	406 Budew [TM]
		001 Bulbasaur [TM]	659 Bunnelby [TM]	455 Carnivine [TM]	652 Chesnaught [TM]	650 Chespin [TM]	692 Clauncher [TM]
		693 Clawitzer [TM]	341 Corphish [TM]	346 Cradily [TM]	342 Crawdaunt [TM]	453 Croagunk [45, TM]	169 Crobat [TM]
		491 Darkrai [TM]	660 Diggersby [TM]	050 Diglett [TM]	691 Dragalge [38, TM]	452 Drapion [TM]	529 Drilbur [TM]
		621 Druddigon [TM]	051 Dugtrio [TM]	269 Dustox [TM]	023 Ekans [TM]	530 Excadrill [TM]	102 Exeggcute [TM]
		103 Exeggutor [TM]	590 Foongus [TM]	592 Frillish [TM]	569 Garbodor [29, TM]	092 Gastly [TM]	423 Gastrodon [TM]
		094 Gengar [TM]	207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	042 Golbat [TM]	768 Golisopod [TM]
		706 Goodra [TM]	704 Goomy [TM]	711 Gourgeist [TM]	210 Granbull [TM]	088 Grimer (Alola Form) [TM]	088 Grimer ◆ [29, TM]
		316 Gulpin [33, TM]	799 Guzzlord [TM]	093 Haunter [TM]	229 Houndoom [TM]	228 Houndour [TM]	002 Ivysaur [TM]
		593 Jellicent [TM]	109 Koffing [34, TM]	552 Krokorok [TM]	553 Krookodile [TM]	645 Landorus [TM]	345 Lileep [TM]
		747 Mareanie [TM]	303 Mawile [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	755 Morelull [TM]
		089 Muk (Alola Form) [TM]	089 Muk ◆ [29, TM]	804 Naganadel [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]
		032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]	224 Octillery [TM]	043 Oddish [TM]
		770 Palossand [TM]	536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	046 Paras [TM]	047 Parasect [TM]
		803 Poipole [TM]	710 Pumpkaboo [TM]	195 Quagsire [TM]	651 Quilladin [TM]	211 Qwilfish [TM]	020 Raticate (Alola Form) [TM]
		019 Rattata (Alola Form) [TM]	315 Roselia [TM]	407 Roserade [TM]	757 Salandit [TM]	758 Salazzle [TM]	551 Sandile [TM]
		545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	537 Seismitoad [TM]	336 Seviper [TM]	616 Shelmet [TM]
		756 Shiinotic [TM]	285 Shroomish [TM]	213 Shuckle [TM]	451 Skorupi [TM]	690 Skrelp [38, TM]	435 Skuntank [TM]
		705 Sliggoo [TM]	209 Snubbull [TM]	167 Spinarak [TM]	618 Stunfisk [TM]	434 Stunky [TM]	192 Sunflora [TM]
		191 Sunkern [TM]	317 Swalot [37, TM]	114 Tangela [TM]	465 Tangrowth [TM]	072 Tentacool [TM]	073 Tentacruel [TM]
		642 Thundurus [TM]	324 Torkoal [TM]	641 Tornadus [TM]	748 Toxapex [TM]	454 Toxicroak [54, TM]	568 Trubbish [29, TM]
		535 Tympole [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]
		071 Victreebel [TM]	045 Vileplume [TM]	721 Volcanion [TM]	070 Weepinbell [TM]	110 Weezing [34, TM]	544 Whirlipede [TM]
		194 Wooper [TM]	041 Zubat [TM]				
Poison	**Sludge Wave (TM34)**	024 Arbok [TM]	689 Barbaracle [TM]	688 Binacle [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	346 Cradily [TM]
		342 Crawdaunt [TM]	453 Croagunk [TM]	781 Dhelmise [TM]	691 Dragalge [TM]	051 Dugtrio [TM]	023 Ekans [TM]
		592 Frillish [TM]	569 Garbodor [TM]	423 Gastrodon [TM]	768 Golisopod [TM]	706 Goodra [TM]	704 Goomy [TM]
		088 Grimer (Alola Form) [TM]	088 Grimer ◆ [32, TM]	316 Gulpin [TM]	799 Guzzlord [TM]	593 Jellicent [TM]	645 Landorus [TM]
		747 Mareanie [TM]	259 Marshtomp [TM]	151 Mew [TM]	258 Mudkip [TM]	089 Muk (Alola Form) [TM]	089 Muk ◆ [32, TM]
		804 Naganadel [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	793 Nihilego [TM]	224 Octillery [TM]	536 Palpitoad [TM]
		803 Poipole [TM]	195 Quagsire [TM]	211 Qwilfish [TM]	020 Raticate (Alola Form) [TM]	757 Salandit [TM]	758 Salazzle [TM]
		537 Seismitoad [TM]	336 Seviper [TM]	213 Shuckle [TM]	690 Skrelp [TM]	705 Sliggoo [TM]	618 Stunfisk [TM]
		317 Swalot [TM]	260 Swampert [TM]	072 Tentacool [43, TM]	073 Tentacruel [48, TM]	642 Thundurus [TM]	641 Tornadus [TM]
		748 Toxapex [TM]	454 Toxicroak [TM]	568 Trubbish [TM]	535 Tympole [TM]	721 Volcanion [TM]	194 Wooper [TM]
		718 Zygarde [TM]					
Rock	**Smack Down (TM23)**	142 Aerodactyl [TM]	306 Aggron [TM]	347 Anorith [13, TM]	566 Archen [TM]	567 Archeops [TM]	348 Armaldo [13, TM]
		343 Baltoy [TM]	689 Barbaracle [TM]	411 Bastiodon [TM]	688 Binacle [TM]	806 Blacephalon [TM]	009 Blastoise [TM]
		525 Boldore [23, TM]	438 Bonsly [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]	703 Carbink [12, TM]	565 Carracosta [31, TM]
		797 Celesteela [7, TM]	652 Chesnaught [TM]	650 Chespin [TM]	692 Clauncher [39, TM]	693 Clawitzer [42, TM]	344 Claydol [TM]
		534 Conkeldurr [TM]	346 Cradily [TM]	408 Cranidos [TM]	558 Crustle [17, TM]	104 Cubone [TM]	555 Darmanitan [TM]
		724 Decidueye [TM]	719 Diancie [8, TM]	660 Diggersby [TM]	621 Druddigon [TM]	557 Dwebble [17, TM]	500 Emboar [TM]

Type	Move Name	Pokémon					
Rock	Smack Down (TM23)	295 Exploud [TM]	656 Froakie [29, TM]	657 Frogadier [33, TM]	569 Garbodor [TM]	074 Geodude [18, TM]	526 Gigalith [23, TM]
		076 Golem [18, TM]	075 Graveler [18, TM]	658 Greninja [TM]	383 Groudon [TM]	533 Gurdurr [TM]	799 Guzzlord [TM]
		297 Hariyama [TM]	214 Heracross [TM]	140 Kabuto [TM]	141 Kabutops [TM]	553 Krookodile [TM]	645 Landorus [TM]
		246 Larvitar [TM]	345 Lileep [TM]	294 Loudred [TM]	337 Lunatone [TM]	068 Machamp [TM]	067 Machoke [TM]
		066 Machop [TM]	219 Magcargo [TM]	296 Makuhita [TM]	056 Mankey [TM]	105 Marowak [TM]	802 Marshadow [TM]
		151 Mew [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	299 Nosepass [TM]	224 Octillery [TM]	138 Omanyte [TM]
		139 Omastar [TM]	095 Onix [22, TM]	766 Passimian [TM]	731 Pikipek [TM]	127 Pinsir [TM]	057 Primeape [TM]
		476 Probopass [TM]	247 Pupitar [TM]	651 Quilladin [TM]	409 Rampardos [TM]	486 Regigigas [TM]	377 Regirock [TM]
		369 Relicanth [TM]	223 Remoraid [TM]	112 Rhydon [13, TM]	111 Rhyhorn [13, TM]	464 Rhyperior [13, TM]	524 Roggenrola [23, TM]
		560 Scrafty [TM]	559 Scraggy [TM]	410 Shieldon [TM]	213 Shuckle [TM]	561 Sigilyph [TM]	289 Slaking [TM]
		143 Snorlax [TM]	338 Solrock [TM]	805 Stakataka [TM]	208 Steelix [22, TM]	185 Sudowoodo [TM]	639 Terrakion [1, TM]
		642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [31, TM]	641 Tornadus [TM]	733 Toucannon [TM]	748 Toxapex [TM]
		732 Trumbeak [TM]	776 Turtonator [TM]	248 Tyranitar [TM]	217 Ursaring [TM]	721 Volcanion [TM]	
Steel	Smart Strike (TM67)	306 Aggron [TM]	168 Ariados [TM]	626 Bouffalant [TM]	797 Celesteela [TM]	091 Cloyster [TM]	087 Dewgong [TM]
		589 Escavalier [TM]	530 Excadrill [TM]	118 Goldeen [TM]	798 Kartana [TM]	131 Lapras [TM]	151 Mew [TM]
		804 Naganadel [TM]	800 Necrozma [TM]	034 Nidoking [TM]	032 Nidoran♂ [TM]	033 Nidorino [TM]	078 Rapidash [TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	503 Samurott [TM]	545 Scolipede [TM]	119 Seaking [TM]
		086 Seel [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	128 Tauros [TM]	642 Thundurus (Incarnate Forme) [TM]	176 Togetic [TM]
Normal	Smelling Salts	304 Aron [E]	331 Cacnea [E]	453 Croagunk [E]	297 Hariyama [30]	108 Lickitung [E]	066 Machop [E]
		296 Makuhita [28]	056 Mankey [E]	619 Mienfoo [E]	209 Snubbull [E]	327 Spinda [E]	532 Timburr [E]
		255 Torchic [E]	293 Whismur [E]				
Poison	Smog	609 Chandelure [1]	500 Emboar [20]	136 Flareon [33]	092 Gastly [E]	316 Gulpin [E]	229 Houndoom [1, 8]
		228 Houndour [8]	109 Koffing [4]	608 Lampent [1, 5]	607 Litwick [5]	240 Magby [1]	219 Magcargo [1]
		126 Magmar [1]	467 Magmortar [1]	499 Pignite [20]	757 Salandit [16]	758 Salazzle [16]	218 Slugma [1]
		434 Stunky [E]	498 Tepig [19]	324 Torkoal [4]	776 Turtonator [5]	110 Weezing [1, 4]	
Normal	Smokescreen	006 Charizard [10]	004 Charmander [10]	005 Charmeleon [10]	155 Cyndaquil [6]	691 Dragalge [1]	656 Froakie [18]
		657 Frogadier [19]	658 Greninja [19]	116 Horsea [5]	230 Kingdra [1, 5]	109 Koffing [7]	240 Magby [8]
		126 Magmar [8]	467 Magmortar [1, 8]	156 Quilava [1, 6]	117 Seadra [1, 5]	690 Skrelp [1]	435 Skuntank [13]
		218 Slugma [E]	442 Spiritomb [E]	434 Stunky [13]	324 Torkoal [15]	157 Typhlosion [1, 6]	110 Weezing [1, 7]
		293 Whismur [E]					
Dark	Snarl (TM95)	359 Absol [TM]	059 Arcanine [TM]	493 Arceus [TM]	625 Bisharp [TM]	318 Carvanha [TM]	342 Crawdaunt [TM]
		491 Darkrai [TM]	780 Drampa [TM]	452 Drapion [TM]	621 Druddigon [TM]	309 Electrike [TM]	244 Entei [TM]
		676 Furfrou [TM]	768 Golisopod [TM]	210 Granbull [TM]	088 Grimer (Alola Form) [TM]	058 Growlithe [TM]	799 Guzzlord [TM]
		507 Herdier [TM]	430 Honchkrow [TM]	229 Houndoom [TM]	228 Houndour [TM]	727 Incineroar [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	246 Larvitar [TM]	510 Liepard [TM]	506 Lillipup [TM]	667 Litleo [TM]	404 Luxio [TM]
		405 Luxray [TM]	745 Lycanroc [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	151 Mew [TM]	262 Mightyena [1, TM]
		089 Muk (Alola Form) [TM]	198 Murkrow [TM]	804 Naganadel [TM]	274 Nuzleaf [TM]	675 Pangoro [TM]	624 Pawniard [TM]
		053 Persian (Alola Form) [TM]	261 Poochyena [TM]	247 Pupitar [TM]	509 Purrloin [TM]	668 Pyroar [TM]	243 Raikou [TM]
		020 Raticate (Alola Form) [TM]	019 Rattata (Alola Form) [TM]	744 Rockruff [TM]	302 Sableye [TM]	551 Sandile [TM]	560 Scrafty [TM]
		559 Scraggy [TM]	319 Sharpedo [TM]	275 Shiftry [TM]	403 Shinx [TM]	773 Silvally [TM]	435 Skuntank [TM]
		215 Sneasel [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	442 Spiritomb [TM]	508 Stoutland [TM]	434 Stunky [TM]
		245 Suicune [TM]	787 Tapu Bulu [TM]	248 Tyranitar [TM]	197 Umbreon [TM]	629 Vullaby [TM]	461 Weavile [TM]
		717 Yveltal [18, TM]	571 Zoroark [TM]	570 Zorua [TM]			
Dark	Snatch	063 Abra [BP]	359 Absol [BP]	190 Aipom [BP]	065 Alakazam [BP]	424 Ambipom [BP]	024 Arbok [BP]
		531 Audino [BP]	354 Banette [46, BP]	606 Beheeyem [BP]	625 Bisharp [BP]	242 Blissey [BP]	522 Blitzle [E, BP]
		654 Braixen [BP]	286 Breloom [BP]	779 Bruxish [BP]	113 Chansey [BP]	358 Chimecho [BP]	433 Chingling [BP]
		036 Clefable [BP]	035 Clefairy [BP]	563 Cofagrigus [BP]	453 Croagunk [BP]	169 Crobat [BP]	491 Darkrai [BP]
		555 Darmanitan [BP]	554 Darumaka [E, BP]	655 Delphox [BP]	386 Deoxys (Normal Forme) [37, BP]	386 Deoxys (Attack Forme) [BP]	386 Deoxys (Defense Forme) [37, BP]
		386 Deoxys (Speed Forme) [BP]	660 Diggersby [BP]	096 Drowzee [BP]	621 Druddigon [E, BP]	578 Duosion [1, 10, BP]	356 Dusclops [BP]
		477 Dusknoir [BP]	355 Duskull [BP]	023 Ekans [E, BP]	605 Elgyem [BP]	677 Espurr [BP]	662 Fletchinder [BP]
		661 Fletchling [E, BP]	656 Froakie [BP]	657 Frogadier [BP]	478 Froslass [BP]	475 Gallade [BP]	282 Gardevoir [BP]
		092 Gastly [BP]	094 Gengar [BP]	431 Glameow [E, BP]	042 Golbat [BP]	574 Gothita [BP]	576 Gothitelle [BP]
		575 Gothorita [BP]	658 Greninja [BP]	326 Grumpig [BP]	316 Gulpin [BP]	093 Haunter [BP]	631 Heatmor [26, BP]
		430 Honchkrow [BP]	720 Hoopa [BP]	229 Houndoom [BP]	228 Houndour [BP]	367 Huntail [BP]	097 Hypno [BP]

Type	Move Name	Pokémon					
Dark	Snatch	727 Incineroar [BP]	686 Inkay [BP]	039 Jigglypuff [BP]	064 Kadabra [BP]	352 Kecleon [E, BP]	281 Kirlia [BP]
		552 Krokorok [BP]	553 Krookodile [BP]	510 Liepard [47, BP]	667 Litleo [E, BP]	687 Malamar [BP]	630 Mandibuzz [BP]
		747 Mareanie [BP]	802 Marshadow [BP]	303 Mawile [BP]	648 Meloetta [BP]	678 Meowstic [BP]	052 Meowth [E, BP]
		151 Mew [BP]	150 Mewtwo [BP]	262 Mightyena [BP]	439 Mime Jr. [BP]	778 Mimikyu [BP]	200 Misdreavus [BP]
		429 Mismagius [BP]	122 Mr. Mime [BP]	446 Munchlax [50, BP]	198 Murkrow [BP]	804 Naganadel [BP]	714 Noibat [E, BP]
		715 Noivern [BP]	765 Oranguru [BP]	674 Pancham [BP]	675 Pangoro [BP]	766 Passimian [BP]	624 Pawniard [BP]
		053 Persian [BP]	795 Pheromosa [BP]	803 Poipole [BP]	261 Poochyena [E, BP]	509 Purrloin [39, BP]	432 Purugly [BP]
		668 Pyroar [BP]	280 Ralts [BP]	020 Raticate (Alola Form) [BP]	019 Rattata (Alola Form) [E, BP]	579 Reuniclus [1, 10, BP]	479 Rotom [BP]
		302 Sableye [BP]	757 Salandit [E, BP]	758 Salazzle [BP]	551 Sandile [BP]	545 Scolipede [BP]	560 Scrafty [BP]
		559 Scraggy [BP]	497 Serperior [BP]	496 Servine [BP]	336 Seviper [BP]	285 Shroomish [BP]	353 Shuppet [42, BP]
		435 Skuntank [BP]	215 Sneasel [40, BP]	495 Snivy [BP]	143 Snorlax [BP]	577 Solosis [10, BP]	327 Spinda [BP]
		442 Spiritomb [BP]	325 Spoink [BP]	434 Stunky [BP]	317 Swalot [BP]	663 Talonflame [BP]	748 Toxapex [BP]
		454 Toxicroak [BP]	197 Umbreon [BP]	629 Vullaby [BP]	461 Weavile [40, BP]	040 Wigglytuff [BP]	562 Yamask [BP]
		523 Zebstrika [BP]	571 Zoroark [BP]	570 Zorua [E, BP]	041 Zubat [BP]		
Normal	Snore	460 Abomasnow [BP]	063 Abra [BP]	359 Absol [BP]	617 Accelgor [BP]	681 Aegislash [BP]	142 Aerodactyl [BP]
		306 Aggron [BP]	190 Aipom [BP]	065 Alakazam [BP]	594 Alomomola [BP]	334 Altaria [BP]	698 Amaura [BP]
		424 Ambipom [BP]	591 Amoonguss [BP]	181 Ampharos [BP]	347 Anorith [BP]	752 Araquanid [BP]	024 Arbok [BP]
		059 Arcanine [BP]	493 Arceus [BP]	566 Archen [BP]	567 Archeops [BP]	168 Ariados [BP]	348 Armaldo [BP]
		683 Aromatisse [BP]	304 Aron [BP]	144 Articuno [BP]	531 Audino [BP]	699 Aurorus [BP]	713 Avalugg [BP]
		610 Axew [BP]	482 Azelf [BP]	184 Azumarill [BP]	298 Azurill [BP]	371 Bagon [BP]	343 Baltoy [BP]
		354 Banette [BP]	689 Barbaracle [BP]	339 Barboach [25, BP]	550 Basculin [BP]	411 Bastiodon [BP]	153 Bayleef [BP]
		614 Beartic [BP]	267 Beautifly [BP]	015 Beedrill [BP]	606 Beheeyem [BP]	182 Bellossom [BP]	069 Bellsprout [BP]
		712 Bergmite [BP]	760 Bewear [BP]	400 Bibarel [BP]	399 Bidoof [BP]	688 Binacle [BP]	625 Bisharp [BP]
		806 Blacephalon [BP]	009 Blastoise [BP]	257 Blaziken [BP]	242 Blissey [BP]	522 Blitzle [BP]	525 Boldore [BP]
		438 Bonsly [BP]	626 Bouffalant [BP]	761 Bounsweet [BP]	654 Braixen [BP]	628 Braviary [BP]	286 Breloom [BP]
		729 Brionne [BP]	437 Bronzong [BP]	436 Bronzor [BP]	779 Bruxish [BP]	406 Budew [BP]	418 Buizel [BP]
		001 Bulbasaur [BP]	427 Buneary [BP]	659 Bunnelby [BP]	412 Burmy [BP]	012 Butterfree [BP]	794 Buzzwole [BP]
		331 Cacnea [BP]	332 Cacturne [BP]	323 Camerupt [BP]	703 Carbink [BP]	455 Carnivine [BP]	565 Carracosta [BP]
		318 Carvanha [BP]	351 Castform [BP]	010 Caterpie [BP]	251 Celebi [BP]	797 Celesteela [BP]	609 Chandelure [BP]
		113 Chansey [BP]	006 Charizard [BP]	737 Charjabug [BP]	004 Charmander [BP]	005 Charmeleon [BP]	441 Chatot [BP]
		421 Cherrim [BP]	420 Cherubi [BP]	652 Chesnaught [BP]	650 Chespin [BP]	152 Chikorita [BP]	390 Chimchar [BP]
		358 Chimecho [BP]	170 Chinchou [BP]	433 Chingling [BP]	573 Cinccino [BP]	366 Clamperl [BP]	692 Clauncher [BP]
		693 Clawitzer [BP]	344 Claydol [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]	091 Cloyster [BP]
		638 Cobalion [BP]	563 Cofagrigus [BP]	415 Combee [BP]	256 Combusken [BP]	764 Comfey [BP]	534 Conkeldurr [BP]
		341 Corphish [BP]	222 Corsola [BP]	546 Cottonee [BP]	740 Crabominable [BP]	739 Crabrawler [BP]	346 Cradily [BP]
		408 Cranidos [BP]	342 Crawdaunt [BP]	488 Cresselia [BP]	453 Croagunk [BP]	169 Crobat [BP]	159 Croconaw [BP]
		558 Crustle [BP]	615 Cryogonal [BP]	613 Cubchoo [BP]	104 Cubone [BP]	742 Cutiefly [BP]	155 Cyndaquil [BP]
		491 Darkrai [BP]	555 Darmanitan [BP]	723 Dartrix [BP]	554 Darumaka [BP]	724 Decidueye [BP]	702 Dedenne [31, BP]
		585 Deerling [BP]	633 Deino [BP]	301 Delcatty [BP]	225 Delibird [BP]	655 Delphox [BP]	386 Deoxys [BP]
		087 Dewgong [BP]	502 Dewott [BP]	751 Dewpider [BP]	781 Dhelmise [BP]	483 Dialga [BP]	719 Diancie [BP]
		660 Diggersby [BP]	050 Diglett [BP]	085 Dodrio [BP]	084 Doduo [BP]	232 Donphan [BP]	680 Doublade [BP]
		691 Dragalge [BP]	148 Dragonair [BP]	149 Dragonite [BP]	780 Drampa [BP]	452 Drapion [BP]	147 Dratini [BP]
		426 Drifblim [BP]	425 Drifloon [BP]	529 Drilbur [BP]	096 Drowzee [BP]	621 Druddigon [BP]	580 Ducklett [BP]
		051 Dugtrio [BP]	206 Dunsparce [E, BP]	578 Duosion [BP]	632 Durant [BP]	356 Dusclops [BP]	477 Dusknoir [BP]
		355 Duskull [BP]	269 Dustox [BP]	557 Dwebble [BP]	603 Eelektrik [BP]	604 Eelektross [BP]	133 Eevee [BP]
		023 Ekans [BP]	125 Electabuzz [BP]	466 Electivire [BP]	309 Electrike [BP]	101 Electrode [BP]	239 Elekid [BP]
		605 Elgyem [BP]	500 Emboar [BP]	587 Emolga [BP]	395 Empoleon [BP]	244 Entei [BP]	589 Escavalier [BP]
		196 Espeon [BP]	677 Espurr [BP]	530 Excadrill [BP]	102 Exeggcute [BP]	103 Exeggutor [BP]	295 Exploud [BP]
		083 Farfetch'd [BP]	022 Fearow [BP]	349 Feebas [BP]	653 Fennekin [BP]	160 Feraligatr [BP]	597 Ferroseed [BP]
		598 Ferrothorn [BP]	456 Finneon [BP]	180 Flaaffy [BP]	669 Flabébé [BP]	136 Flareon [BP]	662 Fletchinder [BP]
		661 Fletchling [BP]	419 Floatzel [BP]	670 Floette [BP]	671 Florges [BP]	330 Flygon [BP]	753 Fomantis [BP]
		590 Foongus [BP]	205 Forretress [BP]	611 Fraxure [BP]	592 Frillish [BP]	656 Froakie [BP]	657 Frogadier [BP]
		478 Froslass [BP]	676 Furfrou [BP]	162 Furret [BP]	444 Gabite [BP]	475 Gallade [BP]	596 Galvantula [BP]
		569 Garbodor [BP]	445 Garchomp [BP]	282 Gardevoir [BP]	092 Gastly [BP]	423 Gastrodon [BP]	649 Genesect [BP]
		094 Gengar [BP]	074 Geodude [BP]	443 Gible [BP]	526 Gigalith [BP]	203 Girafarig [BP]	487 Giratina [BP]
		471 Glaceon [BP]	362 Glalie [BP]	431 Glameow [BP]	207 Gligar [BP]	472 Gliscor [BP]	044 Gloom [BP]
		673 Gogoat [BP]	042 Golbat [BP]	118 Goldeen [BP]	055 Golduck [BP]	076 Golem [BP]	622 Golett [BP]

Type	Move Name	Pokémon					
Normal	Snore	768 Golisopod [BP]	623 Golurk [BP]	706 Goodra [BP]	704 Goomy [BP]	368 Gorebyss [BP]	574 Gothita [BP]
		576 Gothitelle [BP]	575 Gothorita [BP]	210 Granbull [BP]	075 Graveler [BP]	658 Greninja [BP]	088 Grimer [BP]
		388 Grotle [BP]	383 Groudon [BP]	253 Grovyle [BP]	058 Growlithe [BP]	736 Grubbin [BP]	326 Grumpig [35, BP]
		316 Gulpin [BP]	735 Gumshoos [BP]	533 Gurdurr [BP]	799 Guzzlord [BP]	130 Gyarados [BP]	783 Hakamo-o [BP]
		440 Happiny [BP]	297 Hariyama [BP]	093 Haunter [BP]	701 Hawlucha [BP]	612 Haxorus [BP]	631 Heatmor [BP]
		485 Heatran [BP]	695 Heliolisk [BP]	694 Helioptile [BP]	214 Heracross [BP]	507 Herdier [BP]	449 Hippopotas [BP]
		450 Hippowdon [BP]	107 Hitmonchan [BP]	106 Hitmonlee [BP]	237 Hitmontop [BP]	430 Honchkrow [BP]	679 Honedge [BP]
		250 Ho-Oh [BP]	720 Hoopa [BP]	163 Hoothoot [BP]	187 Hoppip [BP]	116 Horsea [BP]	229 Houndoom [BP]
		228 Houndour [BP]	367 Huntail [BP]	635 Hydreigon [BP]	097 Hypno [BP]	174 Igglybuff [BP]	314 Illumise [BP]
		727 Incineroar [BP]	392 Infernape [BP]	686 Inkay [BP]	002 Ivysaur [BP]	782 Jangmo-o [BP]	593 Jellicent [BP]
		039 Jigglypuff [BP]	385 Jirachi [BP]	135 Jolteon [BP]	595 Joltik [BP]	189 Jumpluff [BP]	124 Jynx [BP]
		140 Kabuto [BP]	141 Kabutops [BP]	064 Kadabra [BP]	115 Kangaskhan [BP]	588 Karrablast [BP]	798 Kartana [BP]
		352 Kecleon [BP]	647 Keldeo [BP]	230 Kingdra [BP]	099 Kingler [BP]	281 Kirlia [BP]	600 Klang [BP]
		707 Klefki [BP]	599 Klink [BP]	601 Klinklang [BP]	109 Koffing [BP]	775 Komala [BP]	784 Kommo-o [BP]
		098 Krabby [BP]	401 Kricketot [BP]	402 Kricketune [BP]	552 Krokorok [BP]	553 Krookodile [BP]	382 Kyogre [BP]
		646 Kyurem [BP]	305 Lairon [BP]	608 Lampent [BP]	645 Landorus [BP]	171 Lanturn [BP]	131 Lapras [BP]
		636 Larvesta [BP]	246 Larvitar [BP]	380 Latias [BP]	381 Latios [BP]	470 Leafeon [BP]	542 Leavanny [BP]
		166 Ledian [BP]	165 Ledyba [BP]	463 Lickilicky [BP]	108 Lickitung [E, BP]	510 Liepard [BP]	345 Lileep [BP]
		549 Lilligant [BP]	506 Lillipup [BP]	264 Linoone [BP]	667 Litleo [BP]	725 Litten [BP]	607 Litwick [BP]
		271 Lombre [BP]	428 Lopunny [BP]	270 Lotad [BP]	294 Loudred [BP]	448 Lucario [BP]	272 Ludicolo [BP]
		249 Lugia [BP]	457 Lumineon [BP]	792 Lunala [BP]	337 Lunatone [BP]	754 Lurantis [BP]	370 Luvdisc [BP]
		404 Luxio [BP]	405 Luxray [BP]	745 Lycanroc [BP]	068 Machamp [BP]	067 Machoke [BP]	066 Machop [BP]
		240 Magby [BP]	219 Magcargo [BP]	801 Magearna [BP]	126 Magmar [BP]	467 Magmortar [BP]	081 Magnemite [BP]
		082 Magneton [BP]	462 Magnezone [BP]	296 Makuhita [BP]	687 Malamar [BP]	473 Mamoswine [BP]	490 Manaphy [BP]
		630 Mandibuzz [BP]	310 Manectric [BP]	056 Mankey [BP]	226 Mantine [BP]	458 Mantyke [BP]	556 Maractus [BP]
		747 Mareanie [BP]	179 Mareep [BP]	183 Marill [BP]	105 Marowak [BP]	802 Marshadow [BP]	259 Marshtomp [BP]
		284 Masquerain [BP]	303 Mawile [BP]	308 Medicham [BP]	307 Meditite [BP]	154 Meganium [BP]	648 Meloetta [BP]
		678 Meowstic [BP]	052 Meowth [BP]	481 Mesprit [BP]	376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]
		150 Mewtwo [BP]	619 Mienfoo [BP]	620 Mienshao [BP]	262 Mightyena [BP]	350 Milotic [BP]	241 Miltank [BP]
		439 Mime Jr. [BP]	778 Mimikyu [BP]	572 Minccino [BP]	774 Minior [BP]	312 Minun [BP]	200 Misdreavus [BP]
		429 Mismagius [BP]	146 Moltres [BP]	391 Monferno [BP]	755 Morelull [BP]	414 Mothim [BP]	122 Mr. Mime [BP]
		749 Mudbray [BP]	258 Mudkip [BP]	750 Mudsdale [BP]	089 Muk [BP]	446 Munchlax [BP]	517 Munna [BP]
		198 Murkrow [BP]	518 Musharna [BP]	804 Naganadel [BP]	177 Natu [BP]	800 Necrozma [BP]	034 Nidoking [BP]
		031 Nidoqueen [BP]	029 Nidoran♀ [BP]	032 Nidoran♂ [BP]	030 Nidorina [BP]	033 Nidorino [BP]	793 Nihilego [BP]
		290 Nincada [BP]	038 Ninetales [BP]	291 Ninjask [BP]	164 Noctowl [BP]	714 Noibat [BP]	715 Noivern [BP]
		299 Nosepass [BP]	322 Numel [BP]	274 Nuzleaf [BP]	224 Octillery [BP]	043 Oddish [BP]	138 Omanyte [BP]
		139 Omastar [BP]	095 Onix [BP]	765 Oranguru [BP]	741 Oricorio [BP]	501 Oshawott [BP]	417 Pachirisu [BP]
		484 Palkia [BP]	770 Palossand [BP]	536 Palpitoad [BP]	674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]
		511 Pansage [BP]	513 Pansear [BP]	046 Paras [BP]	047 Parasect [BP]	766 Passimian [BP]	504 Patrat [BP]
		624 Pawniard [BP]	279 Pelipper [BP]	053 Persian [BP]	548 Petilil [BP]	231 Phanpy [E, BP]	708 Phantump [BP]
		795 Pheromosa [BP]	489 Phione [BP]	172 Pichu [BP]	018 Pidgeot [BP]	017 Pidgeotto [BP]	016 Pidgey [BP]
		519 Pidove [BP]	499 Pignite [BP]	025 Pikachu [BP]	731 Pikipek [BP]	221 Piloswine [BP]	204 Pineco [BP]
		127 Pinsir [BP]	393 Piplup [E, BP]	311 Plusle [BP]	803 Poipole [BP]	186 Politoed [BP]	060 Poliwag [BP]
		061 Poliwhirl [BP]	062 Poliwrath [BP]	077 Ponyta [BP]	261 Poochyena [BP]	728 Popplio [BP]	137 Porygon [BP]
		233 Porygon2 [BP]	474 Porygon-Z [BP]	730 Primarina [BP]	057 Primeape [BP]	394 Prinplup [BP]	476 Probopass [BP]
		054 Psyduck [BP]	247 Pupitar [BP]	509 Purrloin [BP]	432 Purugly [BP]	668 Pyroar [BP]	195 Quagsire [BP]
		156 Quilava [BP]	651 Quilladin [BP]	211 Qwilfish [BP]	026 Raichu [BP]	243 Raikou [BP]	280 Ralts [BP]
		409 Rampardos [BP]	078 Rapidash [BP]	020 Raticate [BP]	019 Rattata [BP]	384 Rayquaza [BP]	378 Regice [BP]
		486 Regigigas [BP]	377 Regirock [BP]	379 Registeel [BP]	369 Relicanth [E, BP]	223 Remoraid [E, BP]	643 Reshiram [BP]
		579 Reuniclus [BP]	112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]	743 Ribombee [BP]	447 Riolu [BP]
		744 Rockruff [BP]	524 Roggenrola [BP]	315 Roselia [BP]	407 Roserade [BP]	479 Rotom [BP]	722 Rowlet [BP]
		627 Rufflet [BP]	302 Sableye [BP]	373 Salamence [BP]	757 Salandit [BP]	758 Salazzle [BP]	503 Samurott [BP]
		551 Sandile [BP]	027 Sandshrew [BP]	028 Sandslash [BP]	769 Sandygast [BP]	539 Sawk [BP]	586 Sawsbuck [BP]
		254 Sceptile [BP]	212 Scizor [BP]	545 Scolipede [BP]	560 Scrafty [BP]	559 Scraggy [BP]	123 Scyther [BP]
		117 Seadra [BP]	119 Seaking [BP]	364 Sealeo [31, BP]	273 Seedot [BP]	086 Seel [BP]	537 Seismitoad [BP]
		161 Sentret [BP]	497 Serperior [BP]	496 Servine [BP]	336 Seviper [BP]	540 Sewaddle [BP]	319 Sharpedo [BP]
		492 Shaymin [BP]	292 Shedinja [BP]	372 Shelgon [BP]	090 Shellder [BP]	422 Shellos [BP]	616 Shelmet [BP]
		410 Shieldon [BP]	275 Shiftry [BP]	756 Shiinotic [BP]	403 Shinx [BP]	285 Shroomish [BP]	213 Shuckle [BP]

Type	Move Name	Pokémon					
Normal	**Snore**	353 Shuppet [BP]	561 Sigilyph [BP]	773 Silvally [BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]
		227 Skarmory [BP]	672 Skiddo [BP]	188 Skiploom [BP]	300 Skitty [BP]	451 Skorupi [BP]	690 Skrelp [BP]
		435 Skuntank [BP]	289 Slaking [BP]	287 Slakoth [E, BP]	705 Sliggoo [BP]	080 Slowbro [BP]	199 Slowking [BP]
		079 Slowpoke [E, BP]	218 Slugma [BP]	685 Slurpuff [BP]	238 Smoochum [BP]	215 Sneasel [BP]	495 Snivy [BP]
		143 Snorlax [28, BP]	361 Snorunt [BP]	459 Snover [BP]	209 Snubbull [E, BP]	791 Solgaleo [BP]	577 Solosis [BP]
		338 Solrock [BP]	021 Spearow [BP]	363 Spheal [31, BP]	167 Spinarak [BP]	327 Spinda [BP]	442 Spiritomb [BP]
		325 Spoink [33, BP]	682 Spritzee [BP]	007 Squirtle [BP]	805 Stakataka [BP]	234 Stantler [BP]	398 Staraptor [BP]
		397 Staravia [BP]	396 Starly [BP]	121 Starmie [BP]	120 Staryu [BP]	208 Steelix [BP]	762 Steenee [BP]
		508 Stoutland [BP]	759 Stufful [BP]	618 Stunfisk [BP]	434 Stunky [BP]	185 Sudowoodo [BP]	245 Suicune [BP]
		192 Sunflora [BP]	191 Sunkern [BP]	283 Surskit [BP]	333 Swablu [BP]	541 Swadloon [BP]	317 Swalot [BP]
		260 Swampert [BP]	581 Swanna [BP]	277 Swellow [BP]	220 Swinub [BP]	684 Swirlix [BP]	528 Swoobat [BP]
		700 Sylveon [BP]	276 Taillow [BP]	663 Talonflame [BP]	114 Tangela [BP]	465 Tangrowth [BP]	787 Tapu Bulu [BP]
		788 Tapu Fini [BP]	785 Tapu Koko [BP]	786 Tapu Lele [BP]	128 Tauros [BP]	216 Teddiursa [43, BP]	072 Tentacool [BP]
		073 Tentacruel [BP]	498 Tepig [BP]	639 Terrakion [BP]	538 Throh [BP]	642 Thundurus [BP]	532 Timburr [BP]
		564 Tirtouga [BP]	777 Togedemaru [BP]	468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]	255 Torchic [BP]
		324 Torkoal [BP]	641 Tornadus [BP]	726 Torracat [BP]	389 Torterra [BP]	158 Totodile [BP]	733 Toucannon [BP]
		748 Toxapex [BP]	454 Toxicroak [BP]	520 Tranquill [BP]	328 Trapinch [BP]	252 Treecko [BP]	709 Trevenant [BP]
		357 Tropius [BP]	568 Trubbish [BP]	732 Trumbeak [BP]	763 Tsareena [BP]	776 Turtonator [BP]	387 Turtwig [BP]
		535 Tympole [E, BP]	772 Type: Null [BP]	157 Typhlosion [BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	236 Tyrogue [BP]
		696 Tyrunt [BP]	197 Umbreon [BP]	521 Unfezant [BP]	217 Ursaring [49, BP]	480 Uxie [BP]	583 Vanillish [BP]
		582 Vanillite [BP]	584 Vanilluxe [BP]	134 Vaporeon [BP]	543 Venipede [BP]	049 Venomoth [BP]	048 Venonat [BP]
		003 Venusaur [BP]	416 Vespiquen [BP]	329 Vibrava [BP]	494 Victini [BP]	071 Victreebel [BP]	288 Vigoroth [BP]
		738 Vikavolt [BP]	045 Vileplume [BP]	640 Virizion [BP]	666 Vivillon [BP]	313 Volbeat [BP]	721 Volcanion [BP]
		637 Volcarona [BP]	100 Voltorb [BP]	629 Vullaby [BP]	037 Vulpix [BP]	320 Wailmer [E, BP]	321 Wailord [BP]
		365 Walrein [31, BP]	008 Wartortle [BP]	505 Watchog [BP]	461 Weavile [BP]	070 Weepinbell [BP]	110 Weezing [BP]
		547 Whimsicott [BP]	544 Whirlipede [BP]	340 Whiscash [25, BP]	293 Whismur [E, BP]	040 Wigglytuff [BP]	767 Wimpod [BP]
		278 Wingull [BP]	746 Wishiwashi [BP]	527 Woobat [BP]	194 Wooper [BP]	413 Wormadam [BP]	265 Wurmple [BP]
		178 Xatu [BP]	716 Xerneas [BP]	796 Xurkitree [BP]	562 Yamask [BP]	193 Yanma [BP]	469 Yanmega [BP]
		734 Yungoos [BP]	717 Yveltal [BP]	335 Zangoose [BP]	145 Zapdos [BP]	523 Zebstrika [BP]	644 Zekrom [BP]
		263 Zigzagoon [BP]	571 Zoroark [BP]	570 Zorua [BP]	041 Zubat [BP]	634 Zweilous [BP]	718 Zygarde [BP]
Water	**Soak**	594 Alomomola [33]	752 Araquanid [1]	298 Azurill [E]	550 Basculin [23]	418 Buizel [E]	170 Chinchou [E]
		456 Finneon [54]	118 Goldeen [40]	055 Golduck [31]	457 Lumineon [1, 66]	370 Luvdisc [42]	224 Octillery [64]
		279 Pelipper [1]	054 Psyduck [31]	771 Pyukumuku [41]	223 Remoraid [50]	119 Seaking [46]	788 Tapu Fini [20]
		320 Wailmer [E]	321 Wailord [1]	278 Wingull [E]	746 Wishiwashi [46]		
Normal	**Soft-Boiled**	242 Blissey [16]	113 Chansey [16]				
Grass	**Solar Beam (TM22)**	460 Abomasnow [TM]	306 Aggron [TM]	190 Aipom [TM]	334 Altaria [TM]	424 Ambipom [TM]	591 Amoonguss [49, TM]
		059 Arcanine [TM]	493 Arceus [TM]	168 Ariados [TM]	531 Audino [TM]	343 Baltoy [TM]	153 Bayleef [54, TM]
		267 Beautifly [TM]	015 Beedrill [TM]	182 Bellossom [TM]	069 Bellsprout [TM]	257 Blaziken [TM]	242 Blissey [TM]
		761 Bounsweet [TM]	654 Braixen [TM]	286 Breloom [TM]	437 Bronzong [TM]	436 Bronzor [TM]	406 Budew [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	012 Butterfree [TM]	331 Cacnea [TM]	332 Cacturne [TM]	323 Camerupt [TM]
		455 Carnivine [TM]	351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]
		006 Charizard [TM]	421 Cherrim [43, TM]	420 Cherubi [37, TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [45, TM]
		344 Claydol [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	764 Comfey [TM]	546 Cottonee [46, TM]
		346 Cradily [TM]	488 Cresselia [TM]	558 Crustle [TM]	615 Cryogonal [50, TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	585 Deerling [51, TM]	301 Delcatty [TM]	655 Delphox [TM]	386 Deoxys [TM]
		781 Dhelmise [TM]	780 Drampa [TM]	206 Dunsparce [TM]	269 Dustox [TM]	557 Dwebble [TM]	500 Emboar [TM]
		244 Entei [TM]	102 Exeggcute [43, TM]	103 Exeggutor [TM]	295 Exploud [TM]	653 Fennekin [TM]	597 Ferroseed [TM]
		598 Ferrothorn [TM]	669 Flabébé [48, TM]	670 Floette [58, TM]	671 Florges [TM]	330 Flygon [TM]	753 Fomantis [41, TM]
		590 Foongus [43, TM]	205 Forretress [TM]	162 Furret [TM]	569 Garbodor [TM]	649 Genesect [TM]	526 Gigalith [TM]
		044 Gloom [TM]	673 Gogoat [TM]	623 Golurk [TM]	711 Gourgeist [TM]	210 Granbull [TM]	388 Grotle [TM]
		383 Groudon [60, TM]	253 Grovyle [TM]	316 Gulpin [TM]	440 Happiny [TM]	631 Heatmor [TM]	485 Heatran [TM]
		250 Ho-Oh [TM]	187 Hoppip [TM]	229 Houndoom [TM]	228 Houndour [TM]	174 Igglybuff [TM]	314 Illumise [TM]
		392 Infernape [TM]	002 Ivysaur [44, TM]	039 Jigglypuff [TM]	189 Jumpluff [TM]	115 Kangaskhan [TM]	352 Kecleon [TM]
		608 Lampent [TM]	636 Larvesta [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]
		166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	345 Lileep [TM]	549 Lilligant [TM]
		667 Litleo [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [TM]
		272 Ludicolo [TM]	792 Lunala [TM]	754 Lurantis [TM]	219 Magcargo [TM]	801 Magearna [TM]	467 Magmortar [TM]

Type	Move Name	Pokémon					
Grass	**Solar Beam (TM22)**	556 Maractus [50, TM]	284 Masquerain [TM]	303 Mawile [TM]	154 Meganium [66, TM]	151 Mew [TM]	150 Mewtwo [TM]
		241 Miltank [TM]	439 Mime Jr. [TM]	774 Minior [TM]	146 Moltres [71, TM]	755 Morelull [TM]	414 Mothim [TM]
		122 Mr. Mime [TM]	446 Munchlax [TM]	177 Natu [TM]	800 Necrozma [TM]	290 Nincada [TM]	038 Ninetales ◆ [TM]
		291 Ninjask [TM]	714 Noibat [TM]	715 Noivern [TM]	274 Nuzleaf [TM]	043 Oddish [TM]	511 Pansage [TM]
		513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]	548 Petilil [TM]	708 Phantump [TM]	499 Pignite [TM]
		204 Pineco [TM]	077 Ponyta [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	710 Pumpkaboo [TM]
		668 Pyroar [TM]	651 Quilladin [TM]	078 Rapidash [TM]	384 Rayquaza [TM]	643 Reshiram [TM]	743 Ribombee [TM]
		315 Roselia [TM]	407 Roserade [TM]	722 Rowlet [TM]	586 Sawsbuck [60, TM]	254 Sceptile [TM]	545 Scolipede [TM]
		273 Seedot [TM]	161 Sentret [TM]	497 Serperior [TM]	496 Servine [TM]	540 Sewaddle [TM]	492 Shaymin [TM]
		292 Shedinja [TM]	275 Shiftry [TM]	756 Shiinotic [TM]	285 Shroomish [TM]	561 Sigilyph [TM]	512 Simisage [TM]
		514 Simisear [TM]	672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	289 Slaking [TM]	287 Slakoth [TM]
		495 Snivy [TM]	143 Snorlax [TM]	459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [47, TM]	338 Solrock [41, TM]
		167 Spinarak [TM]	234 Stantler [TM]	762 Steenee [TM]	192 Sunflora [34, TM]	191 Sunkern [34, TM]	283 Surskit [TM]
		333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]
		787 Tapu Bulu [TM]	128 Tauros [TM]	498 Tepig [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]
		324 Torkoal [TM]	389 Torterra [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [56, TM]
		763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	157 Typhlosion [TM]	480 Uxie [TM]	543 Venipede [TM]
		049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [53, TM]	329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]
		288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [69, TM]	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]
		721 Volcanion [TM]	637 Volcarona [TM]	070 Weepinbell [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]	293 Whismur [TM]
		040 Wigglytuff [TM]	413 Wormadam (Plant Cloak) [TM]	178 Xatu [TM]	796 Xurkitree [TM]	193 Yanma [TM]	469 Yanmega [TM]
		335 Zangoose [TM]					
Grass	**Solar Blade**	754 Lurantis [47]					
Normal	**Sonic Boom**	418 Buizel [1]	101 Electrode [1, 4]	419 Floatzel [1]	330 Flygon [1]	801 Magearna [1]	081 Magnemite [17]
		082 Magneton [17]	462 Magnezone [17]	517 Munna [E]	167 Spinarak [E]	329 Vibrava [1]	100 Voltorb [4]
		193 Yanma [14]	469 Yanmega [14]				
Dragon	**Spacial Rend**	484 Palkia [46]					
Electric	**Spark**	339 Barboach [E]	522 Blitzle [25]	737 Charjabug [16]	170 Chinchou [23]	603 Eelektrik [1]	309 Electrike [13]
		101 Electrode [9]	587 Emolga [13]	074 Geodude (Alola Form) [12]	076 Golem (Alola Form) [12]	075 Graveler (Alola Form) [12]	736 Grubbin [16]
		171 Lanturn [23]	404 Luxio [13]	405 Luxray [13]	081 Magnemite [19]	082 Magneton [19]	462 Magnezone [19]
		310 Manectric [13]	312 Minun [7]	299 Nosepass [19]	417 Pachirisu [13]	025 Pikachu [26]	311 Plusle [7]
		476 Probopass [19]	243 Raikou [29]	403 Shinx [13]	618 Stunfisk [E]	785 Tapu Koko [8]	777 Togedemaru [17]
		602 Tynamo [1]	738 Vikavolt [16]	100 Voltorb [9]	796 Xurkitree [1]	523 Zebstrika [25]	
Water	**Sparkling Aria**	730 Primarina [1, EV]					
Ghost	**Spectral Thief**	802 Marshadow [45]					
Psychic	**Speed Swap**	742 Cutiefly [E]	587 Emolga [E]	795 Pheromosa [73]	026 Raichu (Alola Form) [1]		
Bug	**Spider Web**	752 Araquanid [1, 8]	168 Ariados [32]	751 Dewpider [8]	596 Galvantula [1]	595 Joltik [1]	167 Spinarak [29]
Normal	**Spike Cannon**	091 Cloyster [13]	222 Corsola [20]	747 Mareanie [29]	139 Omastar [1, EV]	748 Toxapex [29]	
Ground	**Spikes**	406 Budew [E]	659 Bunnelby [E]	331 Cacnea [30]	332 Cacturne [30]	650 Chespin [E]	091 Cloyster [28]
		225 Delibird [E]	386 Deoxys (Defense Forme) [25]	557 Dwebble [E]	597 Ferroseed [E]	205 Forretress [28]	658 Greninja [28]
		707 Klefki [15]	556 Maractus [E]	138 Omanyte [E]	204 Pineco [28]	211 Qwilfish [1]	315 Roselia [E]
		616 Shelmet [E]	227 Skarmory [28]	361 Snorunt [E]	568 Trubbish [E]	543 Venipede [E]	767 Wimpod [E]
Grass	**Spiky Shield**	332 Cacturne [1, EV]	652 Chesnaught [1, EV]	556 Maractus [1]	511 Pansage [E]	777 Togedemaru [49]	
Ghost	**Spirit Shackle**	724 Decidueye [1, EV]					
Normal	**Spit Up**	024 Arbok [27]	455 Carnivine [37]	346 Cradily [52]	751 Dewpider [E]	426 Drifblim [34]	425 Drifloon [32]
		023 Ekans [25]	088 Grimer [E]	316 Gulpin [28]	631 Heatmor [56]	449 Hippopotas [E]	039 Jigglypuff [25]
		109 Koffing [E]	775 Komala [6]	171 Lanturn [1, EV]	345 Lileep [46]	747 Mareanie [E]	303 Mawile [41]
		322 Numel [E]	279 Pelipper [33]	211 Qwilfish [25]	769 Sandygast [E]	086 Seel [E]	336 Seviper [E]
		422 Shellos [E]	218 Slugma [E]	363 Spheal [E]	317 Swalot [30]	387 Turtwig [E]	071 Victreebel [1]
		194 Wooper [E]					
Ghost	**Spite**	359 Absol [BP]	681 Aegislash [BP]	306 Aggron [BP]	190 Aipom [E, BP]	424 Ambipom [BP]	024 Arbok [BP]
		304 Aron [BP]	354 Banette [1, 10, BP]	625 Bisharp [BP]	806 Blacephalon [BP]	331 Cacnea [BP]	332 Cacturne [BP]
		318 Carvanha [BP]	609 Chandelure [BP]	563 Cofagrigus [BP]	341 Corphish [BP]	408 Cranidos [BP]	342 Crawdaunt [BP]
		453 Croagunk [BP]	159 Croconaw [BP]	491 Darkrai [BP]	724 Decidueye [BP]	633 Deino [BP]	781 Dhelmise [BP]

Type	Move Name	Pokémon					
Ghost	**Spite**	680 Doublade [BP]	426 Drifblim [BP]	425 Drifloon [BP]	206 Dunsparce [6, BP]	356 Dusclops [BP]	477 Dusknoir [BP]
		355 Duskull [BP]	023 Ekans [E, BP]	160 Feraligatr [BP]	592 Frillish [BP]	656 Froakie [BP]	657 Frogadier [BP]
		478 Froslass [BP]	569 Garbodor [BP]	092 Gastly [5, BP]	094 Gengar [1, 5, BP]	487 Giratina [BP]	362 Glalie [BP]
		768 Golisopod [13, BP]	711 Gourgeist [BP]	658 Greninja [BP]	088 Grimer (Alola Form) [E, BP]	130 Gyarados [BP]	093 Haunter [1, 5, BP]
		430 Honchkrow [BP]	679 Honedge [BP]	229 Houndoom [BP]	228 Houndour [E, BP]	635 Hydreigon [BP]	686 Inkay [BP]
		593 Jellicent [BP]	115 Kangaskhan [BP]	109 Koffing [E, BP]	552 Krokorok [BP]	553 Krookodile [BP]	305 Lairon [BP]
		608 Lampent [BP]	246 Larvitar [BP]	510 Liepard [BP]	607 Litwick [BP]	792 Lunala [BP]	687 Malamar [BP]
		056 Mankey [BP]	747 Mareanie [BP]	105 Marowak (Alola Form) [BP]	052 Meowth [E, BP]	151 Mew [BP]	262 Mightyena [BP]
		778 Mimikyu [BP]	200 Misdreavus [5, E, BP]	429 Mismagius [1, BP]	089 Muk (Alola Form) [BP]	198 Murkrow [BP]	793 Nihilego [BP]
		290 Nincada [BP]	038 Ninetales [BP]	291 Ninjask [BP]	274 Nuzleaf [BP]	765 Oranguru [BP]	770 Palossand [BP]
		674 Pancham [BP]	675 Pangoro [BP]	624 Pawniard [BP]	053 Persian [BP]	708 Phantump [BP]	261 Poochyena [BP]
		057 Primeape [BP]	710 Pumpkaboo [BP]	247 Pupitar [BP]	509 Purrloin [BP]	771 Pyukumuku [E, BP]	409 Rampardos [BP]
		112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]	479 Rotom [BP]	302 Sableye [BP]	551 Sandile [BP]
		769 Sandygast [BP]	560 Scrafty [BP]	559 Scraggy [BP]	273 Seedot [BP]	319 Sharpedo [BP]	292 Shedinja [17, BP]
		275 Shiftry [BP]	353 Shuppet [10, BP]	215 Sneasel [E, BP]	361 Snorunt [BP]	442 Spiritomb [1, BP]	234 Stantler [E, BP]
		618 Stunfisk [E, BP]	128 Tauros [BP]	158 Totodile [BP]	748 Toxapex [BP]	454 Toxicroak [BP]	709 Trevenant [BP]
		568 Trubbish [BP]	248 Tyranitar [BP]	197 Umbreon [BP]	037 Vulpix [E, BP]	461 Weavile [BP]	110 Weezing [BP]
		562 Yamask [BP]	571 Zoroark [BP]	570 Zorua [BP]	634 Zweilous [BP]	718 Zygarde [BP]	
Normal	**Splash**	298 Azurill [1]	761 Bounsweet [1]	427 Buneary [1]	692 Clauncher [1]	693 Clawitzer [1]	173 Cleffa [E]
		789 Cosmog [1]	225 Delibird [E]	349 Feebas [1]	456 Finneon [E]	326 Grumpig [1]	187 Hoppip [1]
		116 Horsea [E]	189 Jumpluff [1]	428 Lopunny [1]	370 Luvdisc [E]	129 Magikarp [1]	226 Mantine [E]
		458 Mantyke [E]	778 Mimikyu [1]	060 Poliwag [E]	188 Skiploom [1]	325 Spoink [1]	762 Steenee [1]
		763 Tsareena [1]	320 Wailmer [1]	321 Wailord [1]	360 Wynaut [1]		
Grass	**Spore**	591 Amoonguss [62]	590 Foongus [50]	755 Morelull [36]	046 Paras [22]	047 Parasect [22]	756 Shiinotic [40]
		285 Shroomish [40]					
Normal	**Spotlight**	036 Clefable [1]	035 Clefairy [1]	171 Lanturn [1]	755 Morelull [46]	756 Shiinotic [53]	327 Spinda [E]
		121 Starmie [1]					
Rock	**Stealth Rock**	142 Aerodactyl [BP]	306 Aggron [BP]	698 Amaura [BP]	347 Anorith [BP]	493 Arceus [BP]	566 Archen [BP]
		567 Archeops [BP]	348 Armaldo [BP]	304 Aron [E, BP]	699 Aurorus [BP]	482 Azelf [BP]	343 Baltoy [BP]
		689 Barbaracle [BP]	411 Bastiodon [BP]	400 Bibarel [BP]	399 Bidoof [BP]	688 Binacle [BP]	625 Bisharp [BP]
		242 Blissey [BP]	525 Boldore [36, BP]	438 Bonsly [E, BP]	437 Bronzong [BP]	436 Bronzor [BP]	323 Camerupt [BP]
		703 Carbink [21, BP]	565 Carracosta [BP]	251 Celebi [BP]	113 Chansey [BP]	390 Chimchar [BP]	344 Claydol [BP]
		036 Clefable [BP]	035 Clefairy [BP]	638 Cobalion [BP]	222 Corsola [BP]	346 Cradily [BP]	408 Cranidos [BP]
		558 Crustle [24, BP]	104 Cubone [BP]	386 Deoxys [BP]	483 Dialga [BP]	719 Diancie [18, BP]	050 Diglett [BP]
		232 Donphan [BP]	529 Drilbur [BP]	621 Druddigon [BP]	051 Dugtrio [BP]	206 Dunsparce [BP]	557 Dwebble [24, BP]
		395 Empoleon [BP]	530 Excadrill [BP]	597 Ferroseed [E, BP]	598 Ferrothorn [BP]	205 Forretress [BP]	444 Gabite [BP]
		445 Garchomp [BP]	074 Geodude [28, BP]	443 Gible [BP]	526 Gigalith [36, BP]	207 Gligar [BP]	472 Gliscor [BP]
		076 Golem [30, BP]	622 Golett [BP]	623 Golurk [BP]	075 Graveler [30, BP]	388 Grotle [BP]	383 Groudon [BP]
		485 Heatran [BP]	449 Hippopotas [BP]	450 Hippowdon [BP]	392 Infernape [BP]	039 Jigglypuff [BP]	385 Jirachi [BP]
		140 Kabuto [BP]	141 Kabutops [BP]	352 Kecleon [BP]	784 Kommo-o [BP]	552 Krokorok [BP]	553 Krookodile [BP]
		305 Lairon [BP]	645 Landorus [BP]	246 Larvitar [E, BP]	345 Lileep [E, BP]	337 Lunatone [BP]	745 Lycanroc [29, BP]
		219 Magcargo [BP]	473 Mamoswine [BP]	105 Marowak [BP]	259 Marshtomp [BP]	303 Mawile [BP]	481 Mesprit [BP]
		376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]	241 Miltank [BP]	774 Minior [24, BP]	391 Monferno [BP]
		749 Mudbray [BP]	750 Mudsdale [BP]	800 Necrozma [53, BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	793 Nihilego [59, BP]
		299 Nosepass [E, BP]	322 Numel [BP]	138 Omanyte [BP]	139 Omastar [BP]	095 Onix [16, E, BP]	770 Palossand [BP]
		536 Palpitoad [BP]	624 Pawniard [E, BP]	231 Phanpy [BP]	221 Piloswine [BP]	204 Pineco [E, BP]	127 Pinsir [BP]
		393 Piplup [BP]	394 Prinplup [BP]	476 Probopass [BP]	247 Pupitar [BP]	409 Rampardos [BP]	377 Regirock [BP]
		379 Registeel [BP]	369 Relicanth [BP]	112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]	744 Rockruff [29, BP]
		524 Roggenrola [30, BP]	551 Sandile [BP]	027 Sandshrew [BP]	028 Sandslash [BP]	769 Sandygast [BP]	537 Seismitoad [BP]
		410 Shieldon [E, BP]	213 Shuckle [BP]	227 Skarmory [E, BP]	338 Solrock [BP]	805 Stakataka [11, BP]	208 Steelix [16, BP]
		618 Stunfisk [BP]	185 Sudowoodo [E, BP]	260 Swampert [BP]	220 Swinub [E, BP]	639 Terrakion [BP]	564 Tirtouga [BP]
		324 Torkoal [BP]	389 Torterra [BP]	387 Turtwig [BP]	248 Tyranitar [BP]	697 Tyrantrum [15, BP]	696 Tyrunt [15, BP]
		480 Uxie [BP]	040 Wigglytuff [BP]	413 Wormadam (Sandy Cloak) [BP]	413 Wormadam (Trash Cloak) [BP]		
Water	**Steam Eruption**	721 Volcanion [1, 85]					
Bug	**Steamroller**	076 Golem [10]	799 Guzzlord [19]	545 Scolipede [39]	543 Venipede [33]	544 Whirlipede [37]	

Type	Move Name	Pokémon					
Steel	Steel Wing (TM51)	142 Aerodactyl [TM, E]	334 Altaria [TM]	566 Archen [TM, E]	567 Archeops [TM]	144 Articuno [TM]	606 Beheeyem [TM]
		628 Braviary [TM]	006 Charizard [TM]	441 Chatot [TM, E]	169 Crobat [TM]	723 Dartrix [TM]	724 Decidueye [TM]
		085 Dodrio [TM]	084 Doduo [TM]	149 Dragonite [TM]	780 Drampa [TM]	580 Ducklett [TM, E]	605 Elgyem [TM]
		395 Empoleon [TM]	083 Farfetch'd [TM, E]	022 Fearow [TM]	662 Fletchinder [55, TM]	661 Fletchling [48, TM]	330 Flygon [TM]
		487 Giratina [TM]	207 Gligar [TM]	472 Gliscor [TM]	042 Golbat [TM]	701 Hawlucha [TM]	430 Honchkrow [TM]
		250 Ho-Oh [TM]	163 Hoothoot [TM]	635 Hydreigon [TM]	646 Kyurem [TM]	380 Latias [TM]	381 Latios [TM]
		542 Leavanny [TM]	249 Lugia [TM]	630 Mandibuzz [TM]	151 Mew [TM]	146 Moltres [TM]	198 Murkrow [TM]
		177 Natu [TM, E]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	741 Oricorio [TM]	279 Pelipper [TM]
		018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM, E]	519 Pidove [TM, E]	731 Pikipek [TM]	643 Reshiram [TM]
		722 Rowlet [TM]	627 Rufflet [TM]	373 Salamence [TM]	212 Scizor [TM]	123 Scyther [TM, E]	561 Sigilyph [TM, E]
		773 Silvally [TM]	227 Skarmory [34, TM]	021 Spearow [TM, E]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM, E]
		333 Swablu [TM, E]	581 Swanna [TM]	277 Swellow [TM]	528 Swoobat [TM]	276 Taillow [TM, E]	663 Talonflame [60, TM]
		785 Tapu Koko [TM]	468 Togekiss [TM]	176 Togetic [TM]	733 Toucannon [TM]	520 Tranquill [TM]	357 Tropius [TM]
		732 Trumbeak [TM]	521 Unfezant [TM]	329 Vibrava [TM]	629 Vullaby [TM, E]	278 Wingull [TM]	527 Woobat [TM]
		178 Xatu [TM]	193 Yanma [TM]	469 Yanmega [TM]	717 Yveltal [TM]	145 Zapdos [TM]	644 Zekrom [TM]
		041 Zubat [TM, E]					
Bug	Sticky Web	168 Ariados [58]	742 Cutiefly [E]	751 Dewpider [E]	596 Galvantula [1, EV]	402 Kricketune [44]	540 Sewaddle [31]
		213 Shuckle [1, 53]	167 Spinarak [50]	283 Surskit [38]	684 Swirlix [E]		
Normal	Stockpile	024 Arbok [27]	455 Carnivine [37]	346 Cradily [52]	751 Dewpider [E]	426 Drifblim [25]	425 Drifloon [25]
		023 Ekans [25]	569 Garbodor [23]	088 Grimer [E]	316 Gulpin [28]	799 Guzzlord [1]	631 Heatmor [56]
		449 Hippopotas [E]	039 Jigglypuff [25]	109 Koffing [E]	775 Komala [6]	171 Lanturn [1, EV]	345 Lileep [46]
		747 Mareanie [E]	303 Mawile [41]	446 Munchlax [28]	322 Numel [E]	279 Pelipper [33]	211 Qwilfish [25]
		019 Rattata (Alola Form) [E]	769 Sandygast [E]	086 Seel [E]	336 Seviper [E]	422 Shellos [E]	218 Slugma [E]
		363 Spheal [E]	317 Swalot [30]	568 Trubbish [23]	387 Turtwig [E]	071 Victreebel [1]	194 Wooper [E]
Normal	Stomp	304 Aron [E]	522 Blitzle [29]	626 Bouffalant [E]	408 Cranidos [E]	244 Entei [29]	103 Exeggutor ◆ [1, EV]
		295 Exploud [23]	203 Girafarig [14]	799 Guzzlord [7]	115 Kangaskhan [E]	099 Kingler [25]	098 Krabby [25]
		246 Larvitar [E]	463 Lickilicky [21]	108 Lickitung [21]	294 Loudred [23]	241 Miltank [8]	749 Mudbray [17]
		258 Mudkip [E]	750 Mudsdale [17]	322 Numel [E]	795 Pheromosa [13]	077 Ponyta [17]	078 Rapidash [17]
		378 Regice [1]	377 Regirock [1]	379 Registeel [1]	112 Rhydon [17]	111 Rhyhorn [17]	464 Rhyperior [17]
		079 Slowpoke [E]	459 Snover [E]	234 Stantler [13]	762 Steenee [29]	357 Tropius [10]	763 Tsareena [29]
		697 Tyrantrum [1, 10]	696 Tyrunt [10]	721 Volcanion [28]	293 Whismur [22]	523 Zebstrika [31]	
Ground	Stomping Tantrum	460 Abomasnow [BP]	306 Aggron [BP]	591 Amoonguss [BP]	024 Arbok [BP]	168 Ariados [BP]	348 Armaldo [BP]
		531 Audino [BP]	713 Avalugg [BP]	411 Bastiodon [BP]	760 Bewear [BP]	400 Bibarel [BP]	242 Blissey [BP]
		525 Boldore [BP]	438 Bonsly [BP]	626 Bouffalant [BP]	794 Buzzwole [BP]	332 Cacturne [BP]	323 Camerupt [BP]
		703 Carbink [BP]	797 Celesteela [BP]	113 Chansey [BP]	652 Chesnaught [BP]	650 Chespin [BP]	534 Conkeldurr [BP]
		222 Corsola [BP]	558 Crustle [BP]	104 Cubone [37]	301 Delcatty [BP]	386 Deoxys [BP]	483 Dialga [BP]
		660 Diggersby [BP]	050 Diglett [BP]	085 Dodrio [BP]	232 Donphan [BP]	780 Drampa [BP]	452 Drapion [BP]
		621 Druddigon [BP]	051 Dugtrio [BP]	206 Dunsparce [BP]	466 Electivire [BP]	500 Emboar [BP]	244 Entei [BP]
		530 Excadrill [BP]	103 Exeggutor [BP]	295 Exploud [BP]	611 Fraxure [BP]	569 Garbodor [BP]	445 Garchomp [BP]
		423 Gastrodon [BP]	526 Gigalith [BP]	203 Girafarig [BP]	673 Gogoat [BP]	076 Golem [BP]	622 Golett [21]
		623 Golurk [21, BP]	706 Goodra [BP]	210 Granbull [BP]	075 Graveler [BP]	383 Groudon [BP]	735 Gumshoos [BP]
		799 Guzzlord [31, BP]	297 Hariyama [BP]	612 Haxorus [BP]	631 Heatmor [BP]	485 Heatran [BP]	449 Hippopotas [BP]
		450 Hippowdon [BP]	106 Hitmonlee [BP]	727 Incineroar [BP]	099 Kingler [BP]	775 Komala [BP]	784 Kommo-o [BP]
		553 Krookodile [BP]	305 Lairon [BP]	463 Lickilicky [BP]	108 Lickitung [BP]	264 Linoone [BP]	294 Loudred [BP]
		337 Lunatone [BP]	745 Lycanroc [BP]	068 Machamp [BP]	067 Machoke [BP]	219 Magcargo [BP]	467 Magmortar [BP]
		473 Mamoswine [BP]	056 Mankey [43, BP]	105 Marowak [43, BP]	154 Meganium [BP]	376 Metagross [BP]	151 Mew [BP]
		241 Miltank [BP]	749 Mudbray [BP]	750 Mudsdale [BP]	446 Munchlax [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]
		030 Nidorina [BP]	033 Nidorino [BP]	299 Nosepass [BP]	095 Onix [BP]	484 Palkia [BP]	675 Pangoro [BP]
		499 Pignite [BP]	221 Piloswine [BP]	057 Primeape [48, BP]	476 Probopass [BP]	432 Purugly [BP]	195 Quagsire [BP]
		651 Quilladin [BP]	409 Rampardos [BP]	020 Raticate [BP]	378 Regice [BP]	486 Regigigas [BP]	377 Regirock [BP]
		379 Registeel [BP]	369 Relicanth [BP]	112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]	744 Rockruff [BP]
		027 Sandshrew ◆ [BP]	028 Sandslash ◆ [BP]	586 Sawsbuck [BP]	545 Scolipede [BP]	537 Seismitoad [BP]	289 Slaking [BP]
		143 Snorlax [BP]	338 Solrock [BP]	327 Spinda [BP]	805 Stakataka [BP]	208 Steelix [BP]	508 Stoutland [BP]
		759 Stufful [E, BP]	618 Stunfisk [BP]	185 Sudowoodo [BP]	260 Swampert [BP]	465 Tangrowth [BP]	128 Tauros [BP]
		498 Tepig [BP]	639 Terrakion [BP]	538 Throh [BP]	324 Torkoal [BP]	389 Torterra [BP]	357 Tropius [BP]
		776 Turtonator [BP]	157 Typhlosion [BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]	217 Ursaring [BP]
		003 Venusaur [BP]	721 Volcanion [BP]	365 Walrein [BP]	505 Watchog [BP]	340 Whiscash [BP]	194 Wooper [BP]
		734 Yungoos [BP]	718 Zygarde [BP]				

Type	Move Name	Pokémon					
Rock	Stone Edge (TM71)	359 Absol [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	698 Amaura [TM]	493 Arceus [TM]	566 Archen [TM]
		567 Archeops [TM]	348 Armaldo [TM]	699 Aurorus [TM]	713 Avalugg [TM]	689 Barbaracle [1, 60, TM]	411 Bastiodon [TM]
		614 Beartic [TM]	712 Bergmite [TM]	688 Binacle [TM]	625 Bisharp [TM]	257 Blaziken [TM]	525 Boldore [48, TM]
		626 Bouffalant [TM]	286 Breloom [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]	323 Camerupt [TM]	703 Carbink [49, TM]
		565 Carracosta [TM]	797 Celesteela [TM]	652 Chesnaught [TM]	650 Chespin [TM]	344 Claydol [TM]	638 Cobalion [TM]
		534 Conkeldurr [49, TM]	222 Corsola [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]
		558 Crustle [TM]	555 Darmanitan [TM]	483 Dialga [TM]	719 Diancie [49, TM]	660 Diggersby [TM]	232 Donphan [TM]
		149 Dragonite [TM]	051 Dugtrio [TM]	632 Durant [TM]	557 Dwebble [TM]	500 Emboar [TM]	244 Entei [TM]
		330 Flygon [TM]	444 Gabite [TM]	475 Gallade [TM]	445 Garchomp [TM]	423 Gastrodon [TM]	074 Geodude [42, TM]
		443 Gible [TM]	526 Gigalith [48, TM]	487 Giratina [TM]	207 Gligar [TM]	472 Gliscor [TM]	076 Golem [54, TM]
		623 Golurk [TM]	210 Granbull [TM]	075 Graveler [54, TM]	088 Grimer (Alola Form) [TM]	383 Groudon [TM]	533 Gurdurr [49, TM]
		799 Guzzlord [TM]	130 Gyarados [TM]	297 Hariyama [TM]	701 Hawlucha [TM]	485 Heatran [88, TM]	214 Heracross [TM]
		450 Hippowdon [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	635 Hydreigon [TM]	392 Infernape [TM]
		141 Kabutops [TM]	647 Keldeo [TM]	552 Krokorok [TM]	553 Krookodile [TM]	646 Kyurem [TM]	305 Lairon [TM]
		645 Landorus [67, TM]	246 Larvitar [50, TM]	448 Lucario [TM]	337 Lunatone [37, TM]	745 Lycanroc [48, TM]	068 Machamp [TM]
		219 Magcargo [TM]	473 Mamoswine [TM]	105 Marowak [TM]	802 Marshadow [TM]	303 Mawile [TM]	648 Meloetta [TM]
		151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	774 Minior [TM]	089 Muk (Alola Form) [TM]
		800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	299 Nosepass [40, TM]	139 Omastar [TM]	095 Onix [46, TM]
		484 Palkia [TM]	770 Palossand [TM]	674 Pancham [TM]	675 Pangoro [TM]	499 Pignite [TM]	221 Piloswine [TM]
		127 Pinsir [TM]	057 Primeape [TM]	476 Probopass [40, TM]	247 Pupitar [60, TM]	195 Quagsire [TM]	651 Quilladin [TM]
		409 Rampardos [TM]	384 Rayquaza [TM]	486 Regigigas [TM]	377 Regirock [43, TM]	369 Relicanth [TM]	643 Reshiram [TM]
		112 Rhydon [41, TM]	111 Rhyhorn [41, TM]	464 Rhyperior [41, TM]	744 Rockruff [48, TM]	524 Roggenrola [36, TM]	373 Salamence [TM]
		551 Sandile [TM]	028 Sandslash ◆ [TM]	769 Sandygast [TM]	539 Sawk [TM]	560 Scrafty [TM]	559 Scraggy [TM]
		410 Shieldon [TM]	213 Shuckle [49, TM]	791 Solgaleo [TM]	338 Solrock [37, TM]	805 Stakataka [TM]	208 Steelix [46, TM]
		618 Stunfisk [TM]	185 Sudowoodo [47, TM]	260 Swampert [TM]	787 Tapu Bulu [TM]	128 Tauros [TM]	639 Terrakion [55, TM]
		538 Throh [TM]	532 Timburr [43, TM]	564 Tirtouga [TM]	324 Torkoal [TM]	389 Torterra [TM]	454 Toxicroak [TM]
		776 Turtonator [TM]	248 Tyranitar [63, TM]	697 Tyrantrum [TM]	696 Tyrunt [TM]	217 Ursaring [TM]	640 Virizion [TM]
		721 Volcanion [TM]	340 Whiscash [TM]	644 Zekrom [TM]	718 Zygarde [TM]		
Psychic	Stored Power	806 Blacephalon [13]	358 Chimecho [E]	433 Chingling [E]	035 Clefairy [28]	173 Cleffa [E]	133 Eevee [E]
		475 Gallade [1, 58]	282 Gardevoir [1, 58]	281 Kirlia [51]	380 Latias [10]	381 Latios [10]	678 Meowstic (Female) [1, 53]
		517 Munna [47]	177 Natu [17]	800 Necrozma [13]	765 Oranguru [15]	280 Ralts [42]	561 Sigilyph [E]
		175 Togepi [E]	494 Victini [89]	527 Woobat [E]	178 Xatu [17]		
Fighting	Storm Throw	674 Pancham [E]	127 Pinsir [36]	538 Throh [17]			
Normal	Strength	068 Machamp [1, EV]					
Grass	Strength Sap	069 Bellsprout [E]	187 Hoppip [E]	755 Morelull [32]	043 Oddish [E]	756 Shiinotic [35]	
Bug	String Shot	168 Ariados [1]	010 Caterpie [1]	737 Charjabug [1, 4]	596 Galvantula [1]	736 Grubbin [4]	595 Joltik [1]
		636 Larvesta [1, E]	542 Leavanny [1]	664 Scatterbug [1]	540 Sewaddle [1]	167 Spinarak [1]	541 Swadloon [1]
		738 Vikavolt [1, 4]	637 Volcarona [1]	013 Weedle [1]	265 Wurmple [1]		
Normal	Struggle	Struggle will automatically be used by any Pokémon that has no usable moves but is ordered to attack.					
Bug	Struggle Bug	617 Accelgor [16]	742 Cutiefly [10]	768 Golisopod [1]	314 Illumise [15]	401 Kricketot [6]	542 Leavanny [22]
		743 Ribombee [1, 10]	540 Sewaddle [22]	616 Shelmet [16]	213 Shuckle [12]	666 Vivillon [1]	313 Volbeat [15]
		767 Wimpod [1]					
Grass	Stun Spore	267 Beautifly [15]	182 Bellossom [1]	069 Bellsprout [17]	286 Breloom [1, 5]	406 Budew [10]	012 Butterfree [13]
		455 Carnivine [E]	546 Cottonee [10]	742 Cutiefly [7]	102 Exeggcute [19]	590 Foongus [E]	044 Gloom [14]
		187 Hoppip [14]	189 Jumpluff [14]	284 Masquerain [26]	755 Morelull [E]	043 Oddish [14]	046 Paras [6]
		047 Parasect [1, 6]	548 Petilil [22]	743 Ribombee [1, 7]	315 Roselia [10]	664 Scatterbug [6, E]	285 Shroomish [5]
		188 Skiploom [14]	114 Tangela [30]	465 Tangrowth [30]	049 Venomoth [23]	048 Venonat [23]	045 Vileplume [1]
		666 Vivillon [1]	070 Weepinbell [17]				
Fighting	Submission	390 Chimchar [E]	529 Drilbur [E]	068 Machamp [37]	067 Machoke [37]	066 Machop [33]	127 Pinsir [33]
		062 Poliwrath [1, EV]					
Normal	Substitute (TM90)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]

Type	Move Name	Pokémon					
Normal	**Substitute (TM90)**	610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [35, TM]	657 Frogadier [40, TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [42, TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]
		093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [42, TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]
		601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]
		645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]
		381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]
		667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]
		294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]

Type	Move Name	Pokémon					
Normal	**Substitute (TM90)**	337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]
		068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	801 Magearna [TM]
		126 Magmar [TM]	467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]
		687 Malamar [TM]	473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]
		226 Mantine [TM]	458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]
		105 Marowak [TM]	802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]
		307 Meditite [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]
		376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]
		262 Mightyena [TM]	350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [29, TM]	778 Mimikyu [TM]	572 Minccino [TM]
		774 Minior [TM]	312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]
		755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [29, TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]
		089 Muk [TM]	446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [TM]
		177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]
		030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]
		164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]
		224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]
		741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]
		674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]
		047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]
		548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]
		018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]
		731 Pikipek [TM]	221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]
		803 Poipole [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]
		261 Poochyena [TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]
		057 Primeape [TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]
		509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]	771 Pyukumuku [TM]	195 Quagsire [TM]	156 Quilava [TM]
		651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]
		078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]
		377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]
		524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [36, TM]	722 Rowlet [TM]	627 Rufflet [TM]
		302 Sableye [TM]	373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]
		027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]
		212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]
		119 Seaking [TM]	364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]
		497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]
		292 Shedinja [TM]	372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]
		275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]
		561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [TM]	435 Skuntank [TM]
		289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]
		218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]
		361 Snorunt [TM]	459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]
		021 Spearow [TM]	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]
		682 Spritzee [TM]	007 Squirtle [TM]	805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]
		396 Starly [TM]	121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]
		759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]
		191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]	260 Swampert [TM]
		581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]
		276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]
		785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]
		498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]
		777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]
		641 Tornadus [TM]	726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [TM]
		454 Toxicroak [TM]	520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]
		568 Trubbish [TM]	732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]
		772 Type: Null [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]
		197 Umbreon [TM]	521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]

Type	Move Name	Pokémon					
Normal	**Substitute (TM90)**	584 Vanilluxe [TM]	134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]
		416 Vespiquen [TM]	329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]
		045 Vileplume [TM]	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]
		100 Voltorb [TM]	629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]
		008 Wartortle [TM]	505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]
		544 Whirlipede [TM]	340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]
		746 Wishiwashi [TM]	527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]
		796 Xurkitree [TM]	562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]
		335 Zangoose [TM]	145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]
		570 Zorua [TM]	041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]		
Dark	**Sucker Punch**	359 Absol [45, E]	168 Ariados [28]	354 Banette [40]	438 Bonsly [40]	331 Cacnea [34]	332 Cacturne [35]
		453 Croagunk [31]	723 Dartrix [37]	724 Decidueye [38]	050 Diglett [22]	621 Druddigon [E]	051 Dugtrio [22]
		023 Ekans [E]	676 Furfrou [42]	162 Furret [36]	596 Galvantula [46]	092 Gastly [22]	094 Gengar [22]
		431 Glameow [41]	768 Golisopod [31]	093 Haunter [22]	631 Heatmor [E]	430 Honchkrow [1]	228 Houndour [E]
		367 Huntail [23]	595 Joltik [40]	115 Kangaskhan [49]	352 Kecleon [46]	775 Komala [31]	510 Liepard [55]
		556 Maractus [42]	802 Marshadow [56]	303 Mawile [37, E]	678 Meowstic [48]	262 Mightyena [52]	200 Misdreavus [E]
		198 Murkrow [55]	177 Natu [E]	032 Nidoran♂ [E]	624 Pawniard [E]	261 Poochyena [43, E]	509 Purrloin [46]
		020 Raticate [29]	019 Rattata [25]	744 Rockruff [E]	722 Rowlet [32]	302 Sableye [E]	161 Sentret [31]
		353 Shuppet [38]	300 Skitty [E]	435 Skuntank [39]	167 Spinarak [26]	327 Spinda [28]	442 Spiritomb [31]
		434 Stunky [39]	185 Sudowoodo [40]	498 Tepig [E]	454 Toxicroak [31]	413 Wormadam [1]	717 Yveltal [80]
		570 Zorua [E]					
Fire	**Sunny Day (TM11)**	063 Abra [TM]	359 Absol [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]	306 Aggron [TM]	190 Aipom [TM]
		065 Alakazam [TM]	334 Altaria [TM]	424 Ambipom [TM]	591 Amoonguss [TM]	347 Anorith [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	168 Ariados [TM]	348 Armaldo [TM]	683 Aromatisse [TM]	304 Aron [TM]
		144 Articuno [TM]	531 Audino [TM]	610 Axew [TM]	482 Azelf [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	411 Bastiodon [TM]	153 Bayleef [TM]	267 Beautifly [TM]	015 Beedrill [TM]	182 Bellossom [1, TM]
		069 Bellsprout [TM]	400 Bibarel [TM]	399 Bidoof [TM]	806 Blacephalon [TM]	257 Blaziken [TM]	242 Blissey [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [52, TM]	628 Braviary [TM]	286 Breloom [TM]
		437 Bronzong [1, TM]	436 Bronzor [TM]	406 Budew [TM]	001 Bulbasaur [TM]	427 Buneary [TM]	012 Butterfree [TM]
		331 Cacnea [TM]	332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	351 Castform [20, TM]
		251 Celebi [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]
		441 Chatot [TM]	421 Cherrim [22, TM]	420 Cherubi [22, TM]	652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]
		390 Chimchar [TM]	358 Chimecho [TM]	433 Chingling [TM]	573 Cinccino [TM]	344 Claydol [TM]	036 Clefable [TM]
		035 Clefairy [TM]	173 Cleffa [TM]	256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	222 Corsola [TM]
		546 Cottonee [40, TM]	740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]
		555 Darmanitan [TM]	723 Dartrix [TM]	554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]
		633 Deino [TM]	301 Delcatty [TM]	655 Delphox [62, TM]	386 Deoxys [TM]	781 Dhelmise [TM]	483 Dialga [TM]
		719 Diancie [TM]	050 Diglett [TM]	085 Dodrio [TM]	084 Doduo [TM]	232 Donphan [TM]	148 Dragonair [TM]
		149 Dragonite [TM]	780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	356 Dusclops [TM]	477 Dusknoir [TM]
		355 Duskull [TM]	269 Dustox [TM]	133 Eevee [TM]	023 Ekans [TM]	500 Emboar [TM]	244 Entei [TM]
		196 Espeon [TM]	677 Espurr [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]
		022 Fearow [TM]	653 Fennekin [43, TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	669 Flabébé [TM]	136 Flareon [TM]
		662 Fletchinder [TM]	661 Fletchling [TM]	670 Floette [TM]	671 Florges [TM]	330 Flygon [TM]	753 Fomantis [46, TM]
		590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]	676 Furfrou [TM]	162 Furret [TM]	444 Gabite [TM]
		475 Gallade [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	092 Gastly [TM]	094 Gengar [TM]
		074 Geodude [TM]	443 Gible [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	076 Golem [TM]
		706 Goodra [TM]	704 Goomy [TM]	711 Gourgeist [TM]	210 Granbull [TM]	075 Graveler [TM]	088 Grimer [TM]
		388 Grotle [TM]	383 Groudon [TM]	253 Grovyle [TM]	058 Growlithe [TM]	326 Grumpig [TM]	316 Gulpin [TM]
		533 Gurdurr [TM]	440 Happiny [TM]	297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]
		631 Heatmor [TM]	485 Heatran [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]
		107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	250 Ho-Oh [29, TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	229 Houndoom [TM]	228 Houndour [TM]	635 Hydreigon [TM]	097 Hypno [TM]
		174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]	686 Inkay [TM]	002 Ivysaur [TM]
		039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [TM]	189 Jumpluff [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]
		352 Kecleon [TM]	281 Kirlia [TM]	707 Klefki [TM]	109 Koffing [TM]	775 Komala [TM]	402 Kricketune [TM]

Type	Move Name	Pokémon					
Fire	Sunny Day (TM11)	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]
		381 Latios [TM]	470 Leafeon [37, TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]
		667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]
		294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	792 Lunala [TM]	754 Lurantis [55, TM]
		068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [36, TM]	219 Magcargo [TM]	126 Magmar [42, TM]
		467 Magmortar [42, TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]
		630 Mandibuzz [TM]	056 Mankey [TM]	556 Maractus [45, TM]	105 Marowak [TM]	284 Masquerain [TM]	303 Mawile [TM]
		308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]
		481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	262 Mightyena [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	572 Minccino [TM]	200 Misdreavus [TM]
		429 Mismagius [TM]	146 Moltres [57, TM]	391 Monferno [TM]	755 Morelull [TM]	414 Mothim [TM]	122 Mr. Mime [TM]
		089 Muk [TM]	446 Munchlax [TM]	198 Murkrow [TM]	177 Natu [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]
		029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	290 Nincada [TM]	038 Ninetales ◆ [TM]
		291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]
		274 Nuzleaf [TM]	224 Octillery [TM]	043 Oddish [TM]	095 Onix [TM]	765 Oranguru [TM]	484 Palkia [TM]
		674 Pancham [TM]	675 Pangoro [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]
		766 Passimian [TM]	504 Patrat [TM]	053 Persian [TM]	548 Petilil [40, TM]	231 Phanpy [TM]	708 Phantump [TM]
		018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	731 Pikipek [TM]
		204 Pineco [TM]	127 Pinsir [TM]	077 Ponyta [TM]	261 Poochyena [TM]	137 Porygon [TM]	233 Porygon2 [TM]
		474 Porygon-Z [TM]	057 Primeape [TM]	476 Probopass [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]
		432 Purugly [TM]	668 Pyroar [TM]	156 Quilava [TM]	651 Quilladin [TM]	243 Raikou [TM]	280 Ralts [TM]
		409 Rampardos [TM]	078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	486 Regigigas [TM]
		377 Regirock [TM]	379 Registeel [TM]	223 Remoraid [TM]	643 Reshiram [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]
		464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]
		722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]	373 Salamence [TM]	027 Sandshrew [TM]	028 Sandslash [TM]
		539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [TM]
		559 Scraggy [TM]	123 Scyther [TM]	273 Seedot [27, TM]	161 Sentret [TM]	497 Serperior [TM]	496 Servine [TM]
		336 Seviper [TM]	540 Sewaddle [TM]	492 Shaymin [TM]	292 Shedinja [TM]	372 Shelgon [TM]	410 Shieldon [TM]
		275 Shiftry [TM]	756 Shiinotic [TM]	285 Shroomish [TM]	213 Shuckle [TM]	353 Shuppet [TM]	773 Silvally [TM]
		512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]
		451 Skorupi [TM]	435 Skuntank [TM]	289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]
		199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]	685 Slurpuff [TM]	215 Sneasel [TM]	495 Snivy [TM]
		143 Snorlax [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	338 Solrock [TM]	021 Spearow [TM]	167 Spinarak [TM]
		327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]	234 Stantler [TM]	398 Staraptor [TM]
		397 Staravia [TM]	396 Starly [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	434 Stunky [TM]
		185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [40, TM]	191 Sunkern [40, TM]	283 Surskit [TM]	333 Swablu [TM]
		541 Swadloon [TM]	317 Swalot [TM]	277 Swellow [TM]	684 Swirlix [TM]	700 Sylveon [TM]	276 Taillow [TM]
		663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	786 Tapu Lele [TM]	128 Tauros [TM]
		216 Teddiursa [TM]	498 Tepig [TM]	538 Throh [TM]	532 Timburr [TM]	468 Togekiss [TM]	175 Togepi [TM]
		176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	726 Torracat [TM]	389 Torterra [TM]	733 Toucannon [TM]
		454 Toxicroak [TM]	520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]
		568 Trubbish [TM]	732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	772 Type: Null [TM]
		157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]
		521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]
		048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [TM]	329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]
		288 Vigoroth [TM]	045 Vileplume [TM]	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]
		637 Volcarona [TM]	629 Vullaby [TM]	037 Vulpix ◆ [TM]	505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]
		110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	413 Wormadam [TM]
		178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]	193 Yanma [TM]	469 Yanmega [TM]	717 Yveltal [TM]
		335 Zangoose [TM]	145 Zapdos [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]
		634 Zweilous [TM]	718 Zygarde [TM]				
Steel	Sunsteel Strike	791 Solgaleo [1, EV]	800 Necrozma (Dusk Mane) [*]				
Normal	Super Fang	400 Bibarel [38, BP]	399 Bidoof [33, BP]	659 Bunnelby [42, BP]	318 Carvanha [BP]	652 Chesnaught [BP]	650 Chespin [BP]
		453 Croagunk [BP]	169 Crobat [BP]	702 Dedenne [BP]	660 Diggersby [48, BP]	603 Eelektrik [BP]	604 Eelektross [BP]
		162 Furret [BP]	362 Glalie [BP]	431 Glameow [BP]	042 Golbat [BP]	210 Granbull [BP]	735 Gumshoos [27, BP]
		229 Houndoom [BP]	228 Houndour [BP]	367 Huntail [BP]	264 Linoone [BP]	303 Mawile [BP]	151 Mew [BP]

*Necrozma can learn Sunsteel Strike when it changes form to become Dusk Mane Necrozma.

Type	Move Name	Pokémon					
Normal	Super Fang	262 Mightyena [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	029 Nidoran♀ [BP]	032 Nidoran♂ [BP]	030 Nidorina [BP]
		033 Nidorino [BP]	714 Noibat [43, BP]	715 Noivern [43, BP]	417 Pachirisu [37, BP]	504 Patrat [21, BP]	261 Poochyena [BP]
		432 Purugly [BP]	651 Quilladin [BP]	020 Raticate [34, BP]	019 Rattata [28, BP]	027 Sandshrew [BP]	028 Sandslash [BP]
		560 Scrafty [BP]	559 Scraggy [BP]	364 Sealeo [BP]	161 Sentret [BP]	319 Sharpedo [BP]	209 Snubbull [BP]
		363 Spheal [BP]	528 Swoobat [BP]	777 Togedemaru [BP]	454 Toxicroak [BP]	365 Walrein [BP]	505 Watchog [22, BP]
		527 Woobat [BP]	734 Yungoos [25, BP]	263 Zigzagoon [BP]	041 Zubat [BP]		
Fighting	Superpower	359 Absol [BP]	306 Aggron [BP]	348 Armaldo [BP]	304 Aron [E, BP]	713 Avalugg [BP]	610 Axew [BP]
		184 Azumarill [46, BP]	689 Barbaracle [BP]	550 Basculin [BP]	614 Beartic [1, BP]	760 Bewear [62, BP]	400 Bibarel [53, BP]
		399 Bidoof [45, BP]	257 Blaziken [BP]	626 Bouffalant [BP]	628 Braviary [1, EV, BP]	286 Breloom [BP]	794 Buzzwole [67, BP]
		332 Cacturne [BP]	565 Carracosta [BP]	797 Celesteela [BP]	652 Chesnaught [BP]	650 Chespin [BP]	638 Cobalion [BP]
		534 Conkeldurr [57, BP]	341 Corphish [E, BP]	740 Crabominable [BP]	739 Crabrawler [E, BP]	408 Cranidos [BP]	342 Crawdaunt [BP]
		159 Croconaw [57, BP]	613 Cubchoo [BP]	555 Darmanitan [47, BP]	554 Darumaka [39, BP]	633 Deino [BP]	386 Deoxys (Attack Forme) [37, BP]
		660 Diggersby [BP]	232 Donphan [BP]	149 Dragonite [BP]	780 Drampa [BP]	621 Druddigon [55, BP]	632 Durant [BP]
		604 Eelektross [BP]	500 Emboar [BP]	103 Exeggutor (Alola Form) [BP]	160 Feraligatr [71, BP]	136 Flareon [BP]	330 Flygon [BP]
		611 Fraxure [BP]	074 Geodude [BP]	526 Gigalith [BP]	673 Gogoat [BP]	076 Golem [BP]	622 Golett [BP]
		623 Golurk [BP]	706 Goodra [BP]	210 Granbull [BP]	075 Graveler [BP]	388 Grotle [BP]	533 Gurdurr [57, BP]
		297 Hariyama [BP]	701 Hawlucha [BP]	612 Haxorus [BP]	631 Heatmor [BP]	449 Hippopotas [BP]	450 Hippowdon [BP]
		106 Hitmonlee [BP]	430 Honchkrow [BP]	635 Hydreigon [BP]	727 Incineroar [BP]	686 Inkay [48, BP]	141 Kabutops [BP]
		647 Keldeo [BP]	099 Kingler [BP]	775 Komala [BP]	784 Kommo-o [BP]	098 Krabby [BP]	553 Krookodile [BP]
		305 Lairon [BP]	645 Landorus [BP]	246 Larvitar [BP]	754 Lurantis [BP]	405 Luxray [BP]	068 Machamp [BP]
		067 Machoke [BP]	066 Machop [BP]	296 Makuhita [BP]	687 Malamar [48, BP]	473 Mamoswine [BP]	183 Marill [40, E, BP]
		802 Marshadow [BP]	259 Marshtomp [BP]	151 Mew [BP]	749 Mudbray [45, BP]	258 Mudkip [BP]	750 Mudsdale [60, BP]
		446 Munchlax [BP]	034 Nidoking [BP]	031 Nidoqueen [1, 58, BP]	674 Pancham [BP]	675 Pangoro [BP]	766 Passimian [BP]
		231 Phanpy [BP]	499 Pignite [BP]	221 Piloswine [BP]	127 Pinsir [47, E, BP]	247 Pupitar [BP]	651 Quilladin [BP]
		409 Rampardos [BP]	378 Regice [61, BP]	486 Regigigas [BP]	377 Regirock [61, BP]	379 Registeel [61, BP]	579 Reuniclus [BP]
		112 Rhydon [BP]	111 Rhyhorn [BP]	464 Rhyperior [BP]	627 Rufflet [BP]	503 Samurott [BP]	539 Sawk [BP]
		212 Scizor [BP]	545 Scolipede [BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	143 Snorlax [BP]
		209 Snubbull [BP]	791 Solgaleo [BP]	805 Stakataka [BP]	508 Stoutland [BP]	759 Stufful [50, BP]	260 Swampert [BP]
		220 Swinub [BP]	787 Tapu Bulu [1, BP]	216 Teddiursa [BP]	498 Tepig [E, BP]	639 Terrakion [BP]	538 Throh [41, BP]
		642 Thundurus [BP]	532 Timburr [49, BP]	324 Torkoal [E, BP]	641 Tornadus [BP]	389 Torterra [BP]	158 Totodile [48, BP]
		328 Trapinch [40, BP]	387 Turtwig [E, BP]	248 Tyranitar [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]	217 Ursaring [BP]
		329 Vibrava [BP]	640 Virizion [BP]	721 Volcanion [BP]	634 Zweilous [BP]	718 Zygarde [BP]	
Normal	Supersonic	142 Aerodactyl [1]	012 Butterfree [23]	441 Chatot [E]	170 Chinchou [1]	366 Clamperl [E]	091 Cloyster [1]
		169 Crobat [1, 5]	084 Doduo [E]	147 Dratini [E]	295 Exploud [18]	330 Flygon [19]	042 Golbat [1, 5]
		118 Goldeen [5]	163 Hoothoot [E]	171 Lanturn [1]	166 Ledian [1, 5]	165 Ledyba [5]	463 Lickilicky [5]
		108 Lickitung [5]	294 Loudred [18]	370 Luvdisc [E]	081 Magnemite [1]	082 Magneton [1]	462 Magnezone [1]
		490 Manaphy [16]	226 Mantine [1, 3]	458 Mantyke [3]	183 Marill [E]	029 Nidoran♀ [E]	032 Nidoran♂ [E]
		714 Noibat [1]	715 Noivern [1]	138 Omanyte [E]	536 Palpitoad [1, 5]	279 Pelipper [5]	489 Phione [16]
		731 Pikipek [13]	393 Piplup [E]	211 Qwilfish [E]	223 Remoraid [E]	119 Seaking [1, 5]	537 Seismitoad [1, 5]
		090 Shellder [8]	276 Taillow [E]	072 Tentacool [4]	073 Tentacruel [1, 4]	733 Toucannon [13]	732 Trumbeak [13]
		535 Tympole [5]	049 Venomoth [1, 5]	048 Venonat [5]	329 Vibrava [19]	666 Vivillon [21]	293 Whismur [18]
		278 Wingull [5]	527 Woobat [E]	193 Yanma [22]	469 Yanmega [22]	041 Zubat [5]	
Water	Surf (TM94)	306 Aggron [TM]	594 Alomomola [TM]	752 Araquanid [TM]	493 Arceus [TM]	531 Audino [TM]	713 Avalugg [TM]
		184 Azumarill [TM]	298 Azurill [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	614 Beartic [TM]
		712 Bergmite [TM]	400 Bibarel [TM]	688 Binacle [TM]	009 Blastoise [TM]	626 Bouffalant [TM]	729 Brionne [TM]
		779 Bruxish [TM]	418 Buizel [TM]	659 Bunnelby [TM]	565 Carracosta [TM]	318 Carvanha [TM]	170 Chinchou [TM]
		366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	091 Cloyster [TM]	341 Corphish [TM]	222 Corsola [TM]
		342 Crawdaunt [TM]	159 Croconaw [TM]	613 Cubchoo [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	660 Diggersby [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]	780 Drampa [TM]
		147 Dratini [TM]	621 Druddigon [TM]	580 Ducklett [TM]	395 Empoleon [TM]	295 Exploud [TM]	349 Feebas [TM]
		160 Feraligatr [TM]	456 Finneon [TM]	419 Floatzel [TM]	592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]
		676 Furfrou [TM]	162 Furret [TM]	445 Garchomp [TM]	423 Gastrodon [TM]	673 Gogoat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	768 Golisopod [TM]	368 Gorebyss [TM]	658 Greninja [TM]	130 Gyarados [TM]	297 Hariyama [TM]
		612 Haxorus [TM]	695 Heliolisk [TM]	694 Helioptile [TM]	507 Herdier [TM]	116 Horsea [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	593 Jellicent [TM]	140 Kabuto [TM]	141 Kabutops [TM]	115 Kangaskhan [TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	098 Krabby [TM]	382 Kyogre [TM]	171 Lanturn [TM]	131 Lapras [TM]

Type	Move Name	Pokémon					
Water	**Surf (TM94)**	380 Latias [TM]	381 Latios [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	264 Linoone [TM]	271 Lombre [TM]
		270 Lotad [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	370 Luvdisc [TM]	296 Makuhita [TM]
		490 Manaphy [TM]	226 Mantine [TM]	458 Mantyke [TM]	747 Mareanie [TM]	183 Marill [TM]	259 Marshtomp [TM]
		151 Mew [TM]	350 Milotic [TM]	241 Miltank [TM]	258 Mudkip [TM]	446 Munchlax [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	224 Octillery [TM]	138 Omanyte [TM]	139 Omastar [TM]	501 Oshawott [TM]	484 Palkia [TM]
		536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	279 Pelipper [TM]	489 Phione [TM]
		393 Piplup [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	728 Popplio [TM]
		730 Primarina [TM]	394 Prinplup [TM]	054 Psyduck [TM]	195 Quagsire [TM]	211 Qwilfish [TM]	409 Rampardos [TM]
		384 Rayquaza [TM]	369 Relicanth [TM]	223 Remoraid [TM]	112 Rhydon [TM]	464 Rhyperior [TM]	503 Samurott [TM]
		117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]
		319 Sharpedo [TM]	090 Shellder [TM]	422 Shellos [TM]	773 Silvally [TM]	516 Simipour [TM]	672 Skiddo [TM]
		690 Skrelp [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	685 Slurpuff [TM]	215 Sneasel [TM]
		143 Snorlax [TM]	363 Spheal [TM]	007 Squirtle [TM]	121 Starmie [TM]	120 Staryu [TM]	508 Stoutland [TM]
		618 Stunfisk [TM]	245 Suicune [TM]	260 Swampert [TM]	581 Swanna [TM]	684 Swirlix [TM]	788 Tapu Fini [TM]
		128 Tauros [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	564 Tirtouga [TM]	158 Totodile [TM]	748 Toxapex [TM]
		535 Tympole [TM]	248 Tyranitar [TM]	134 Vaporeon [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]
		008 Wartortle [TM]	461 Weavile [TM]	340 Whiscash [TM]	767 Wimpod [TM]	746 Wishiwashi [TM]	194 Wooper [TM]
		263 Zigzagoon [TM]					
Normal	**Swagger (TM87)**	460 Abomasnow [17, TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [24, TM]	153 Bayleef [TM]
		614 Beartic [29, TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [22, TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [24, TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [17, TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]
		452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]	096 Drowzee [45, TM]
		621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]	632 Durant [TM]
		356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	557 Dwebble [TM]	603 Eelektrik [TM]
		604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]	309 Electrike [TM]
		101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]	395 Empoleon [24, TM]
		244 Entei [43, TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]	102 Exeggcute [TM]
		103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]	653 Fennekin [TM]
		160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]	669 Flabébé [TM]
		136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]	671 Florges [TM]
		330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [TM]	205 Forretress [TM]	611 Fraxure [TM]	592 Frillish [TM]
		656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]	444 Gabite [TM]

Type	Move Name	Pokémon					
Normal	**Swagger (TM87)**	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	445 Garchomp [TM]	282 Gardevoir [TM]	092 Gastly [TM]
		423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]	526 Gigalith [TM]
		203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]	207 Gligar [TM]
		472 Gliscor [TM]	044 Gloom [TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]	055 Golduck [TM]
		076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]	704 Goomy [TM]
		368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	210 Granbull [TM]
		075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]	253 Grovyle [TM]
		058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [TM]	735 Gumshoos [TM]	533 Gurdurr [TM]
		130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]	093 Haunter [TM]	701 Hawlucha [TM]
		612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]	694 Helioptile [TM]	214 Heracross [TM]
		507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]
		430 Honchkrow [25, TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]	163 Hoothoot [TM]	187 Hoppip [TM]
		116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]	635 Hydreigon [TM]	097 Hypno [45, TM]
		174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [28, TM]	392 Infernape [TM]	686 Inkay [12, TM]	002 Ivysaur [TM]
		782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [TM]	595 Joltik [TM]
		189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]
		588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]	230 Kingdra [TM]	099 Kingler [TM]
		281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]	601 Klinklang [TM]	109 Koffing [TM]
		775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]	552 Krokorok [25, TM]	553 Krookodile [25, TM]
		382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]	645 Landorus [TM]	171 Lanturn [TM]
		131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]	381 Latios [TM]	470 Leafeon [TM]
		542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	510 Liepard [TM]
		345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]	667 Litleo [TM]	725 Litten [25, TM]
		607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]	294 Loudred [TM]	448 Lucario [TM]
		272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]	337 Lunatone [TM]	754 Lurantis [TM]
		370 Luvdisc [TM]	404 Luxio [28, TM]	405 Luxray [28, TM]	745 Lycanroc [TM]	068 Machamp [TM]	067 Machoke [TM]
		066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	801 Magearna [TM]	126 Magmar [TM]	467 Magmortar [TM]
		081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [12, TM]	473 Mamoswine [TM]
		490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [19, TM]	226 Mantine [TM]	458 Mantyke [TM]
		556 Maractus [TM]	747 Mareanie [TM]	179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]	802 Marshadow [TM]
		259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]
		648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]	375 Metang [TM]
		151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [20, TM]	350 Milotic [TM]
		241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]	312 Minun [TM]
		200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	755 Morelull [TM]	414 Mothim [TM]
		122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]	446 Munchlax [TM]
		517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	177 Natu [TM]	800 Necrozma [TM]	034 Nidoking [TM]
		031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [TM]
		290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]
		299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [32, TM]	224 Octillery [TM]	043 Oddish [TM]	138 Omanyte [TM]
		139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]	417 Pachirisu [TM]
		484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]
		511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	504 Patrat [TM]
		624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	548 Petilil [TM]	231 Phanpy [TM]	708 Phantump [TM]
		795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]
		519 Pidove [39, TM]	499 Pignite [TM]	025 Pikachu [TM]	731 Pikipek [TM]	221 Piloswine [TM]	204 Pineco [TM]
		127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	186 Politoed [27, TM]	060 Poliwag [TM]	061 Poliwhirl [TM]
		062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [19, TM]	728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]
		474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [19, TM]	394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]
		710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [1, EV, TM]	668 Pyroar [TM]	771 Pyukumuku [TM]
		195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]
		280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]	020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]
		378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]
		643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]
		447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]	315 Roselia [TM]	407 Roserade [TM]	479 Rotom [TM]
		722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]	373 Salamence [TM]	757 Salandit [TM]	758 Salazzle [1, TM]
		503 Samurott [TM]	551 Sandile [25, TM]	027 Sandshrew [TM]	028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]

Type	Move Name	Pokémon					
Normal	Swagger (TM87)	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]	545 Scolipede [TM]	560 Scrafty [12, TM]	559 Scraggy [12, TM]
		123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]	364 Sealeo [1, EV, TM]	273 Seedot [TM]	086 Seel [TM]
		537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]	496 Servine [TM]	336 Seviper [1, TM]	540 Sewaddle [TM]
		319 Sharpedo [22, TM]	492 Shaymin [TM]	292 Shedinja [TM]	372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]
		616 Shelmet [TM]	410 Shieldon [24, TM]	275 Shiftry [TM]	756 Shiinotic [TM]	403 Shinx [25, TM]	285 Shroomish [TM]
		213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]
		514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]	188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]
		690 Skrelp [TM]	435 Skuntank [TM]	289 Slaking [1, EV, TM]	287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]
		199 Slowking [41, TM]	079 Slowpoke [TM]	218 Slugma [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]
		495 Snivy [TM]	143 Snorlax [TM]	361 Snorunt [TM]	459 Snover [17, TM]	209 Snubbull [TM]	791 Solgaleo [TM]
		577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]
		442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]	007 Squirtle [TM]	234 Stantler [TM]	398 Staraptor [TM]
		397 Staravia [TM]	396 Starly [TM]	121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]
		508 Stoutland [TM]	759 Stufful [TM]	618 Stunfisk [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	245 Suicune [TM]
		192 Sunflora [TM]	191 Sunkern [TM]	283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [TM]
		260 Swampert [TM]	581 Swanna [TM]	277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]
		700 Sylveon [TM]	276 Taillow [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]
		788 Tapu Fini [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [48, TM]	216 Teddiursa [TM]	072 Tentacool [TM]
		073 Tentacruel [TM]	498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [1, TM]	532 Timburr [TM]
		564 Tirtouga [TM]	777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]
		324 Torkoal [TM]	641 Tornadus [1, TM]	726 Torracat [28, TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]
		748 Toxapex [TM]	454 Toxicroak [24, TM]	520 Tranquill [45, TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]
		357 Tropius [TM]	568 Trubbish [TM]	732 Trumbeak [TM]	763 Tsareena [1, 5, TM]	776 Turtonator [TM]	387 Turtwig [TM]
		535 Tympole [TM]	772 Type: Null [TM]	157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]
		696 Tyrunt [TM]	197 Umbreon [TM]	521 Unfezant [49, TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]
		582 Vanillite [TM]	584 Vanilluxe [TM]	134 Vaporeon [TM]	543 Venipede [TM]	049 Venomoth [TM]	048 Venonat [TM]
		003 Venusaur [TM]	416 Vespiquen [49, TM]	329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]
		738 Vikavolt [TM]	045 Vileplume [TM]	640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]
		637 Volcarona [TM]	100 Voltorb [TM]	629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]
		365 Walrein [1, TM]	008 Wartortle [TM]	505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]
		547 Whimsicott [TM]	544 Whirlipede [TM]	340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]
		278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]
		716 Xerneas [TM]	796 Xurkitree [TM]	562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]
		717 Yveltal [TM]	335 Zangoose [TM]	145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]
		571 Zoroark [TM]	570 Zorua [TM]	041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]	
Normal	Swallow	024 Arbok [27]	455 Carnivine [37]	346 Cradily [52]	426 Drifblim [34]	425 Drifloon [32]	023 Ekans [25]
		569 Garbodor [23]	088 Grimer [E]	316 Gulpin [28]	799 Guzzlord [1]	631 Heatmor [56]	449 Hippopotas [E]
		039 Jigglypuff [25]	109 Koffing [E]	775 Komala [6]	171 Lanturn [1, EV]	345 Lileep [46]	747 Mareanie [E]
		303 Mawile [41]	446 Munchlax [33]	322 Numel [E]	279 Pelipper [33]	019 Rattata (Alola Form) [E]	769 Sandygast [E]
		086 Seel [E]	336 Seviper [E]	422 Shellos [E]	218 Slugma [E]	363 Spheal [E]	317 Swalot [30]
		568 Trubbish [23]	387 Turtwig [E]	071 Victreebel [1]	194 Wooper [E]		
Fairy	Sweet Kiss	683 Aromatisse [1, 6]	531 Audino [E]	427 Buneary [E]	173 Cleffa [10]	764 Comfey [19]	456 Finneon [E]
		440 Happiny [12]	174 Igglybuff [9]	370 Luvdisc [31]	312 Minun [E]	417 Pachirisu [29]	172 Pichu [10]
		311 Plusle [E]	492 Shaymin [82]	238 Smoochum [8]	682 Spritzee [6]	175 Togepi [9]	176 Togetic [1, 9]
Normal	Sweet Scent	591 Amoonguss [24]	683 Aromatisse [1]	153 Bayleef [32]	182 Bellossom [1]	069 Bellsprout [29]	761 Bounsweet [17]
		001 Bulbasaur [21]	455 Carnivine [17]	420 Cherubi [E]	152 Chikorita [28]	415 Combee [1]	764 Comfey [31]
		742 Cutiefly [21]	753 Fomantis [37]	590 Foongus [24]	044 Gloom [1, 5]	314 Illumise [5]	002 Ivysaur [23]
		270 Lotad [E]	754 Lurantis [40]	556 Maractus [3]	284 Masquerain [1, 9]	303 Mawile [13]	154 Meganium [34]
		043 Oddish [5]	046 Paras [E]	548 Petilil [E]	743 Ribombee [21]	315 Roselia [31]	407 Roserade [1]
		757 Salandit [8]	758 Salazzle [1, 8]	492 Shaymin [37]	213 Shuckle [E]	685 Slurpuff [1]	495 Snivy [E]
		682 Spritzee [1]	762 Steenee [17]	191 Sunkern [E]	283 Surskit [9]	684 Swirlix [1]	786 Tapu Lele [20]
		216 Teddiursa [22]	357 Tropius [6]	763 Tsareena [17]	217 Ursaring [22]	003 Venusaur [23]	416 Vespiquen [1]
		071 Victreebel [1]	070 Weepinbell [32]				
Normal	Swift	617 Accelgor [25]	190 Aipom [22]	424 Ambipom [22]	482 Azelf [21]	550 Basculin [E]	418 Buizel [21]
		318 Carvanha [E]	342 Crawdaunt [1, EV]	169 Crobat [24]	155 Cyndaquil [31]	386 Deoxys (Speed Forme) [37]	133 Eevee [17]
		125 Electabuzz [12]	466 Electivire [12]	309 Electrike [E]	101 Electrode [20]	239 Elekid [12]	196 Espeon [17]
		419 Floatzel [21]	042 Golbat [24]	385 Jirachi [10]	166 Ledian [1, 8]	165 Ledyba [8]	481 Mesprit [21]

Type	Move Name	Pokémon					
Normal	Swift	150 Mewtwo [8]	619 Mienfoo [21]	620 Mienshao [21]	572 Minccino [19]	774 Minior [15]	312 Minun [16]
		517 Munna [E]	417 Pachirisu [21]	053 Persian [1, EV]	795 Pheromosa [7]	204 Pineco [E]	311 Plusle [16]
		156 Quilava [31]	223 Remoraid [E]	027 Sandshrew [17]	028 Sandslash ◆ [17]	403 Shinx [E]	227 Skarmory [23]
		121 Starmie [1]	120 Staryu [16]	700 Sylveon [17]	157 Typhlosion [31]	480 Uxie [21]	100 Voltorb [20]
		041 Zubat [23]					
Dark	Switcheroo	190 Aipom [E]	566 Archen [E]	688 Binacle [E]	418 Buizel [E]	427 Buneary [E]	331 Cacnea [E]
		341 Corphish [E]	546 Cottonee [E]	655 Delphox [1]	781 Dhelmise [1]	023 Ekans [E]	309 Electrike [E]
		097 Hypno [1]	686 Inkay [23]	707 Klefki [E]	264 Linoone [1]	687 Malamar [23]	312 Minun [13]
		714 Noibat [E]	053 Persian [1]	019 Rattata (Alola Form) [E]	336 Seviper [E]	361 Snorunt [E]	
Normal	Swords Dance (TM75)	460 Abomasnow [TM]	359 Absol [25, TM]	681 Aegislash [1, TM]	347 Anorith [TM]	493 Arceus [TM]	168 Ariados [1, EV, TM]
		348 Armaldo [TM]	610 Axew [46, TM]	689 Barbaracle [TM]	153 Bayleef [TM]	614 Beartic [TM]	015 Beedrill [TM]
		182 Bellossom [TM]	069 Bellsprout [TM]	760 Bewear [TM]	400 Bibarel [43, TM]	399 Bidoof [37, TM]	688 Binacle [TM]
		625 Bisharp [63, TM]	257 Blaziken [TM]	626 Bouffalant [56, TM]	286 Breloom [TM]	779 Bruxish [TM]	406 Budew [TM]
		001 Bulbasaur [TM]	331 Cacnea [TM]	332 Cacturne [TM]	455 Carnivine [TM]	251 Celebi [TM]	006 Charizard [TM]
		004 Charmander [TM]	005 Charmeleon [TM]	421 Cherrim [TM]	420 Cherubi [TM]	652 Chesnaught [TM]	650 Chespin [TM]
		152 Chikorita [TM]	390 Chimchar [TM]	692 Clauncher [25, TM]	693 Clawitzer [25, TM]	638 Cobalion [37, TM]	256 Combusken [TM]
		341 Corphish [37, TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [40, TM]	159 Croconaw [TM]	558 Crustle [TM]
		104 Cubone [TM]	491 Darkrai [TM]	723 Dartrix [TM]	724 Decidueye [TM]	502 Dewott [50, TM]	781 Dhelmise [TM]
		660 Diggersby [1, TM]	085 Dodrio [38, TM]	084 Doduo [36, TM]	680 Doublade [1, TM]	452 Drapion [TM]	529 Drilbur [36, TM]
		557 Dwebble [TM]	395 Empoleon [11, TM]	589 Escavalier [52, TM]	530 Excadrill [42, TM]	102 Exeggcute [TM]	103 Exeggutor [TM]
		083 Farfetch'd [25, TM]	160 Feraligatr [TM]	598 Ferrothorn [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	753 Fomantis [TM]
		611 Fraxure [48, TM]	475 Gallade [26, TM]	445 Garchomp [TM]	207 Gligar [50, TM]	472 Gliscor [50, TM]	044 Gloom [TM]
		768 Golisopod [16, TM]	388 Grotle [TM]	383 Groudon [TM]	253 Grovyle [TM]	783 Hakamo-o [TM]	701 Hawlucha [60, TM]
		612 Haxorus [50, TM]	214 Heracross [TM]	679 Honedge [1, TM]	187 Hoppip [TM]	727 Incineroar [TM]	392 Infernape [TM]
		002 Ivysaur [TM]	782 Jangmo-o [TM]	189 Jumpluff [TM]	141 Kabutops [TM]	588 Karrablast [52, TM]	798 Kartana [37, TM]
		647 Keldeo [49, TM]	099 Kingler [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]
		645 Landorus [31, TM]	470 Leafeon [29, TM]	542 Leavanny [46, TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	345 Lileep [TM]	549 Lilligant [TM]	725 Litten [TM]	271 Lombre [TM]	270 Lotad [TM]
		448 Lucario [19, TM]	272 Ludicolo [TM]	754 Lurantis [TM]	745 Lycanroc [TM]	105 Marowak [TM]	303 Mawile [TM]
		154 Meganium [TM]	151 Mew [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	778 Mimikyu [TM]	391 Monferno [TM]
		800 Necrozma [TM]	291 Ninjask [41, TM]	274 Nuzleaf [TM]	043 Oddish [TM]	741 Oricorio [TM]	501 Oshawott [41, TM]
		674 Pancham [TM]	675 Pangoro [TM]	046 Paras [TM]	047 Parasect [TM]	504 Patrat [TM]	624 Pawniard [57, TM]
		731 Pikipek [TM]	127 Pinsir [40, TM]	651 Quilladin [TM]	409 Rampardos [TM]	020 Raticate [1, TM]	384 Rayquaza [TM]
		112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	447 Riolu [TM]	315 Roselia [TM]	407 Roserade [TM]
		722 Rowlet [TM]	503 Samurott [58, TM]	027 Sandshrew [38, TM]	028 Sandslash (Alola Form) [TM]	028 Sandslash ◆ [43, TM]	586 Sawsbuck [TM]
		254 Sceptile [TM]	212 Scizor [57, TM]	545 Scolipede [TM]	123 Scyther [57, TM]	273 Seedot [TM]	497 Serperior [TM]
		496 Servine [TM]	336 Seviper [36, TM]	492 Shaymin [TM]	275 Shiftry [TM]	285 Shroomish [TM]	773 Silvally [TM]
		227 Skarmory [TM]	188 Skiploom [TM]	451 Skorupi [TM]	215 Sneasel [TM]	495 Snivy [TM]	459 Snover [TM]
		759 Stufful [TM]	192 Sunflora [TM]	191 Sunkern [TM]	663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]
		787 Tapu Bulu [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	639 Terrakion [37, TM]	255 Torchic [TM]
		726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	454 Toxicroak [TM]	252 Treecko [TM]
		357 Tropius [TM]	732 Trumbeak [TM]	387 Turtwig [TM]	772 Type: Null [TM]	217 Ursaring [TM]	003 Venusaur [TM]
		071 Victreebel [TM]	045 Vileplume [TM]	640 Virizion [37, TM]	505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]
		335 Zangoose [47, TM]	571 Zoroark [TM]	570 Zorua [TM]			
Psychic	Synchronoise	606 Beheeyem [1, 63]	779 Bruxish [44]	441 Chatot [49]	358 Chimecho [1, 52]	096 Drowzee [37]	133 Eevee [E]
		605 Elgyem [53]	295 Exploud [53]	163 Hoothoot [43]	097 Hypno [37]	352 Kecleon [50]	294 Loudred [50]
		801 Magearna [73]	517 Munna [25]	177 Natu [E]	164 Noctowl [51]	054 Psyduck [E]	280 Ralts [E]
		561 Sigilyph [31]	293 Whismur [43]	527 Woobat [E]			
Grass	Synthesis	460 Abomasnow [BP]	591 Amoonguss [35, BP]	153 Bayleef [12, BP]	182 Bellossom [BP]	069 Bellsprout [E, BP]	761 Bounsweet [E, BP]
		286 Breloom [BP]	406 Budew [E, BP]	001 Bulbasaur [33, BP]	331 Cacnea [BP]	332 Cacturne [BP]	455 Carnivine [E, BP]
		251 Celebi [BP]	421 Cherrim [BP]	420 Cherubi [BP]	652 Chesnaught [BP]	650 Chespin [E, BP]	152 Chikorita [12, BP]
		764 Comfey [28, BP]	346 Cradily [BP]	723 Dartrix [28, BP]	724 Decidueye [28, BP]	585 Deerling [E, BP]	781 Dhelmise [BP]
		102 Exeggcute [E, BP]	103 Exeggutor [BP]	669 Flabébé [BP]	670 Floette [BP]	671 Florges [BP]	753 Fomantis [28, BP]
		590 Foongus [35, BP]	044 Gloom [BP]	673 Gogoat [20, BP]	711 Gourgeist [BP]	388 Grotle [37, BP]	253 Grovyle [BP]
		187 Hoppip [4, BP]	002 Ivysaur [39, BP]	189 Jumpluff [1, 4, BP]	798 Kartana [19, BP]	470 Leafeon [33, BP]	542 Leavanny [BP]
		345 Lileep [BP]	549 Lilligant [1, BP]	271 Lombre [BP]	270 Lotad [E, BP]	272 Ludicolo [BP]	754 Lurantis [28, BP]
		556 Maractus [15, BP]	154 Meganium [12, BP]	151 Mew [BP]	755 Morelull [BP]	274 Nuzleaf [BP]	043 Oddish [E, BP]

Type	Move Name	Pokémon					
Grass	Synthesis	511 Pansage [BP]	046 Paras [BP]	047 Parasect [BP]	548 Petilil [17, BP]	710 Pumpkaboo [BP]	651 Quilladin [BP]
		315 Roselia [46, E, BP]	407 Roserade [BP]	722 Rowlet [25, BP]	586 Sawsbuck [BP]	254 Sceptile [BP]	273 Seedot [21, BP]
		497 Serperior [BP]	496 Servine [BP]	540 Sewaddle [BP]	492 Shaymin (Land Forme) [28, BP]	492 Shaymin (Sky Forme) [BP]	275 Shiftry [BP]
		756 Shiinotic [BP]	285 Shroomish [BP]	512 Simisage [BP]	672 Skiddo [20, BP]	188 Skiploom [1, 4, BP]	495 Snivy [BP]
		459 Snover [BP]	762 Steenee [BP]	192 Sunflora [BP]	191 Sunkern [28, BP]	541 Swadloon [BP]	114 Tangela [BP]
		465 Tangrowth [BP]	787 Tapu Bulu [BP]	389 Torterra [39, BP]	252 Treecko [E, BP]	357 Tropius [50, E, BP]	763 Tsareena [BP]
		387 Turtwig [33, BP]	003 Venusaur [45, BP]	071 Victreebel [BP]	045 Vileplume [BP]	640 Virizion [BP]	070 Weepinbell [BP]
		413 Wormadam (Plant Cloak) [BP]					
Normal	Tackle	306 Aggron [1]	181 Ampharos [1]	304 Aron [1]	713 Avalugg [1]	184 Azumarill [1]	550 Basculin [1]
		411 Bastiodon [1]	153 Bayleef [1]	712 Bergmite [1]	760 Bewear [1]	400 Bibarel [1]	399 Bidoof [1]
		009 Blastoise [1]	525 Boldore [1]	286 Breloom [1]	437 Bronzong [1]	436 Bronzor [1]	001 Bulbasaur [1]
		659 Bunnelby [1]	412 Burmy [10]	323 Camerupt [1]	703 Carbink [1]	351 Castform [1]	010 Caterpie [1]
		797 Celesteela [1]	421 Cherrim [1]	420 Cherubi [1]	652 Chesnaught [1]	152 Chikorita [1]	222 Corsola [1]
		155 Cyndaquil [1]	555 Darmanitan [1]	723 Dartrix [1]	554 Darumaka [1]	724 Decidueye [1]	702 Dedenne [1]
		585 Deerling [1]	633 Deino [1]	502 Dewott [1]	719 Diancie [1]	660 Diggersby [1]	680 Doublade [1]
		691 Dragalge [1]	133 Eevee [1]	309 Electrike [1]	101 Electrode [1]	500 Emboar [1]	395 Empoleon [1]
		196 Espeon [1]	349 Feebas [15]	597 Ferroseed [1]	598 Ferrothorn [1]	180 Flaaffy [1]	669 Flabébé [1]
		136 Flareon [1]	662 Fletchinder [1]	661 Fletchling [1]	670 Floette [1]	205 Forretress [1]	676 Furfrou [1]
		444 Gabite [1]	445 Garchomp [1]	074 Geodude [1]	443 Gible [1]	526 Gigalith [1]	203 Girafarig [1]
		471 Glaceon [1]	673 Gogoat [1]	076 Golem [1]	706 Goodra [1]	704 Goomy [1]	210 Granbull [1]
		075 Graveler [1]	388 Grotle [1]	735 Gumshoos [1]	783 Hakamo-o [1]	297 Hariyama [1]	701 Hawlucha [1]
		631 Heatmor [1]	214 Heracross [1]	507 Herdier [1]	449 Hippopotas [1]	450 Hippowdon [1]	679 Honedge [1]
		163 Hoothoot [1]	187 Hoppip [8]	314 Illumise [1]	686 Inkay [1]	002 Ivysaur [1]	782 Jangmo-o [1]
		135 Jolteon [1]	189 Jumpluff [8]	707 Klefki [1]	109 Koffing [1]	784 Kommo-o [1]	305 Lairon [1]
		470 Leafeon [1]	542 Leavanny [1]	166 Ledian [1]	165 Ledyba [1]	506 Lillipup [1]	264 Linoone [1]
		667 Litleo [1]	337 Lunatone [1]	370 Luvdisc [1]	404 Luxio [1]	405 Luxray [1]	745 Lycanroc [1]
		129 Magikarp [15]	081 Magnemite [1]	082 Magneton [1]	462 Magnezone [1]	296 Makuhita [1]	687 Malamar [1]
		310 Manectric [1]	226 Mantine [1]	458 Mantyke [1]	179 Mareep [1]	183 Marill [1]	259 Marshtomp [1]
		154 Meganium [1]	262 Mightyena [1]	241 Miltank [1]	774 Minior [1]	414 Mothim [1]	258 Mudkip [1]
		446 Munchlax [1]	164 Noctowl [1]	714 Noibat [1]	715 Noivern [1]	299 Nosepass [1]	322 Numel [1]
		095 Onix [1]	501 Oshawott [1]	674 Pancham [1]	675 Pangoro [1]	766 Passimian [1]	504 Patrat [1]
		231 Phanpy [1]	708 Phantump [1]	018 Pidgeot [1]	017 Pidgeotto [1]	016 Pidgey [1]	499 Pignite [1]
		204 Pineco [1]	077 Ponyta [1]	261 Poochyena [1]	137 Porygon [1]	233 Porygon2 [1]	474 Porygon-Z [1]
		394 Prinplup [1]	476 Probopass [1]	668 Pyroar [1]	156 Quilava [1]	211 Qwilfish [1]	020 Raticate [1]
		019 Rattata [1]	369 Relicanth [1]	744 Rockruff [1]	524 Roggenrola [1]	722 Rowlet [1]	503 Samurott [1]
		586 Sawsbuck [1]	664 Scatterbug [1]	497 Serperior [1]	496 Servine [1]	540 Sewaddle [1]	090 Shellder [1]
		410 Shieldon [1]	403 Shinx [1]	285 Shroomish [1]	773 Silvally [1]	672 Skiddo [1]	188 Skiploom [8]
		300 Skitty [1]	690 Skrelp [1]	705 Sliggoo [1]	080 Slowbro [1]	199 Slowking [1]	079 Slowpoke [1]
		685 Slurpuff [1]	495 Snivy [1]	143 Snorlax [1]	209 Snubbull [1]	338 Solrock [1]	327 Spinda [1]
		007 Squirtle [1]	805 Stakataka [1]	234 Stantler [1]	398 Staraptor [1]	397 Staravia [1]	396 Starly [1]
		120 Staryu [1]	208 Steelix [1]	508 Stoutland [1]	759 Stufful [1]	618 Stunfisk [1]	541 Swadloon [1]
		260 Swampert [1]	220 Swinub [1]	684 Swirlix [1]	700 Sylveon [1]	663 Talonflame [1]	128 Tauros [1]
		498 Tepig [1]	777 Togedemaru [1]	389 Torterra [1]	709 Trevenant [1]	776 Turtonator [1]	387 Turtwig [1]
		602 Tynamo [1]	772 Type: Null [1]	157 Typhlosion [1]	697 Tyrantrum [1]	236 Tyrogue [1]	696 Tyrunt [1]
		197 Umbreon [1]	134 Vaporeon [1]	049 Venomoth [1]	048 Venonat [1]	003 Venusaur [1]	313 Volbeat [1]
		100 Voltorb [1]	008 Wartortle [1]	505 Watchog [1]	110 Weezing [1]	413 Wormadam [1]	265 Wurmple [1]
		193 Yanma [1]	469 Yanmega [1]	734 Yungoos [1]	263 Zigzagoon [1]		
Bug	Tail Glow	490 Manaphy [1]	313 Volbeat [22]	796 Xurkitree [1]			
Normal	Tail Slap	190 Aipom [E]	418 Buizel [E]	573 Cinccino [1]	572 Minccino [25]	037 Vulpix [E]	
Normal	Tail Whip	190 Aipom [1]	424 Ambipom [1]	184 Azumarill [1, 2]	298 Azurill [2]	550 Basculin [1]	009 Blastoise [1, 4]
		242 Blissey [5]	522 Blitzle [4]	654 Braixen [1]	113 Chansey [5]	104 Cubone [3]	702 Dedenne [1]
		655 Delphox [1]	502 Dewott [1, 5]	691 Dragalge [9]	133 Eevee [1]	500 Emboar [1, 3]	587 Emolga [7]
		196 Espeon [1]	653 Fennekin [1]	136 Flareon [1]	676 Furfrou [15]	471 Glaceon [1]	431 Glameow [E]
		673 Gogoat [1, 9]	118 Goldeen [1]	055 Golduck [1, 4]	210 Granbull [1]	694 Helioptile [1]	187 Hoppip [6]
		135 Jolteon [1]	189 Jumpluff [1, 6]	115 Kangaskhan [10]	352 Kecleon [1]	470 Leafeon [1]	264 Linoone [1, 5]
		183 Marill [2]	105 Marowak [1, 3]	052 Meowth ◆ [E]	572 Minccino [E]	031 Nidoqueen [1]	029 Nidoran♀ [7]
		030 Nidorina [7]	501 Oshawott [5]	417 Pachirisu [E]	172 Pichu [5]	499 Pignite [1, 3]	025 Pikachu [1]

Type	Move Name	Pokémon					
Normal	Tail Whip	077 Ponyta [4]	054 Psyduck [4]	195 Quagsire [1]	026 Raichu [1]	078 Rapidash [1, 4]	020 Raticate [1]
		019 Rattata [1]	112 Rhydon [1]	111 Rhyhorn [1]	464 Rhyperior [1]	503 Samurott [1, 5]	119 Seaking [1]
		672 Skiddo [9]	188 Skiploom [1, 6]	300 Skitty [1]	690 Skrelp [9]	209 Snubbull [1]	007 Squirtle [4]
		700 Sylveon [1]	128 Tauros [3]	498 Tepig [3]	697 Tyrantrum [1]	696 Tyrunt [1]	197 Umbreon [1]
		134 Vaporeon [1]	037 Vulpix [4]	008 Wartortle [1, 4]	194 Wooper [1]	523 Zebstrika [1, 4]	263 Zigzagoon [5]
Flying	Tailwind	142 Aerodactyl [E, BP]	334 Altaria [BP]	493 Arceus [BP]	566 Archen [BP]	567 Archeops [BP]	144 Articuno [64, BP]
		267 Beautifly [BP]	015 Beedrill [BP]	628 Braviary [37, BP]	012 Butterfree [41, BP]	351 Castform [BP]	006 Charizard [BP]
		441 Chatot [BP]	415 Combee [BP]	764 Comfey [BP]	546 Cottonee [BP]	169 Crobat [BP]	742 Cutiefly [BP]
		724 Decidueye [BP]	149 Dragonite [BP]	780 Drampa [BP]	426 Drifblim [BP]	425 Drifloon [E, BP]	580 Ducklett [37, BP]
		269 Dustox [BP]	587 Emolga [BP]	083 Farfetch'd [BP]	022 Fearow [BP]	456 Finneon [BP]	662 Fletchinder [51, BP]
		661 Fletchling [45, E, BP]	330 Flygon [BP]	487 Giratina (Origin Forme) [BP]	207 Gligar [BP]	472 Gliscor [BP]	042 Golbat [BP]
		701 Hawlucha [BP]	430 Honchkrow [BP]	250 Ho-Oh [BP]	163 Hoothoot [BP]	635 Hydreigon [BP]	314 Illumise [BP]
		798 Kartana [BP]	380 Latias [BP]	381 Latios [BP]	166 Ledian [BP]	165 Ledyba [E, BP]	249 Lugia [BP]
		457 Lumineon [BP]	792 Lunala [BP]	630 Mandibuzz [37, BP]	226 Mantine [BP]	458 Mantyke [E, BP]	284 Masquerain [BP]
		151 Mew [BP]	146 Moltres [BP]	414 Mothim [BP]	198 Murkrow [50, BP]	804 Naganadel [BP]	177 Natu [BP]
		164 Noctowl [BP]	714 Noibat [35, E, BP]	715 Noivern [35, BP]	741 Oricorio [E, BP]	279 Pelipper [1, 44, BP]	018 Pidgeot [50, BP]
		017 Pidgeotto [47, BP]	016 Pidgey [41, BP]	519 Pidove [46, BP]	731 Pikipek [E, BP]	384 Rayquaza [BP]	643 Reshiram [BP]
		743 Ribombee [BP]	627 Rufflet [37, BP]	373 Salamence [BP]	212 Scizor [BP]	123 Scyther [BP]	492 Shaymin [BP]
		275 Shiftry [BP]	561 Sigilyph [11, BP]	773 Silvally [BP]	227 Skarmory [BP]	021 Spearow [BP]	398 Staraptor [BP]
		397 Staravia [BP]	396 Starly [BP]	245 Suicune [57, BP]	333 Swablu [BP]	581 Swanna [40, BP]	277 Swellow [BP]
		528 Swoobat [BP]	276 Taillow [BP]	663 Talonflame [55, BP]	468 Togekiss [BP]	176 Togetic [BP]	641 Tornadus [49, BP]
		733 Toucannon [BP]	520 Tranquill [54, BP]	357 Tropius [BP]	732 Trumbeak [BP]	521 Unfezant [60, BP]	049 Venomoth [BP]
		416 Vespiquen [BP]	329 Vibrava [BP]	666 Vivillon [BP]	313 Volbeat [BP]	637 Volcarona [BP]	629 Vullaby [37, BP]
		547 Whimsicott [28, BP]	278 Wingull [BP]	527 Woobat [BP]	178 Xatu [1, BP]	193 Yanma [BP]	469 Yanmega [BP]
		717 Yveltal [BP]	145 Zapdos [BP]	644 Zekrom [BP]	041 Zubat [BP]		
Normal	Take Down	142 Aerodactyl [41]	306 Aggron [28]	334 Altaria [23]	698 Amaura [15]	181 Ampharos [20]	304 Aron [28]
		531 Audino [33]	699 Aurorus [15]	713 Avalugg [15]	339 Barboach [E]	550 Basculin [14]	411 Bastiodon [15]
		374 Beldum [1]	712 Bergmite [15]	760 Bewear [30]	400 Bibarel [33]	399 Bidoof [29]	242 Blissey [27]
		522 Blitzle [E]	001 Bulbasaur [15]	659 Bunnelby [15]	323 Camerupt [31]	318 Carvanha [43]	113 Chansey [27]
		421 Cherrim [35]	420 Cherubi [31]	652 Chesnaught [29]	650 Chespin [27]	358 Chimecho [19]	170 Chinchou [39]
		638 Cobalion [7]	408 Cranidos [15]	554 Darumaka [E]	585 Deerling [20]	087 Dewgong [39]	660 Diggersby [15]
		206 Dunsparce [28]	133 Eevee [25]	500 Emboar [28]	180 Flaaffy [20]	205 Forretress [12]	676 Furfrou [35]
		444 Gabite [15]	445 Garchomp [15]	443 Gible [15]	203 Girafarig [E]	673 Gogoat [22]	058 Growlithe [23]
		735 Gumshoos [31]	214 Heracross [34]	507 Herdier [15]	449 Hippopotas [19]	450 Hippowdon [19]	163 Hoothoot [25]
		002 Ivysaur [15]	140 Kabuto [E]	588 Karrablast [37]	647 Keldeo [19]	305 Lairon [28]	171 Lanturn [43]
		636 Larvesta [20]	506 Lillipup [15]	667 Litleo [20]	370 Luvdisc [34]	473 Mamoswine [28]	226 Mantine [27]
		458 Mantyke [27]	179 Mareep [18, E]	259 Marshtomp [42]	376 Metagross [1]	375 Metang [1]	262 Mightyena [48]
		774 Minior [29]	258 Mudkip [36]	029 Nidoran♀ [E]	032 Nidoran♂ [E]	164 Noctowl [27]	322 Numel [31]
		766 Passimian [22]	231 Phanpy [28]	499 Pignite [28]	221 Piloswine [28]	204 Pineco [12]	077 Ponyta [29]
		261 Poochyena [40]	668 Pyroar [20]	651 Quilladin [29]	211 Qwilfish [41]	409 Rampardos [15]	078 Rapidash [29]
		369 Relicanth [31]	112 Rhydon [37]	111 Rhyhorn [37]	464 Rhyperior [37]	524 Roggenrola [E]	586 Sawsbuck [20]
		273 Seedot [E]	086 Seel [37]	090 Shellder [E]	410 Shieldon [15]	403 Shinx [E]	773 Silvally [40]
		672 Skiddo [22]	805 Stakataka [19]	234 Stantler [21]	398 Staraptor [33]	397 Staravia [33]	396 Starly [29]
		508 Stoutland [15]	759 Stufful [28]	333 Swablu [23]	260 Swampert [44]	220 Swinub [28, E]	128 Tauros [35]
		216 Teddiursa [E]	498 Tepig [25]	639 Terrakion [7]	568 Trubbish [25]	772 Type: Null [40]	543 Venipede [E]
		003 Venusaur [15]	640 Virizion [7]	721 Volcanion [1]	293 Whismur [E]	746 Wishiwashi [25]	716 Xerneas [1]
		734 Yungoos [28]	263 Zigzagoon [31]				
Dark	Taunt (TM12)	063 Abra [TM]	359 Absol [13, TM]	142 Aerodactyl [TM]	306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]
		424 Ambipom [TM]	566 Archen [TM]	567 Archeops [TM]	610 Axew [36, TM]	482 Azelf [TM]	354 Banette [TM]
		689 Barbaracle [TM]	550 Basculin [TM]	411 Bastiodon [1, 6, TM]	614 Beartic [TM]	760 Bewear [TM]	400 Bibarel [TM]
		399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]	806 Blacephalon [TM]	626 Bouffalant [TM]	779 Bruxish [TM]
		794 Buzzwole [31, TM]	318 Carvanha [TM]	609 Chandelure [TM]	441 Chatot [1, 25, TM]	652 Chesnaught [TM]	650 Chespin [TM]
		390 Chimchar [9, TM]	358 Chimecho [TM]	433 Chingling [TM]	638 Cobalion [TM]	764 Comfey [TM]	534 Conkeldurr [TM]
		341 Corphish [34, TM]	546 Cottonee [TM]	342 Crawdaunt [36, TM]	453 Croagunk [10, TM]	169 Crobat [TM]	491 Darkrai [TM]
		555 Darmanitan [39, TM]	554 Darumaka [35, TM]	633 Deino [TM]	386 Deoxys (Attack Forme) [19, TM]	386 Deoxys [TM]	502 Dewott [TM]
		085 Dodrio [TM]	452 Drapion [TM]	096 Drowzee [TM]	621 Druddigon [TM]	356 Dusclops [TM]	477 Dusknoir [TM]

Type	Move Name	Pokémon					
Dark	Taunt (TM12)	355 Duskull [TM]	466 Electivire [TM]	101 Electrode [TM]	500 Emboar [TM]	587 Emolga [TM]	295 Exploud [TM]
		662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	611 Fraxure [36, TM]	592 Frillish [TM]	656 Froakie [TM]
		657 Frogadier [TM]	478 Froslass [TM]	475 Gallade [TM]	282 Gardevoir [TM]	092 Gastly [TM]	094 Gengar [TM]
		362 Glalie [TM]	431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]	042 Golbat [TM]	768 Golisopod [TM]
		574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	210 Granbull [TM]	658 Greninja [TM]	088 Grimer [TM]
		326 Grumpig [TM]	735 Gumshoos [TM]	533 Gurdurr [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	093 Haunter [TM]
		701 Hawlucha [TM]	612 Haxorus [36, TM]	631 Heatmor [TM]	485 Heatran [TM]	430 Honchkrow [TM]	720 Hoopa [TM]
		229 Houndoom [TM]	228 Houndour [TM]	635 Hydreigon [TM]	097 Hypno [TM]	727 Incineroar [TM]	392 Infernape [1, 9, TM]
		686 Inkay [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	124 Jynx [TM]	064 Kadabra [TM]	647 Keldeo [TM]
		281 Kirlia [TM]	109 Koffing [TM]	784 Kommo-o [TM]	402 Kricketune [38, TM]	552 Krokorok [TM]	553 Krookodile [TM]
		608 Lampent [TM]	246 Larvitar [TM]	510 Liepard [38, TM]	667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]
		294 Loudred [TM]	745 Lycanroc (Midnight Form) [1, TM]	745 Lycanroc [TM]	467 Magmortar [TM]	687 Malamar [TM]	630 Mandibuzz [TM]
		056 Mankey [TM]	303 Mawile [1, TM]	052 Meowth [25, TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]
		620 Mienshao [TM]	262 Mightyena [36, TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	200 Misdreavus [TM]	429 Mismagius [TM]
		391 Monferno [9, TM]	122 Mr. Mime [TM]	089 Muk [TM]	198 Murkrow [31, TM]	034 Nidoking [TM]	031 Nidoqueen [TM]
		714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	095 Onix [TM]	765 Oranguru [8, TM]	741 Oricorio [TM]
		501 Oshawott [TM]	675 Pangoro [65, TM]	515 Panpour [25, TM]	511 Pansage [TM]	513 Pansear [TM]	766 Passimian [TM]
		624 Pawniard [TM]	053 Persian [25, TM]	795 Pheromosa [TM]	519 Pidove [25, TM]	499 Pignite [TM]	261 Poochyena [31, TM]
		057 Primeape [TM]	476 Probopass [TM]	247 Pupitar [TM]	509 Purrloin [TM]	432 Purugly [TM]	668 Pyroar [TM]
		771 Pyukumuku [9, TM]	651 Quilladin [TM]	211 Qwilfish [TM]	280 Ralts [TM]	020 Raticate [TM]	019 Rattata [TM]
		744 Rockruff [TM]	302 Sableye [TM]	757 Salandit [TM]	758 Salazzle [TM]	503 Samurott [TM]	551 Sandile [TM]
		539 Sawk [TM]	560 Scrafty [TM]	559 Scraggy [TM]	497 Serperior [TM]	496 Servine [TM]	336 Seviper [TM]
		319 Sharpedo [56, TM]	410 Shieldon [6, TM]	353 Shuppet [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]
		227 Skarmory [TM]	451 Skorupi [TM]	435 Skuntank [TM]	289 Slaking [TM]	215 Sneasel [1, TM]	495 Snivy [TM]
		209 Snubbull [TM]	442 Spiritomb [TM]	325 Spoink [TM]	208 Steelix [TM]	759 Stufful [TM]	434 Stunky [TM]
		185 Sudowoodo [TM]	528 Swoobat [TM]	663 Talonflame [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	216 Teddiursa [TM]	498 Tepig [TM]	639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]
		532 Timburr [TM]	641 Tornadus [TM]	726 Torracat [TM]	454 Toxicroak [10, TM]	520 Tranquill [27, TM]	776 Turtonator [TM]
		248 Tyranitar [TM]	197 Umbreon [TM]	521 Unfezant [27, TM]	217 Ursaring [TM]	583 Vanillish [22, TM]	582 Vanillite [22, TM]
		584 Vanilluxe [22, TM]	494 Victini [TM]	288 Vigoroth [TM]	640 Virizion [TM]	100 Voltorb [TM]	629 Vullaby [TM]
		461 Weavile [1, TM]	110 Weezing [TM]	547 Whimsicott [TM]	767 Wimpod [TM]	527 Woobat [TM]	734 Yungoos [TM]
		717 Yveltal [1, TM]	335 Zangoose [43, TM]	571 Zoroark [25, TM]	570 Zorua [25, TM]	041 Zubat [TM]	634 Zweilous [TM]
Normal	Tearful Look	438 Bonsly [22]	702 Dedenne [E]	669 Flabébé [E]	312 Minun [E]	504 Patrat [E]	311 Plusle [E]
		185 Sudowoodo [22]	746 Wishiwashi [22]				
Normal	Techno Blast*	649 Genesect [1]					
Normal	Teeter Dance	761 Bounsweet [25]	427 Buneary [E]	331 Cacnea [E]	326 Grumpig [1, EV]	549 Lilligant [10]	270 Lotad [E]
		648 Meloetta [21]	439 Mime Jr. [E]	122 Mr. Mime [E]	043 Oddish [E]	741 Oricorio [26]	327 Spinda [32]
		762 Steenee [25]	763 Tsareena [25]				
Psychic	Telekinesis	063 Abra [BP]	065 Alakazam [33, BP]	493 Arceus [BP]	683 Aromatisse [BP]	531 Audino [BP]	482 Azelf [BP]
		343 Baltoy [BP]	354 Banette [BP]	606 Beheeyem [BP]	242 Blissey [BP]	654 Braixen [BP]	437 Bronzong [BP]
		436 Bronzor [BP]	779 Bruxish [BP]	703 Carbink [BP]	251 Celebi [BP]	609 Chandelure [BP]	113 Chansey [BP]
		358 Chimecho [BP]	433 Chingling [BP]	344 Claydol [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]
		563 Cofagrigus [BP]	764 Comfey [BP]	488 Cresselia [BP]	742 Cutiefly [BP]	655 Delphox [BP]	386 Deoxys [BP]
		781 Dhelmise [BP]	719 Diancie [BP]	426 Drifblim [BP]	425 Drifloon [BP]	096 Drowzee [BP]	578 Duosion [BP]
		356 Dusclops [BP]	477 Dusknoir [BP]	355 Duskull [BP]	101 Electrode [BP]	605 Elgyem [BP]	196 Espeon [BP]
		677 Espurr [BP]	102 Exeggcute [BP]	103 Exeggutor [BP]	205 Forretress [BP]	478 Froslass [BP]	475 Gallade [BP]
		282 Gardevoir [BP]	092 Gastly [BP]	649 Genesect [BP]	094 Gengar [BP]	203 Girafarig [BP]	487 Giratina [BP]
		055 Golduck [BP]	622 Golett [BP]	623 Golurk [BP]	574 Gothita [40, BP]	576 Gothitelle [45, BP]	575 Gothorita [43, BP]
		711 Gourgeist [BP]	326 Grumpig [BP]	093 Haunter [BP]	720 Hoopa [BP]	097 Hypno [BP]	686 Inkay [BP]
		039 Jigglypuff [BP]	385 Jirachi [BP]	124 Jynx [BP]	064 Kadabra [33, BP]	281 Kirlia [BP]	600 Klang [BP]
		599 Klink [BP]	601 Klinklang [BP]	608 Lampent [BP]	380 Latias [BP]	381 Latios [36, BP]	607 Litwick [BP]
		249 Lugia [BP]	792 Lunala [BP]	337 Lunatone [BP]	687 Malamar [BP]	308 Medicham [BP]	307 Meditite [BP]
		648 Meloetta [BP]	678 Meowstic [BP]	481 Mesprit [BP]	376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]
		150 Mewtwo [BP]	439 Mime Jr. [BP]	778 Mimikyu [BP]	774 Minior [BP]	200 Misdreavus [BP]	429 Mismagius [BP]
		122 Mr. Mime [BP]	517 Munna [43, BP]	518 Musharna [BP]	177 Natu [BP]	800 Necrozma [BP]	793 Nihilego [BP]
		765 Oranguru [BP]	708 Phantump [BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	476 Probopass [BP]
		054 Psyduck [BP]	710 Pumpkaboo [BP]	026 Raichu (Alola Form) [BP]	280 Ralts [BP]	579 Reuniclus [BP]	743 Ribombee [BP]

*Techno Blast's type varies depending on the kind of drive the user is holding.

Type	Move Name	Pokémon					
Psychic	**Telekinesis**	479 Rotom [BP]	302 Sableye [BP]	292 Shedinja [BP]	353 Shuppet [BP]	561 Sigilyph [BP]	080 Slowbro [BP]
		199 Slowking [BP]	079 Slowpoke [BP]	577 Solosis [BP]	338 Solrock [BP]	442 Spiritomb [BP]	325 Spoink [BP]
		682 Spritzee [BP]	805 Stakataka [BP]	121 Starmie [BP]	528 Swoobat [BP]	700 Sylveon [BP]	787 Tapu Bulu [BP]
		788 Tapu Fini [BP]	785 Tapu Koko [BP]	786 Tapu Lele [BP]	468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]
		709 Trevenant [BP]	480 Uxie [BP]	494 Victini [BP]	040 Wigglytuff [BP]	527 Woobat [BP]	413 Wormadam [BP]
		178 Xatu [BP]	562 Yamask [BP]				
Psychic	**Teleport**	063 Abra [1]	065 Alakazam [1]	344 Claydol [1]	790 Cosmoem [1]	789 Cosmog [23]	386 Deoxys (Normal Forme) [13]
		386 Deoxys (Attack Forme) [13]	386 Deoxys (Defense Forme) [13]	605 Elgyem [E]	475 Gallade [1, 9]	282 Gardevoir [1, 9]	064 Kadabra [1]
		281 Kirlia [1, 9]	792 Lunala [1]	177 Natu [9]	280 Ralts [9]	791 Solgaleo [1]	178 Xatu [1, 9]
Dark	**Thief (TM46)**	063 Abra [TM]	359 Absol [TM]	142 Aerodactyl [TM]	190 Aipom [TM]	065 Alakazam [TM]	334 Altaria [TM]
		424 Ambipom [TM]	024 Arbok [TM]	059 Arcanine [TM]	168 Ariados [TM]	354 Banette [TM]	689 Barbaracle [TM]
		267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	069 Bellsprout [TM]	400 Bibarel [TM]	399 Bidoof [TM]
		688 Binacle [TM]	625 Bisharp [TM]	806 Blacephalon [TM]	438 Bonsly [TM]	654 Braixen [TM]	659 Bunnelby [TM]
		012 Butterfree [TM]	455 Carnivine [TM]	318 Carvanha [TM]	351 Castform [TM]	609 Chandelure [TM]	441 Chatot [TM]
		573 Cinccino [TM]	563 Cofagrigus [TM]	764 Comfey [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	408 Cranidos [TM]
		453 Croagunk [TM]	169 Crobat [TM]	104 Cubone [TM]	742 Cutiefly [TM]	491 Darkrai [TM]	555 Darmanitan [TM]
		554 Darumaka [TM]	702 Dedenne [TM]	633 Deino [TM]	225 Delibird [TM]	655 Delphox [TM]	087 Dewgong [TM]
		781 Dhelmise [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]	084 Doduo [TM]	452 Drapion [TM]
		426 Drifblim [TM]	425 Drifloon [TM]	096 Drowzee [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	356 Dusclops [TM]
		477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]
		083 Farfetch'd [TM]	022 Fearow [TM]	653 Fennekin [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	656 Froakie [TM]
		657 Frogadier [TM]	162 Furret [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	094 Gengar [TM]	203 Girafarig [TM]	431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]
		042 Golbat [TM]	622 Golett [TM]	623 Golurk [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]
		711 Gourgeist [TM]	210 Granbull [TM]	658 Greninja [TM]	088 Grimer [TM]	058 Growlithe [TM]	326 Grumpig [TM]
		735 Gumshoos [TM]	799 Guzzlord [TM]	093 Haunter [TM]	631 Heatmor [TM]	214 Heracross [TM]	107 Hitmonchan [TM]
		106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	720 Hoopa [TM]	163 Hoothoot [TM]	229 Houndoom [TM]
		228 Houndour [TM]	635 Hydreigon [TM]	097 Hypno [TM]	314 Illumise [TM]	686 Inkay [TM]	595 Joltik [TM]
		124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]	064 Kadabra [TM]	115 Kangaskhan [TM]	352 Kecleon [1, TM]
		099 Kingler [TM]	281 Kirlia [TM]	707 Klefki [TM, E]	109 Koffing [TM]	098 Krabby [TM]	552 Krokorok [TM]
		553 Krookodile [TM]	608 Lampent [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]	108 Lickitung [TM]
		510 Liepard [TM]	264 Linoone [TM]	667 Litleo [TM]	607 Litwick [TM]	271 Lombre [TM]	270 Lotad [TM]
		272 Ludicolo [TM]	404 Luxio [TM]	405 Luxray [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]
		240 Magby [TM]	126 Magmar [TM]	467 Magmortar [TM]	687 Malamar [TM]	630 Mandibuzz [TM]	310 Manectric [TM]
		056 Mankey [TM]	105 Marowak [TM]	802 Marshadow [TM]	284 Masquerain [TM]	052 Meowth [TM]	151 Mew [TM]
		262 Mightyena [1, TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	200 Misdreavus [TM]	429 Mismagius [TM]
		414 Mothim [TM]	122 Mr. Mime [TM]	089 Muk [TM]	198 Murkrow [TM]	804 Naganadel [TM]	177 Natu [TM]
		800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]
		033 Nidorino [TM]	291 Ninjask [TM]	164 Noctowl [TM]	714 Noibat [TM]	715 Noivern [TM]	274 Nuzleaf [TM]
		224 Octillery [TM]	138 Omanyte [TM]	139 Omastar [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]
		513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]	766 Passimian [TM]	624 Pawniard [TM]	279 Pelipper [TM]
		053 Persian [TM]	708 Phantump [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	731 Pikipek [TM]
		127 Pinsir [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	261 Poochyena [TM]
		137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	057 Primeape [TM]	710 Pumpkaboo [TM]	509 Purrloin [TM]
		432 Purugly [TM]	668 Pyroar [TM]	195 Quagsire [TM]	026 Raichu [TM]	280 Ralts [TM]	409 Rampardos [TM]
		020 Raticate [TM]	019 Rattata [TM]	223 Remoraid [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]
		743 Ribombee [TM]	479 Rotom [TM]	302 Sableye [TM]	757 Salandit [TM]	758 Salazzle [TM]	551 Sandile [TM]
		027 Sandshrew [TM]	028 Sandslash [TM]	212 Scizor [TM]	560 Scrafty [TM]	123 Scyther [TM]	086 Seel [TM]
		161 Sentret [TM]	336 Seviper [TM]	319 Sharpedo [TM]	292 Shedinja [TM]	275 Shiftry [TM]	403 Shinx [TM]
		353 Shuppet [TM]	561 Sigilyph [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]
		451 Skorupi [TM]	435 Skuntank [TM]	685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	209 Snubbull [TM]
		021 Spearow [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	234 Stantler [TM]
		398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]	434 Stunky [TM]	185 Sudowoodo [TM]	283 Surskit [TM]
		333 Swablu [TM]	277 Swellow [TM]	684 Swirlix [TM]	528 Swoobat [TM]	276 Taillow [TM]	663 Talonflame [TM]
		114 Tangela [TM]	465 Tangrowth [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	216 Teddiursa [TM]	072 Tentacool [TM]
		073 Tentacruel [TM]	642 Thundurus [TM]	777 Togedemaru [TM]	641 Tornadus [TM]	733 Toucannon [TM]	454 Toxicroak [TM]
		709 Trevenant [TM]	568 Trubbish [TM]	732 Trumbeak [TM]	236 Tyrogue [TM]	217 Ursaring [TM]	049 Venomoth [TM]

Type	Move Name	Pokémon					
Dark	Thief (TM46)	048 Venonat [TM]	416 Vespiquen [TM]	071 Victreebel [TM]	666 Vivillon [TM]	313 Volbeat [TM]	100 Voltorb [TM]
		629 Vullaby [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	278 Wingull [TM]
		527 Woobat [TM]	413 Wormadam [TM]	178 Xatu [TM]	562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]
		734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]
		041 Zubat [TM]	634 Zweilous [TM]				
Ground	Thousand Arrows	718 Zygarde [ZC]					
Ground	Thousand Waves	718 Zygarde [ZC]					
Normal	Thrash	566 Archen [50]	567 Archeops [61]	371 Bagon [E]	339 Barboach [E]	550 Basculin [42]	614 Beartic [1, 59]
		760 Bewear [43]	522 Blitzle [43]	626 Bouffalant [50]	628 Braviary [1, 70]	318 Carvanha [E]	408 Cranidos [E]
		159 Croconaw [48]	613 Cubchoo [53]	104 Cubone [31]	155 Cyndaquil [E]	555 Darmanitan [27]	554 Darumaka [27]
		050 Diglett (Alola Form) [E]	085 Dodrio [56]	084 Doduo [50]	603 Eelektrik [74]	604 Eelektross [1]	160 Feraligatr [58]
		443 Gible [E]	058 Growlithe [E]	735 Gumshoos [51]	799 Guzzlord [47]	130 Gyarados [1]	727 Incineroar [38]
		775 Komala [46]	552 Krokorok [52]	636 Larvesta [90]	246 Larvitar [28]	108 Lickitung [E]	725 Litten [32]
		745 Lycanroc (Dusk Form) [1, EV]	473 Mamoswine [41]	056 Mankey [33]	105 Marowak [33]	034 Nidoking [35]	766 Passimian [29]
		221 Piloswine [41]	127 Pinsir [43]	077 Ponyta [E]	057 Primeape [35]	247 Pupitar [28]	744 Rockruff [E]
		627 Rufflet [64]	551 Sandile [46]	327 Spinda [55]	234 Stantler [E]	759 Stufful [37]	128 Tauros [55]
		216 Teddiursa [50]	498 Tepig [E]	642 Thundurus [1, 79]	641 Tornadus [1, 79]	726 Torracat [37]	158 Totodile [41, E]
		387 Turtwig [E]	248 Tyranitar [28]	697 Tyrantrum [42]	696 Tyrunt [40]	217 Ursaring [58]	637 Volcarona [1]
		320 Wailmer [E]	340 Whiscash [1, EV]	734 Yungoos [43]	523 Zebstrika [53]		
Dark	Throat Chop	359 Absol [BP]	024 Arbok [BP]	168 Ariados [BP]	531 Audino [BP]	354 Banette [BP]	614 Beartic [BP]
		015 Beedrill [BP]	625 Bisharp [BP]	455 Carnivine [BP]	222 Corsola [BP]	491 Darkrai [BP]	386 Deoxys [BP]
		452 Drapion [BP]	603 Eelektrik [BP]	604 Eelektross [BP]	395 Empoleon [BP]	083 Farfetch'd [BP]	022 Fearow [BP]
		330 Flygon [BP]	475 Gallade [BP]	596 Galvantula [BP]	526 Gigalith [BP]	207 Gligar [BP]	472 Gliscor [BP]
		118 Goldeen [BP]	768 Golisopod [BP]	297 Hariyama [BP]	701 Hawlucha [BP]	631 Heatmor [BP]	214 Heracross [BP]
		107 Hitmonchan [BP]	720 Hoopa [BP]	229 Houndoom [BP]	635 Hydreigon [BP]	727 Incineroar [1, BP]	402 Kricketune [BP]
		553 Krookodile [BP]	542 Leavanny [BP]	510 Liepard [BP]	264 Linoone [BP]	405 Luxray [BP]	745 Lycanroc (Midnight Form) [BP]
		068 Machamp [BP]	687 Malamar [BP]	556 Maractus [BP]	105 Marowak [BP]	802 Marshadow [BP]	052 Meowth [BP]
		151 Mew [BP]	262 Mightyena [BP]	804 Naganadel [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	675 Pangoro [BP]
		047 Parasect [BP]	053 Persian [BP]	795 Pheromosa [BP]	127 Pinsir [BP]	062 Poliwrath [BP]	057 Primeape [BP]
		432 Purugly [BP]	211 Qwilfish [BP]	243 Raikou [BP]	078 Rapidash [BP]	020 Raticate [BP]	027 Sandshrew (Alola Form) [BP]
		028 Sandslash (Alola Form) [BP]	539 Sawk [BP]	254 Sceptile [BP]	545 Scolipede [BP]	560 Scrafty [BP]	119 Seaking [BP]
		336 Seviper [BP]	275 Shiftry [BP]	516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	435 Skuntank [BP]
		215 Sneasel [E, BP]	234 Stantler [BP]	434 Stunky [BP]	454 Toxicroak [BP]	157 Typhlosion [BP]	197 Umbreon [BP]
		217 Ursaring [BP]	329 Vibrava [BP]	461 Weavile [BP]	335 Zangoose [BP]	571 Zoroark [BP]	
Electric	Thunder Fang	142 Aerodactyl [1]	024 Arbok [1]	059 Arcanine [1]	633 Deino [E]	232 Donphan [1]	452 Drapion [1]
		621 Druddigon [E]	632 Durant [E]	309 Electrike [19, E]	295 Exploud [1]	472 Gliscor [1]	210 Granbull [1]
		450 Hippowdon [1]	229 Houndoom [1]	228 Houndour [E]	135 Jolteon [20]	506 Lillipup [E]	404 Luxio [33]
		405 Luxray [35]	310 Manectric [19]	303 Mawile [E]	262 Mightyena [1]	261 Poochyena [E]	243 Raikou [50]
		111 Rhyhorn [E]	744 Rockruff [E]	373 Salamence [1]	551 Sandile [E]	403 Shinx [29, E]	773 Silvally [1]
		209 Snubbull [1, E]	208 Steelix [1]	508 Stoutland [1]	248 Tyranitar [1]	696 Tyrunt [E]	734 Yungoos [E]
		644 Zekrom [1]					
Electric	Thunder Punch	063 Abra [E, BP]	306 Aggron [BP]	190 Aipom [BP]	065 Alakazam [BP]	424 Ambipom [BP]	181 Ampharos [1, EV, BP]
		531 Audino [BP]	482 Azelf [BP]	760 Bewear [BP]	257 Blaziken [BP]	242 Blissey [BP]	654 Braixen [BP]
		286 Breloom [BP]	427 Buneary [E, BP]	794 Buzzwole [1, BP]	331 Cacnea [BP]	332 Cacturne [BP]	113 Chansey [BP]
		006 Charizard [BP]	004 Charmander [BP]	005 Charmeleon [BP]	652 Chesnaught [BP]	650 Chespin [BP]	390 Chimchar [E, BP]
		036 Clefable [BP]	035 Clefairy [BP]	256 Combusken [BP]	534 Conkeldurr [BP]	740 Crabominable [BP]	739 Crabrawler [BP]
		408 Cranidos [BP]	453 Croagunk [BP]	104 Cubone [BP]	702 Dedenne [BP]	655 Delphox [BP]	386 Deoxys (Normal Forme) [BP]
		386 Deoxys (Speed Forme) [BP]	660 Diggersby [BP]	149 Dragonite [1, BP]	096 Drowzee [E, BP]	621 Druddigon [BP]	356 Dusclops [1, BP]
		477 Dusknoir [1, BP]	604 Eelektross [BP]	125 Electabuzz [29, BP]	466 Electivire [29, BP]	239 Elekid [29, BP]	500 Emboar [BP]
		295 Exploud [BP]	180 Flaaffy [BP]	330 Flygon [BP]	162 Furret [BP]	475 Gallade [BP]	282 Gardevoir [BP]
		092 Gastly [E, BP]	094 Gengar [BP]	074 Geodude (Alola Form) [22, BP]	074 Geodude ◆ [BP]	076 Golem (Alola Form) [22, BP]	076 Golem ◆ [BP]
		622 Golett [BP]	623 Golurk [BP]	706 Goodra [BP]	210 Granbull [BP]	075 Graveler (Alola Form) [22, BP]	075 Graveler ◆ [BP]

Type	Move Name	Pokémon					
Electric	Thunder Punch	088 Grimer [BP]	383 Groudon [BP]	253 Grovyle [BP]	326 Grumpig [BP]	316 Gulpin [BP]	735 Gumshoos [BP]
		533 Gurdurr [BP]	297 Hariyama [BP]	093 Haunter [BP]	701 Hawlucha [BP]	631 Heatmor [BP]	695 Heliolisk [BP]
		107 Hitmonchan [36, BP]	720 Hoopa [BP]	097 Hypno [BP]	314 Illumise [BP]	727 Incineroar [BP]	392 Infernape [BP]
		039 Jigglypuff [BP]	385 Jirachi [BP]	064 Kadabra [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]	281 Kirlia [BP]
		784 Kommo-o [BP]	166 Ledian [BP]	165 Ledyba [BP]	463 Lickilicky [BP]	108 Lickitung [BP]	271 Lombre [BP]
		428 Lopunny [BP]	294 Loudred [BP]	448 Lucario [BP]	272 Ludicolo [BP]	745 Lycanroc (Midnight Form) [BP]	068 Machamp [BP]
		067 Machoke [BP]	066 Machop [E, BP]	240 Magby [E, BP]	126 Magmar [BP]	467 Magmortar [1, BP]	296 Makuhita [BP]
		056 Mankey [BP]	105 Marowak [BP]	802 Marshadow [1, BP]	303 Mawile [BP]	308 Medicham [1, BP]	307 Meditite [E, BP]
		648 Meloetta [BP]	481 Mesprit [BP]	376 Metagross [BP]	375 Metang [BP]	151 Mew [BP]	150 Mewtwo [BP]
		241 Miltank [BP]	312 Minun [BP]	391 Monferno [BP]	122 Mr. Mime [BP]	089 Muk [BP]	446 Munchlax [BP]
		034 Nidoking [BP]	031 Nidoqueen [BP]	299 Nosepass [BP]	417 Pachirisu [BP]	674 Pancham [BP]	675 Pangoro [BP]
		172 Pichu [E, BP]	499 Pignite [BP]	025 Pikachu [BP]	311 Plusle [BP]	057 Primeape [BP]	476 Probopass [BP]
		651 Quilladin [BP]	026 Raichu [BP]	280 Ralts [BP]	409 Rampardos [BP]	378 Regice [BP]	486 Regigigas [1, BP]
		377 Regirock [BP]	379 Registeel [BP]	579 Reuniclus [BP]	112 Rhydon [BP]	464 Rhyperior [BP]	447 Riolu [BP]
		302 Sableye [BP]	539 Sawk [BP]	254 Sceptile [BP]	560 Scrafty [BP]	559 Scraggy [E, BP]	161 Sentret [BP]
		289 Slaking [BP]	287 Slakoth [BP]	143 Snorlax [BP]	209 Snubbull [BP]	327 Spinda [BP]	759 Stufful [E, BP]
		185 Sudowoodo [BP]	317 Swalot [BP]	785 Tapu Koko [BP]	216 Teddiursa [BP]	538 Throh [BP]	642 Thundurus [BP]
		532 Timburr [BP]	454 Toxicroak [BP]	252 Treecko [BP]	157 Typhlosion [BP]	248 Tyranitar [BP]	217 Ursaring [BP]
		480 Uxie [BP]	494 Victini [BP]	288 Vigoroth [BP]	313 Volbeat [BP]	505 Watchog [BP]	293 Whismur [BP]
		040 Wigglytuff [BP]	796 Xurkitree [23, BP]	335 Zangoose [BP]	644 Zekrom [BP]		
Electric	Thunder Shock	181 Ampharos [1, 8]	702 Dedenne [7]	125 Electabuzz [1, 5]	466 Electivire [1, 5]	239 Elekid [5]	587 Emolga [1]
		180 Flaaffy [1, 8]	694 Helioptile [6]	135 Jolteon [1, EV]	600 Klang [1, 11]	599 Klink [11]	601 Klinklang [1, 11]
		081 Magnemite [5]	082 Magneton [1, 5]	462 Magnezone [1, 5]	179 Mareep [8]	172 Pichu [1]	025 Pikachu [1]
		026 Raichu [1]	243 Raikou [8]	479 Rotom [1, *]	618 Stunfisk [9]	785 Tapu Koko [1]	642 Thundurus [1]
		777 Togedemaru [1]	796 Xurkitree [1]	145 Zapdos [1]			
Electric	Thunder Wave (TM73)	063 Abra [TM]	359 Absol [TM]	306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	698 Amaura [5, TM]
		424 Ambipom [TM]	181 Ampharos [1, 4, TM]	493 Arceus [TM]	531 Audino [TM]	699 Aurorus [1, 5, TM]	482 Azelf [TM]
		354 Banette [TM]	606 Beheeyem [TM]	400 Bibarel [TM]	399 Bidoof [TM]	625 Bisharp [TM]	242 Blissey [TM]
		522 Blitzle [15, TM]	427 Buneary [TM]	351 Castform [TM]	251 Celebi [TM]	113 Chansey [TM]	737 Charjabug [TM]
		358 Chimecho [TM]	170 Chinchou [6, TM]	433 Chingling [TM]	573 Cinccino [TM]	036 Clefable [TM]	035 Clefairy [TM]
		173 Cleffa [TM]	638 Cobalion [TM]	488 Cresselia [TM]	491 Darkrai [TM]	702 Dedenne [23, TM]	585 Deerling [TM]
		633 Deino [TM]	301 Delcatty [TM]	386 Deoxys [TM]	483 Dialga [TM]	148 Dragonair [1, 5, TM]	149 Dragonite [1, 5, TM]
		780 Drampa [TM]	147 Dratini [5, TM]	426 Drifblim [TM]	425 Drifloon [TM]	096 Drowzee [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	632 Durant [TM]	603 Eelektrik [1, TM]	604 Eelektross [TM]	125 Electabuzz [19, TM]	466 Electivire [19, TM]
		309 Electrike [1, TM]	101 Electrode [TM]	239 Elekid [19, TM]	605 Elgyem [TM]	587 Emolga [TM]	677 Espurr [TM]
		597 Ferroseed [TM]	598 Ferrothorn [TM]	180 Flaaffy [1, 4, TM]	478 Froslass [TM]	676 Furfrou [TM]	475 Gallade [TM]
		596 Galvantula [1, 4, TM]	282 Gardevoir [TM]	649 Genesect [TM]	203 Girafarig [TM]	487 Giratina [TM]	574 Gothita [TM]
		576 Gothitelle [TM]	575 Gothorita [TM]	210 Granbull [TM]	383 Groudon [TM]	736 Grubbin [TM]	326 Grumpig [TM]
		130 Gyarados [TM]	440 Happiny [TM]	695 Heliolisk [TM]	694 Helioptile [31, TM]	507 Herdier [TM]	430 Honchkrow [TM]
		250 Ho-Oh [TM]	720 Hoopa [TM]	635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]
		039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [33, TM]	595 Joltik [4, TM]	064 Kadabra [TM]	352 Kecleon [TM]
		281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]	601 Klinklang [TM]	382 Kyogre [TM]
		171 Lanturn [1, 6, TM]	380 Latias [TM]	381 Latios [TM]	510 Liepard [TM]	506 Lillipup [TM]	264 Linoone [TM]
		428 Lopunny [TM]	249 Lugia [TM]	792 Lunala [TM]	404 Luxio [TM]	405 Luxray [TM]	801 Magearna [TM]
		081 Magnemite [7, TM]	082 Magneton [1, 7, TM]	462 Magnezone [1, 7, TM]	310 Manectric [1, TM]	179 Mareep [4, TM]	648 Meloetta [TM]
		678 Meowstic [TM]	481 Mesprit [TM]	151 Mew [TM]	150 Mewtwo [TM]	241 Miltank [TM]	439 Mime Jr. [TM]
		778 Mimikyu [TM]	572 Minccino [TM]	312 Minun [1, TM]	200 Misdreavus [TM]	429 Mismagius [TM]	755 Morelull [TM]
		122 Mr. Mime [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	177 Natu [TM]	800 Necrozma [TM]
		793 Nihilego [TM]	299 Nosepass [13, TM]	224 Octillery [TM]	417 Pachirisu [33, TM]	484 Palkia [TM]	624 Pawniard [TM]
		172 Pichu [18, TM]	025 Pikachu [18, TM]	311 Plusle [1, TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]
		476 Probopass [13, TM]	509 Purrloin [TM]	211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]
		020 Raticate ◆ [TM]	019 Rattata ◆ [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	223 Remoraid [TM]	579 Reuniclus [TM]	479 Rotom [1, TM]	586 Sawsbuck [TM]	756 Shiinotic [TM]
		403 Shinx [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	773 Silvally [TM]	300 Skitty [TM]	080 Slowbro [TM]
		199 Slowking [TM]	079 Slowpoke [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	325 Spoink [TM]

*Rotom learns the move Thunder Shock when it returns to its default form if it knows no other moves.

Type	Move Name	Pokémon					
Electric	**Thunder Wave (TM73)**	234 Stantler [TM]	121 Starmie [TM]	120 Staryu [TM]	508 Stoutland [TM]	618 Stunfisk [TM]	528 Swoobat [TM]
		785 Tapu Koko [TM]	642 Thundurus [TM]	777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]
		602 Tynamo [1, TM]	772 Type: Null [TM]	248 Tyranitar [TM]	480 Uxie [TM]	494 Victini [TM]	738 Vikavolt [TM]
		313 Volbeat [TM]	100 Voltorb [TM]	505 Watchog [TM]	040 Wigglytuff [TM]	527 Woobat [TM]	178 Xatu [TM]
		716 Xerneas [TM]	796 Xurkitree [7, TM]	145 Zapdos [8, TM]	523 Zebstrika [1, 15, TM]	644 Zekrom [TM]	263 Zigzagoon [TM]
		634 Zweilous [TM]					
Electric	**Thunder (TM25)**	359 Absol [TM]	306 Aggron [TM]	190 Aipom [TM]	424 Ambipom [TM]	181 Ampharos [62, TM]	493 Arceus [TM]
		683 Aromatisse [TM]	531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]	354 Banette [TM]	411 Bastiodon [TM]
		400 Bibarel [TM]	399 Bidoof [TM]	242 Blissey [TM]	522 Blitzle [TM]	351 Castform [TM]	113 Chansey [TM]
		170 Chinchou [TM]	573 Cinccino [TM]	036 Clefable [TM]	035 Clefairy [TM]	408 Cranidos [TM]	491 Darkrai [TM]
		702 Dedenne [45, TM]	301 Delcatty [TM]	386 Deoxys [TM]	483 Dialga [TM]	691 Dragalge [TM]	148 Dragonair [TM]
		149 Dragonite [TM]	780 Drampa [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	206 Dunsparce [TM]
		578 Duosion [TM]	603 Eelektrik [TM]	604 Eelektross [TM]	125 Electabuzz [55, TM]	466 Electivire [55, TM]	309 Electrike [49, TM]
		101 Electrode [TM]	239 Elekid [43, TM]	587 Emolga [TM]	598 Ferrothorn [TM]	180 Flaaffy [56, TM]	478 Froslass [TM]
		162 Furret [TM]	596 Galvantula [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude (Alola Form) [TM]	203 Girafarig [TM]
		487 Giratina [TM]	431 Glameow [TM]	076 Golem (Alola Form) [TM]	706 Goodra [TM]	210 Granbull [TM]	075 Graveler (Alola Form) [TM]
		088 Grimer ◆ [TM]	383 Groudon [TM]	130 Gyarados [TM]	695 Heliolisk [1, TM]	694 Helioptile [TM]	250 Ho-Oh [TM]
		314 Illumise [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [45, TM]	115 Kangaskhan [TM]	352 Kecleon [TM]
		601 Klinklang [TM]	109 Koffing [TM]	382 Kyogre [TM]	171 Lanturn [TM]	131 Lapras [TM]	380 Latias [TM]
		381 Latios [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	264 Linoone [TM]	428 Lopunny [TM]	249 Lugia [TM]
		792 Lunala [TM]	404 Luxio [TM]	405 Luxray [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]
		310 Manectric [54, TM]	056 Mankey [TM]	179 Mareep [46, TM]	105 Marowak (Alola Form) [TM]	648 Meloetta [TM]	052 Meowth [TM]
		481 Mesprit [TM]	151 Mew [TM]	150 Mewtwo [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]
		312 Minun [43, TM]	200 Misdreavus [TM]	429 Mismagius [TM]	122 Mr. Mime [TM]	089 Muk ◆ [TM]	446 Munchlax [TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]	033 Nidorino [TM]
		793 Nihilego [TM]	299 Nosepass [TM]	765 Oranguru [TM]	417 Pachirisu [TM]	484 Palkia [TM]	053 Persian [TM]
		172 Pichu [TM]	025 Pikachu [58, TM]	311 Plusle [43, TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]
		057 Primeape [TM]	476 Probopass [TM]	432 Purugly [TM]	026 Raichu [TM]	243 Raikou [85, TM]	409 Rampardos [TM]
		020 Raticate ◆ [TM]	019 Rattata ◆ [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	579 Reuniclus [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]	464 Rhyperior [TM]	479 Rotom [TM]
		410 Shieldon [TM]	403 Shinx [TM]	353 Shuppet [TM]	300 Skitty [TM]	289 Slaking [TM]	287 Slakoth [TM]
		143 Snorlax [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	234 Stantler [TM]	121 Starmie [TM]
		120 Staryu [TM]	508 Stoutland [TM]	618 Stunfisk [TM]	785 Tapu Koko [TM]	786 Tapu Lele [TM]	128 Tauros [TM]
		642 Thundurus [61, TM]	777 Togedemaru [TM]	248 Tyranitar [TM]	480 Uxie [TM]	494 Victini [TM]	288 Vigoroth [TM]
		738 Vikavolt [TM]	313 Volbeat [TM]	100 Voltorb [TM]	505 Watchog [TM]	110 Weezing [TM]	040 Wigglytuff [TM]
		716 Xerneas [TM]	796 Xurkitree [TM]	335 Zangoose [TM]	145 Zapdos [78, TM]	523 Zebstrika [TM]	644 Zekrom [78, TM]
		263 Zigzagoon [TM]					
Electric	**Thunderbolt (TM24)**	359 Absol [TM]	306 Aggron [TM]	190 Aipom [TM]	698 Amaura [TM]	424 Ambipom [TM]	181 Ampharos [TM]
		493 Arceus [TM]	683 Aromatisse [TM]	531 Audino [TM]	699 Aurorus [TM]	482 Azelf [TM]	354 Banette [TM]
		411 Bastiodon [TM]	606 Beheeyem [TM]	400 Bibarel [TM]	399 Bidoof [TM]	242 Blissey [TM]	522 Blitzle [TM]
		427 Buneary [TM]	351 Castform [TM]	113 Chansey [TM]	737 Charjabug [TM]	170 Chinchou [TM]	573 Cinccino [TM]
		036 Clefable [TM]	035 Clefairy [TM]	408 Cranidos [TM]	491 Darkrai [TM]	702 Dedenne [TM]	301 Delcatty [TM]
		386 Deoxys [TM]	483 Dialga [TM]	691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]	780 Drampa [TM]
		147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	206 Dunsparce [TM]	603 Eelektrik [44, TM]	604 Eelektross [TM]
		125 Electabuzz [49, TM]	466 Electivire [49, TM]	309 Electrike [TM]	101 Electrode [TM]	239 Elekid [40, TM]	605 Elgyem [TM]
		587 Emolga [TM]	677 Espurr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	180 Flaaffy [TM]	478 Froslass [TM]
		162 Furret [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [TM]	282 Gardevoir [TM]	092 Gastly [TM]
		649 Genesect [TM]	094 Gengar [TM]	074 Geodude (Alola Form) [TM]	203 Girafarig [TM]	487 Giratina [TM]	431 Glameow [TM]
		076 Golem (Alola Form) [TM]	623 Golurk [TM]	706 Goodra [TM]	704 Goomy [TM]	574 Gothita [TM]	576 Gothitelle [TM]
		575 Gothorita [TM]	210 Granbull [TM]	075 Graveler (Alola Form) [TM]	088 Grimer ◆ [TM]	383 Groudon [TM]	736 Grubbin [TM]
		130 Gyarados [TM]	093 Haunter [TM]	695 Heliolisk [TM]	694 Helioptile [49, TM]	507 Herdier [TM]	250 Ho-Oh [TM]
		720 Hoopa [TM]	314 Illumise [TM]	686 Inkay [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]	135 Jolteon [TM]
		595 Joltik [TM]	115 Kangaskhan [TM]	352 Kecleon [TM]	281 Kirlia [TM]	600 Klang [TM]	599 Klink [TM]
		601 Klinklang [TM]	109 Koffing [TM]	382 Kyogre [TM]	171 Lanturn [TM]	131 Lapras [TM]	380 Latias [TM]

Type	Move Name	Pokémon					
Electric	**Thunderbolt (TM24)**	381 Latios [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	506 Lillipup [TM]	264 Linoone [TM]	428 Lopunny [TM]
		249 Lugia [TM]	792 Lunala [TM]	404 Luxio [TM]	405 Luxray [TM]	801 Magearna [TM]	467 Magmortar [TM]
		081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	687 Malamar [TM]	310 Manectric [TM]	056 Mankey [TM]
		179 Mareep [TM]	105 Marowak (Alola Form) [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]
		151 Mew [TM]	150 Mewtwo [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]
		312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	122 Mr. Mime [TM]	089 Muk ◆ [TM]	446 Munchlax [TM]
		804 Naganadel [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]
		033 Nidorino [TM]	793 Nihilego [TM]	299 Nosepass [TM]	765 Oranguru [TM]	417 Pachirisu [TM]	484 Palkia [TM]
		504 Patrat [TM]	053 Persian [TM]	172 Pichu [TM]	025 Pikachu [42, TM]	311 Plusle [TM]	137 Porygon [TM]
		233 Porygon2 [TM]	474 Porygon-Z [TM]	057 Primeape [TM]	476 Probopass [TM]	432 Purugly [TM]	026 Raichu [1, TM]
		243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	020 Raticate ◆ [TM]	019 Rattata ◆ [TM]	384 Rayquaza [TM]
		378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]	379 Registeel [TM]	112 Rhydon [TM]	111 Rhyhorn [TM]
		464 Rhyperior [TM]	479 Rotom [TM]	161 Sentret [TM]	410 Shieldon [TM]	403 Shinx [TM]	353 Shuppet [TM]
		773 Silvally [TM]	300 Skitty [TM]	690 Skrelp [TM]	289 Slaking [TM]	287 Slakoth [TM]	705 Sliggoo [TM]
		685 Slurpuff [TM]	143 Snorlax [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	682 Spritzee [TM]	234 Stantler [TM]
		121 Starmie [TM]	120 Staryu [TM]	508 Stoutland [TM]	618 Stunfisk [45, TM]	684 Swirlix [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	128 Tauros [TM]	642 Thundurus [TM]	777 Togedemaru [TM]	248 Tyranitar [TM]	480 Uxie [TM]
		494 Victini [TM]	288 Vigoroth [TM]	738 Vikavolt [1, EV, TM]	313 Volbeat [TM]	100 Voltorb [TM]	505 Watchog [TM]
		110 Weezing [TM]	040 Wigglytuff [TM]	716 Xerneas [TM]	796 Xurkitree [37, TM]	335 Zangoose [TM]	145 Zapdos [TM]
		523 Zebstrika [TM]	644 Zekrom [22, TM]	263 Zigzagoon [TM]			
Normal	**Tickle**	190 Aipom [15]	594 Alomomola [E]	424 Ambipom [15]	298 Azurill [E]	069 Bellsprout [E]	688 Binacle [E]
		420 Cherubi [E]	573 Cinccino [1]	173 Cleffa [E]	546 Cottonee [E]	133 Eevee [E]	587 Emolga [E]
		349 Feebas [E]	456 Finneon [E]	574 Gothita [7]	576 Gothitelle [1, 7]	575 Gothorita [1, 7]	631 Heatmor [E]
		098 Krabby [E]	131 Lapras [E]	345 Lileep [E]	270 Lotad [E]	066 Machop [E]	303 Mawile [E]
		439 Mime Jr. [1]	572 Minccino [9]	793 Nihilego [1]	043 Oddish [E]	138 Omanyte [43]	139 Omastar [48]
		515 Panpour [E]	511 Pansage [E]	513 Pansear [E]	172 Pichu [E]	771 Pyukumuku [E]	300 Skitty [E]
		287 Slakoth [E]	114 Tangela [44]	465 Tangrowth [46]	786 Tapu Lele [38]	072 Tentacool [E]	777 Togedemaru [E]
		387 Turtwig [E]	320 Wailmer [E]	340 Whiscash [1]	263 Zigzagoon [E]		
Dark	**Topsy-Turvy**	686 Inkay [15]	687 Malamar [15]				
Dark	**Torment (TM41)**	063 Abra [TM]	359 Absol [TM]	142 Aerodactyl [TM]	065 Alakazam [TM]	024 Arbok [TM]	566 Archen [TM]
		567 Archeops [TM]	683 Aromatisse [TM]	482 Azelf [TM]	354 Banette [TM]	689 Barbaracle [TM]	411 Bastiodon [TM]
		688 Binacle [TM]	625 Bisharp [1, 14, TM]	806 Blacephalon [TM]	779 Bruxish [TM]	659 Bunnelby [TM]	318 Carvanha [TM]
		441 Chatot [TM]	390 Chimchar [25, TM]	358 Chimecho [TM]	433 Chingling [TM]	091 Cloyster [TM]	453 Croagunk [TM]
		169 Crobat [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	633 Deino [TM]	386 Deoxys [TM]	660 Diggersby [TM]
		085 Dodrio [TM]	452 Drapion [TM]	096 Drowzee [TM]	621 Druddigon [TM]	356 Dusclops [TM]	477 Dusknoir [TM]
		355 Duskull [TM]	023 Ekans [TM]	466 Electivire [TM]	101 Electrode [TM]	677 Espurr [TM]	295 Exploud [TM]
		419 Floatzel [TM]	478 Froslass [TM]	475 Gallade [TM]	282 Gardevoir [TM]	092 Gastly [TM]	094 Gengar [TM]
		362 Glalie [TM]	431 Glameow [TM]	207 Gligar [TM]	472 Gliscor [TM]	042 Golbat [TM]	574 Gothita [TM]
		576 Gothitelle [TM]	575 Gothorita [TM]	210 Granbull [TM]	088 Grimer [TM]	326 Grumpig [TM]	735 Gumshoos [TM]
		130 Gyarados [TM]	093 Haunter [TM]	701 Hawlucha [TM]	485 Heatran [TM]	430 Honchkrow [TM]	720 Hoopa [TM]
		229 Houndoom [TM]	228 Houndour [TM]	635 Hydreigon [TM]	097 Hypno [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	124 Jynx [TM]	064 Kadabra [TM]	281 Kirlia [TM]	707 Klefki [32, TM]	109 Koffing [TM]
		552 Krokorok [10, TM]	553 Krookodile [10, TM]	246 Larvitar [TM]	510 Liepard [19, TM]	725 Litten [TM]	294 Loudred [TM]
		467 Magmortar [TM]	687 Malamar [TM]	630 Mandibuzz [TM]	303 Mawile [TM]	678 Meowstic [TM]	052 Meowth [TM]
		151 Mew [TM]	150 Mewtwo [TM]	262 Mightyena [TM]	439 Mime Jr. [TM]	200 Misdreavus [TM]	429 Mismagius [TM]
		391 Monferno [29, TM]	122 Mr. Mime [TM]	089 Muk [TM]	517 Munna [TM]	198 Murkrow [61, TM]	518 Musharna [TM]
		034 Nidoking [TM]	031 Nidoqueen [TM]	714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	274 Nuzleaf [9, TM]
		095 Onix [TM]	674 Pancham [TM]	675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [25, TM]	513 Pansear [TM]
		624 Pawniard [14, TM]	053 Persian [TM]	795 Pheromosa [TM]	261 Poochyena [TM]	476 Probopass [TM]	247 Pupitar [TM]
		509 Purrloin [19, TM]	432 Purugly [TM]	280 Ralts [TM]	020 Raticate (Alola Form) [TM]	019 Rattata (Alola Form) [TM]	302 Sableye [TM]
		757 Salandit [TM]	758 Salazzle [1, TM]	551 Sandile [10, TM]	560 Scrafty [TM]	559 Scraggy [TM]	497 Serperior [TM]
		496 Servine [TM]	319 Sharpedo [TM]	410 Shieldon [TM]	275 Shiftry [TM]	353 Shuppet [TM]	516 Simipour [TM]
		512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	451 Skorupi [TM]	435 Skuntank [TM]	215 Sneasel [TM]
		495 Snivy [TM]	209 Snubbull [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]	208 Steelix [TM]
		434 Stunky [TM]	185 Sudowoodo [TM]	528 Swoobat [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	216 Teddiursa [TM]	642 Thundurus [TM]	641 Tornadus [TM]	726 Torracat [TM]	454 Toxicroak [TM]
		248 Tyranitar [TM]	197 Umbreon [TM]	217 Ursaring [TM]	100 Voltorb [TM]	629 Vullaby [TM]	461 Weavile [TM]

Type	Move Name	Pokémon					
Dark	Torment (TM41)	110 Weezing [TM]	527 Woobat [TM]	734 Yungoos [TM]	717 Yveltal [TM]	571 Zoroark [34, TM]	570 Zorua [33, TM]
		041 Zubat [TM]	634 Zweilous [TM]				
Poison	Toxic Spikes	015 Beedrill [29]	091 Cloyster [1]	452 Drapion [34]	205 Forretress [1]	656 Froakie [E]	569 Garbodor [1, 7]
		109 Koffing [E]	747 Mareanie [13]	029 Nidoran♀ [31]	032 Nidoran♂ [31]	030 Nidorina [35]	033 Nidorino [35]
		793 Nihilego [29]	138 Omanyte [E]	204 Pineco [E]	211 Qwilfish [21]	315 Roselia [28]	616 Shelmet [E]
		451 Skorupi [34]	690 Skrelp [E]	167 Spinarak [E]	072 Tentacool [13]	073 Tentacruel [13]	748 Toxapex [1, 13]
		568 Trubbish [7]	543 Venipede [E]	048 Venonat [E]	562 Yamask [E]		
Poison	Toxic Thread	168 Ariados [63]	167 Spinarak [54]				
Poison	Toxic (TM06)	460 Abomasnow [TM]	063 Abra [TM]	359 Absol [TM]	617 Accelgor [TM]	681 Aegislash [TM]	142 Aerodactyl [TM]
		306 Aggron [TM]	190 Aipom [TM]	065 Alakazam [TM]	594 Alomomola [TM]	334 Altaria [TM]	698 Amaura [TM]
		424 Ambipom [TM]	591 Amoonguss [32, TM]	181 Ampharos [TM]	347 Anorith [TM]	752 Araquanid [TM]	024 Arbok [TM]
		059 Arcanine [TM]	493 Arceus [TM]	566 Archen [TM]	567 Archeops [TM]	168 Ariados [TM]	348 Armaldo [TM]
		683 Aromatisse [TM]	304 Aron [TM]	144 Articuno [TM]	531 Audino [TM]	699 Aurorus [TM]	713 Avalugg [TM]
		610 Axew [TM]	482 Azelf [TM]	184 Azumarill [TM]	298 Azurill [TM]	371 Bagon [TM]	343 Baltoy [TM]
		354 Banette [TM]	689 Barbaracle [TM]	339 Barboach [TM]	550 Basculin [TM]	411 Bastiodon [TM]	153 Bayleef [TM]
		614 Beartic [TM]	267 Beautifly [TM]	015 Beedrill [TM]	606 Beheeyem [TM]	182 Bellossom [TM]	069 Bellsprout [TM]
		712 Bergmite [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	688 Binacle [TM]	625 Bisharp [TM]
		806 Blacephalon [TM]	009 Blastoise [TM]	257 Blaziken [TM]	242 Blissey [TM]	522 Blitzle [TM]	525 Boldore [TM]
		438 Bonsly [TM]	626 Bouffalant [TM]	761 Bounsweet [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]
		729 Brionne [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]	406 Budew [TM]	418 Buizel [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]	794 Buzzwole [TM]	331 Cacnea [TM]
		332 Cacturne [TM]	323 Camerupt [TM]	703 Carbink [TM]	455 Carnivine [TM]	565 Carracosta [TM]	318 Carvanha [TM]
		351 Castform [TM]	251 Celebi [TM]	797 Celesteela [TM]	609 Chandelure [TM]	113 Chansey [TM]	006 Charizard [TM]
		737 Charjabug [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	421 Cherrim [TM]	420 Cherubi [TM]
		652 Chesnaught [TM]	650 Chespin [TM]	152 Chikorita [TM]	390 Chimchar [TM]	358 Chimecho [TM]	170 Chinchou [TM]
		433 Chingling [TM]	573 Cinccino [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	344 Claydol [TM]
		036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]	091 Cloyster [TM]	638 Cobalion [TM]	563 Cofagrigus [TM]
		256 Combusken [TM]	764 Comfey [TM]	534 Conkeldurr [TM]	341 Corphish [TM]	222 Corsola [TM]	546 Cottonee [TM]
		740 Crabominable [TM]	739 Crabrawler [TM]	346 Cradily [TM]	408 Cranidos [TM]	342 Crawdaunt [TM]	488 Cresselia [TM]
		453 Croagunk [TM]	169 Crobat [TM]	159 Croconaw [TM]	558 Crustle [TM]	615 Cryogonal [TM]	613 Cubchoo [TM]
		104 Cubone [TM]	742 Cutiefly [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]	723 Dartrix [TM]
		554 Darumaka [TM]	724 Decidueye [TM]	702 Dedenne [TM]	585 Deerling [TM]	633 Deino [TM]	301 Delcatty [TM]
		225 Delibird [TM]	655 Delphox [TM]	386 Deoxys [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		781 Dhelmise [TM]	483 Dialga [TM]	719 Diancie [TM]	660 Diggersby [TM]	050 Diglett [TM]	085 Dodrio [TM]
		084 Doduo [TM]	232 Donphan [TM]	680 Doublade [TM]	691 Dragalge [32, TM]	148 Dragonair [TM]	149 Dragonite [TM]
		780 Drampa [TM]	452 Drapion [TM]	147 Dratini [TM]	426 Drifblim [TM]	425 Drifloon [TM]	529 Drilbur [TM]
		096 Drowzee [TM]	621 Druddigon [TM]	580 Ducklett [TM]	051 Dugtrio [TM]	206 Dunsparce [TM]	578 Duosion [TM]
		632 Durant [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]	269 Dustox [32, TM]	557 Dwebble [TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	133 Eevee [TM]	023 Ekans [TM]	125 Electabuzz [TM]	466 Electivire [TM]
		309 Electrike [TM]	101 Electrode [TM]	239 Elekid [TM]	605 Elgyem [TM]	500 Emboar [TM]	587 Emolga [TM]
		395 Empoleon [TM]	244 Entei [TM]	589 Escavalier [TM]	196 Espeon [TM]	677 Espurr [TM]	530 Excadrill [TM]
		102 Exeggcute [TM]	103 Exeggutor [TM]	295 Exploud [TM]	083 Farfetch'd [TM]	022 Fearow [TM]	349 Feebas [TM]
		653 Fennekin [TM]	160 Feraligatr [TM]	597 Ferroseed [TM]	598 Ferrothorn [TM]	456 Finneon [TM]	180 Flaaffy [TM]
		669 Flabébé [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]	419 Floatzel [TM]	670 Floette [TM]
		671 Florges [TM]	330 Flygon [TM]	753 Fomantis [TM]	590 Foongus [32, TM]	205 Forretress [TM]	611 Fraxure [TM]
		592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]	478 Froslass [TM]	676 Furfrou [TM]	162 Furret [TM]
		444 Gabite [TM]	475 Gallade [TM]	596 Galvantula [TM]	569 Garbodor [39, TM]	445 Garchomp [TM]	282 Gardevoir [TM]
		092 Gastly [TM]	423 Gastrodon [TM]	649 Genesect [TM]	094 Gengar [TM]	074 Geodude [TM]	443 Gible [TM]
		526 Gigalith [TM]	203 Girafarig [TM]	487 Giratina [TM]	471 Glaceon [TM]	362 Glalie [TM]	431 Glameow [TM]
		207 Gligar [TM]	472 Gliscor [TM]	044 Gloom [39, TM]	673 Gogoat [TM]	042 Golbat [TM]	118 Goldeen [TM]
		055 Golduck [TM]	076 Golem [TM]	622 Golett [TM]	768 Golisopod [TM]	623 Golurk [TM]	706 Goodra [TM]
		704 Goomy [TM]	368 Gorebyss [TM]	574 Gothita [TM]	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]
		210 Granbull [TM]	075 Graveler [TM]	658 Greninja [TM]	088 Grimer [TM]	388 Grotle [TM]	383 Groudon [TM]
		253 Grovyle [TM]	058 Growlithe [TM]	736 Grubbin [TM]	326 Grumpig [TM]	316 Gulpin [25, TM]	735 Gumshoos [TM]
		533 Gurdurr [TM]	799 Guzzlord [TM]	130 Gyarados [TM]	783 Hakamo-o [TM]	440 Happiny [TM]	297 Hariyama [TM]
		093 Haunter [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	631 Heatmor [TM]	485 Heatran [TM]	695 Heliolisk [TM]
		694 Helioptile [TM]	214 Heracross [TM]	507 Herdier [TM]	449 Hippopotas [TM]	450 Hippowdon [TM]	107 Hitmonchan [TM]

Type	Move Name	Pokémon					
Poison	Toxic (TM06)	106 Hitmonlee [TM]	237 Hitmontop [TM]	430 Honchkrow [TM]	679 Honedge [TM]	250 Ho-Oh [TM]	720 Hoopa [TM]
		163 Hoothoot [TM]	187 Hoppip [TM]	116 Horsea [TM]	229 Houndoom [TM]	228 Houndour [TM]	367 Huntail [TM]
		635 Hydreigon [TM]	097 Hypno [TM]	174 Igglybuff [TM]	314 Illumise [TM]	727 Incineroar [TM]	392 Infernape [TM]
		686 Inkay [TM]	002 Ivysaur [TM]	782 Jangmo-o [TM]	593 Jellicent [TM]	039 Jigglypuff [TM]	385 Jirachi [TM]
		135 Jolteon [TM]	595 Joltik [TM]	189 Jumpluff [TM]	124 Jynx [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		064 Kadabra [TM]	115 Kangaskhan [TM]	588 Karrablast [TM]	798 Kartana [TM]	352 Kecleon [TM]	647 Keldeo [TM]
		230 Kingdra [TM]	099 Kingler [TM]	281 Kirlia [TM]	600 Klang [TM]	707 Klefki [TM]	599 Klink [TM]
		601 Klinklang [TM]	109 Koffing [TM]	775 Komala [TM]	784 Kommo-o [TM]	098 Krabby [TM]	402 Kricketune [TM]
		552 Krokorok [TM]	553 Krookodile [TM]	382 Kyogre [TM]	646 Kyurem [TM]	305 Lairon [TM]	608 Lampent [TM]
		645 Landorus [TM]	171 Lanturn [TM]	131 Lapras [TM]	636 Larvesta [TM]	246 Larvitar [TM]	380 Latias [TM]
		381 Latios [TM]	470 Leafeon [TM]	542 Leavanny [TM]	166 Ledian [TM]	165 Ledyba [TM]	463 Lickilicky [TM]
		108 Lickitung [TM]	510 Liepard [TM]	345 Lileep [TM]	549 Lilligant [TM]	506 Lillipup [TM]	264 Linoone [TM]
		667 Litleo [TM]	725 Litten [TM]	607 Litwick [TM]	271 Lombre [TM]	428 Lopunny [TM]	270 Lotad [TM]
		294 Loudred [TM]	448 Lucario [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	792 Lunala [TM]
		337 Lunatone [TM]	754 Lurantis [TM]	370 Luvdisc [TM]	404 Luxio [TM]	405 Luxray [TM]	745 Lycanroc [TM]
		068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	240 Magby [TM]	219 Magcargo [TM]	126 Magmar [TM]
		467 Magmortar [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	296 Makuhita [TM]	687 Malamar [TM]
		473 Mamoswine [TM]	490 Manaphy [TM]	630 Mandibuzz [TM]	310 Manectric [TM]	056 Mankey [TM]	226 Mantine [TM]
		458 Mantyke [TM]	556 Maractus [TM]	747 Mareanie [21, TM]	179 Mareep [TM]	183 Marill [TM]	105 Marowak [TM]
		802 Marshadow [TM]	259 Marshtomp [TM]	284 Masquerain [TM]	303 Mawile [TM]	308 Medicham [TM]	307 Meditite [TM]
		154 Meganium [TM]	648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	481 Mesprit [TM]	376 Metagross [TM]
		375 Metang [TM]	151 Mew [TM]	150 Mewtwo [TM]	619 Mienfoo [TM]	620 Mienshao [TM]	262 Mightyena [TM]
		350 Milotic [TM]	241 Miltank [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	572 Minccino [TM]	774 Minior [TM]
		312 Minun [TM]	200 Misdreavus [TM]	429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	755 Morelull [TM]
		414 Mothim [TM]	122 Mr. Mime [TM]	749 Mudbray [TM]	258 Mudkip [TM]	750 Mudsdale [TM]	089 Muk [TM]
		446 Munchlax [TM]	517 Munna [TM]	198 Murkrow [TM]	518 Musharna [TM]	804 Naganadel [41, TM]	177 Natu [TM]
		800 Necrozma [TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]	030 Nidorina [TM]
		033 Nidorino [TM]	793 Nihilego [TM]	290 Nincada [TM]	038 Ninetales [TM]	291 Ninjask [TM]	164 Noctowl [TM]
		714 Noibat [TM]	715 Noivern [TM]	299 Nosepass [TM]	322 Numel [TM]	274 Nuzleaf [TM]	224 Octillery [TM]
		043 Oddish [35, TM]	138 Omanyte [TM]	139 Omastar [TM]	095 Onix [TM]	765 Oranguru [TM]	741 Oricorio [TM]
		501 Oshawott [TM]	417 Pachirisu [TM]	484 Palkia [TM]	770 Palossand [TM]	536 Palpitoad [TM]	674 Pancham [TM]
		675 Pangoro [TM]	515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	046 Paras [TM]	047 Parasect [TM]
		766 Passimian [TM]	504 Patrat [TM]	624 Pawniard [TM]	279 Pelipper [TM]	053 Persian [TM]	548 Petilil [TM]
		231 Phanpy [TM]	708 Phantump [TM]	795 Pheromosa [TM]	489 Phione [TM]	172 Pichu [TM]	018 Pidgeot [TM]
		017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	025 Pikachu [TM]	731 Pikipek [TM]
		221 Piloswine [TM]	204 Pineco [TM]	127 Pinsir [TM]	393 Piplup [TM]	311 Plusle [TM]	803 Poipole [41, TM]
		186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]	077 Ponyta [TM]	261 Poochyena [TM]
		728 Popplio [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [TM]	730 Primarina [TM]	057 Primeape [TM]
		394 Prinplup [TM]	476 Probopass [TM]	054 Psyduck [TM]	710 Pumpkaboo [TM]	247 Pupitar [TM]	509 Purrloin [TM]
		432 Purugly [TM]	668 Pyroar [TM]	771 Pyukumuku [45, TM]	195 Quagsire [TM]	156 Quilava [TM]	651 Quilladin [TM]
		211 Qwilfish [TM]	026 Raichu [TM]	243 Raikou [TM]	280 Ralts [TM]	409 Rampardos [TM]	078 Rapidash [TM]
		020 Raticate [TM]	019 Rattata [TM]	384 Rayquaza [TM]	378 Regice [TM]	486 Regigigas [TM]	377 Regirock [TM]
		379 Registeel [TM]	369 Relicanth [TM]	223 Remoraid [TM]	643 Reshiram [TM]	579 Reuniclus [TM]	112 Rhydon [TM]
		111 Rhyhorn [TM]	464 Rhyperior [TM]	743 Ribombee [TM]	447 Riolu [TM]	744 Rockruff [TM]	524 Roggenrola [TM]
		315 Roselia [40, TM]	407 Roserade [TM]	479 Rotom [TM]	722 Rowlet [TM]	627 Rufflet [TM]	302 Sableye [TM]
		373 Salamence [TM]	757 Salandit [29, TM]	758 Salazzle [29, TM]	503 Samurott [TM]	551 Sandile [TM]	027 Sandshrew [TM]
		028 Sandslash [TM]	769 Sandygast [TM]	539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	212 Scizor [TM]
		545 Scolipede [44, TM]	560 Scrafty [TM]	559 Scraggy [TM]	123 Scyther [TM]	117 Seadra [TM]	119 Seaking [TM]
		364 Sealeo [TM]	273 Seedot [TM]	086 Seel [TM]	537 Seismitoad [TM]	161 Sentret [TM]	497 Serperior [TM]
		496 Servine [TM]	336 Seviper [TM]	540 Sewaddle [TM]	319 Sharpedo [TM]	492 Shaymin [TM]	292 Shedinja [TM]
		372 Shelgon [TM]	090 Shellder [TM]	422 Shellos [TM]	616 Shelmet [TM]	410 Shieldon [TM]	275 Shiftry [TM]
		756 Shiinotic [TM]	403 Shinx [TM]	285 Shroomish [33, TM]	213 Shuckle [TM]	353 Shuppet [TM]	561 Sigilyph [TM]
		773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]	227 Skarmory [TM]	672 Skiddo [TM]
		188 Skiploom [TM]	300 Skitty [TM]	451 Skorupi [TM]	690 Skrelp [32, TM]	435 Skuntank [27, TM]	289 Slaking [TM]
		287 Slakoth [TM]	705 Sliggoo [TM]	080 Slowbro [TM]	199 Slowking [TM]	079 Slowpoke [TM]	218 Slugma [TM]
		685 Slurpuff [TM]	238 Smoochum [TM]	215 Sneasel [TM]	495 Snivy [TM]	143 Snorlax [TM]	361 Snorunt [TM]
		459 Snover [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]	021 Spearow [TM]

Type	Move Name	Pokémon					
Poison	Toxic (TM06)	363 Spheal [TM]	167 Spinarak [TM]	327 Spinda [TM]	442 Spiritomb [TM]	325 Spoink [TM]	682 Spritzee [TM]
		007 Squirtle [TM]	805 Stakataka [TM]	234 Stantler [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]
		121 Starmie [TM]	120 Staryu [TM]	208 Steelix [TM]	762 Steenee [TM]	508 Stoutland [TM]	759 Stufful [TM]
		618 Stunfisk [TM]	434 Stunky [27, TM]	185 Sudowoodo [TM]	245 Suicune [TM]	192 Sunflora [TM]	191 Sunkern [TM]
		283 Surskit [TM]	333 Swablu [TM]	541 Swadloon [TM]	317 Swalot [25, TM]	260 Swampert [TM]	581 Swanna [TM]
		277 Swellow [TM]	220 Swinub [TM]	684 Swirlix [TM]	528 Swoobat [TM]	700 Sylveon [TM]	276 Taillow [TM]
		663 Talonflame [TM]	114 Tangela [TM]	465 Tangrowth [TM]	787 Tapu Bulu [TM]	788 Tapu Fini [TM]	785 Tapu Koko [TM]
		786 Tapu Lele [TM]	128 Tauros [TM]	216 Teddiursa [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	498 Tepig [TM]
		639 Terrakion [TM]	538 Throh [TM]	642 Thundurus [TM]	532 Timburr [TM]	564 Tirtouga [TM]	777 Togedemaru [TM]
		468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	324 Torkoal [TM]	641 Tornadus [TM]
		726 Torracat [TM]	389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	748 Toxapex [21, TM]	454 Toxicroak [TM]
		520 Tranquill [TM]	328 Trapinch [TM]	252 Treecko [TM]	709 Trevenant [TM]	357 Tropius [TM]	568 Trubbish [36, TM]
		732 Trumbeak [TM]	763 Tsareena [TM]	776 Turtonator [TM]	387 Turtwig [TM]	535 Tympole [TM]	772 Type: Null [TM]
		157 Typhlosion [TM]	248 Tyranitar [TM]	697 Tyrantrum [TM]	236 Tyrogue [TM]	696 Tyrunt [TM]	197 Umbreon [TM]
		521 Unfezant [TM]	217 Ursaring [TM]	480 Uxie [TM]	583 Vanillish [TM]	582 Vanillite [TM]	584 Vanilluxe [TM]
		134 Vaporeon [TM]	543 Venipede [36, TM]	049 Venomoth [TM]	048 Venonat [TM]	003 Venusaur [TM]	416 Vespiquen [33, TM]
		329 Vibrava [TM]	494 Victini [TM]	071 Victreebel [TM]	288 Vigoroth [TM]	738 Vikavolt [TM]	045 Vileplume [TM]
		640 Virizion [TM]	666 Vivillon [TM]	313 Volbeat [TM]	721 Volcanion [TM]	637 Volcarona [TM]	100 Voltorb [TM]
		629 Vullaby [TM]	037 Vulpix [TM]	320 Wailmer [TM]	321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]
		505 Watchog [TM]	461 Weavile [TM]	070 Weepinbell [TM]	110 Weezing [TM]	547 Whimsicott [TM]	544 Whirlipede [41, TM]
		340 Whiscash [TM]	293 Whismur [TM]	040 Wigglytuff [TM]	767 Wimpod [TM]	278 Wingull [TM]	746 Wishiwashi [TM]
		527 Woobat [TM]	194 Wooper [TM]	413 Wormadam [TM]	178 Xatu [TM]	716 Xerneas [TM]	796 Xurkitree [TM]
		562 Yamask [TM]	193 Yanma [TM]	469 Yanmega [TM]	734 Yungoos [TM]	717 Yveltal [TM]	335 Zangoose [TM]
		145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]	263 Zigzagoon [TM]	571 Zoroark [TM]	570 Zorua [TM]
		041 Zubat [TM]	634 Zweilous [TM]	718 Zygarde [TM]			
Normal	Transform	132 Ditto [1]	151 Mew [1]				
Normal	Tri Attack	085 Dodrio [1, EV]	051 Dugtrio [1]	649 Genesect [44]	635 Hydreigon [1]	082 Magneton [1, EV]	462 Magnezone [1]
		137 Porygon [50]	233 Porygon2 [50]	474 Porygon-Z [50]	476 Probopass [1, EV]	773 Silvally [75]	021 Spearow [E]
		772 Type: Null [75]					
Psychic	Trick	063 Abra [BP]	065 Alakazam [46, BP]	493 Arceus [BP]	482 Azelf [BP]	343 Baltoy [BP]	354 Banette [58, BP]
		606 Beheeyem [BP]	806 Blacephalon [47, BP]	654 Braixen [BP]	437 Bronzong [BP]	436 Bronzor [BP]	251 Celebi [BP]
		609 Chandelure [BP]	358 Chimecho [BP]	433 Chingling [BP]	344 Claydol [BP]	036 Clefable [BP]	035 Clefairy [BP]
		173 Cleffa [BP]	563 Cofagrigus [BP]	764 Comfey [BP]	488 Cresselia [BP]	742 Cutiefly [BP]	491 Darkrai [BP]
		655 Delphox [BP]	386 Deoxys [BP]	426 Drifblim [BP]	425 Drifloon [BP]	096 Drowzee [BP]	578 Duosion [BP]
		356 Dusclops [BP]	477 Dusknoir [BP]	355 Duskull [BP]	605 Elgyem [BP]	196 Espeon [BP]	677 Espurr [E, BP]
		592 Frillish [BP]	478 Froslass [BP]	162 Furret [BP]	475 Gallade [BP]	282 Gardevoir [BP]	092 Gastly [BP]
		094 Gengar [BP]	203 Girafarig [BP]	574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	711 Gourgeist [1, BP]
		326 Grumpig [BP]	093 Haunter [BP]	720 Hoopa [1, BP]	097 Hypno [BP]	593 Jellicent [BP]	385 Jirachi [BP]
		124 Jynx [BP]	064 Kadabra [46, BP]	352 Kecleon [E, BP]	281 Kirlia [BP]	608 Lampent [BP]	380 Latias [BP]
		381 Latios [BP]	510 Liepard [BP]	264 Linoone [BP]	607 Litwick [BP]	249 Lugia [BP]	792 Lunala [BP]
		308 Medicham [BP]	307 Meditite [BP]	648 Meloetta [BP]	678 Meowstic [BP]	481 Mesprit [BP]	376 Metagross [BP]
		375 Metang [BP]	151 Mew [BP]	150 Mewtwo [BP]	439 Mime Jr. [36, E, BP]	778 Mimikyu [BP]	200 Misdreavus [BP]
		429 Mismagius [BP]	122 Mr. Mime [36, E, BP]	517 Munna [BP]	518 Musharna [BP]	177 Natu [BP]	765 Oranguru [BP]
		770 Palossand [BP]	708 Phantump [BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	710 Pumpkaboo [1, BP]
		509 Purrloin [BP]	280 Ralts [BP]	579 Reuniclus [BP]	743 Ribombee [BP]	479 Rotom [1, BP]	302 Sableye [E, BP]
		769 Sandygast [BP]	161 Sentret [E, BP]	292 Shedinja [BP]	353 Shuppet [50, BP]	561 Sigilyph [BP]	080 Slowbro [BP]
		199 Slowking [BP]	079 Slowpoke [BP]	238 Smoochum [BP]	577 Solosis [E, BP]	327 Spinda [E, BP]	442 Spiritomb [BP]
		325 Spoink [E, BP]	121 Starmie [BP]	528 Swoobat [BP]	788 Tapu Fini [BP]	468 Togekiss [BP]	175 Togepi [BP]
		176 Togetic [BP]	709 Trevenant [BP]	480 Uxie [BP]	494 Victini [BP]	313 Volbeat [E, BP]	527 Woobat [BP]
		178 Xatu [BP]	562 Yamask [BP]	263 Zigzagoon [E, BP]	571 Zoroark [BP]	570 Zorua [BP]	
Psychic	Trick Room (TM92)	063 Abra [TM]	065 Alakazam [TM]	493 Arceus [TM]	683 Aromatisse [TM]	531 Audino [TM]	482 Azelf [TM]
		343 Baltoy [TM]	354 Banette [TM]	606 Beheeyem [TM]	437 Bronzong [TM]	436 Bronzor [TM]	779 Bruxish [TM]
		703 Carbink [TM]	251 Celebi [TM]	609 Chandelure [TM]	358 Chimecho [TM]	433 Chingling [TM]	344 Claydol [TM]
		563 Cofagrigus [TM]	764 Comfey [TM]	488 Cresselia [TM]	655 Delphox [TM]	386 Deoxys [TM]	483 Dialga [TM]
		719 Diancie [46, TM]	096 Drowzee [TM]	578 Duosion [TM]	356 Dusclops [TM]	477 Dusknoir [TM]	355 Duskull [TM]
		605 Elgyem [TM]	196 Espeon [TM]	677 Espurr [TM]	102 Exeggcute [TM]	103 Exeggutor [TM]	592 Frillish [TM]
		475 Gallade [TM]	282 Gardevoir [TM]	092 Gastly [TM]	094 Gengar [TM]	203 Girafarig [TM]	574 Gothita [TM]

Type	Move Name	Pokémon					
Psychic	Trick Room (TM92)	576 Gothitelle [TM]	575 Gothorita [TM]	711 Gourgeist [TM]	326 Grumpig [TM]	093 Haunter [TM]	720 Hoopa [50, TM]
		097 Hypno [TM]	686 Inkay [TM]	593 Jellicent [TM]	385 Jirachi [TM]	124 Jynx [TM]	064 Kadabra [TM]
		352 Kecleon [TM]	281 Kirlia [TM]	601 Klinklang [TM]	608 Lampent [TM]	607 Litwick [TM]	792 Lunala [TM]
		337 Lunatone [TM]	801 Magearna [TM]	687 Malamar [TM]	648 Meloetta [TM]	678 Meowstic [TM]	481 Mesprit [TM]
		151 Mew [TM]	150 Mewtwo [TM]	439 Mime Jr. [TM]	778 Mimikyu [TM]	200 Misdreavus [TM]	429 Mismagius [TM]
		122 Mr. Mime [TM]	517 Munna [TM]	518 Musharna [TM]	177 Natu [TM]	800 Necrozma [TM]	793 Nihilego [TM]
		765 Oranguru [50, TM]	484 Palkia [TM]	708 Phantump [TM]	137 Porygon [TM]	233 Porygon2 [TM]	474 Porygon-Z [1, TM]
		710 Pumpkaboo [TM]	280 Ralts [TM]	579 Reuniclus [TM]	353 Shuppet [TM]	561 Sigilyph [TM]	080 Slowbro [TM]
		199 Slowking [TM]	079 Slowpoke [TM]	238 Smoochum [TM]	791 Solgaleo [TM]	577 Solosis [TM]	338 Solrock [TM]
		327 Spinda [TM]	325 Spoink [TM]	682 Spritzee [TM]	805 Stakataka [TM]	234 Stantler [TM]	121 Starmie [TM]
		528 Swoobat [TM]	709 Trevenant [TM]	480 Uxie [TM]	494 Victini [TM]	547 Whimsicott [TM]	527 Woobat [TM]
		178 Xatu [TM]	562 Yamask [TM]				
Ghost	Trick-or-Treat	711 Gourgeist [6, 23, 40, 63]	710 Pumpkaboo [6, 23, 40]				
Fighting	Triple Kick	237 Hitmontop [33]	795 Pheromosa [43]				
Grass	Trop Kick	763 Tsareena [1, EV]					
Normal	Trump Card	341 Corphish [E]	206 Dunsparce [E]	133 Eevee [45]	083 Farfetch'd [E]	115 Kangaskhan [E]	801 Magearna [97]
		312 Minun [40]	501 Oshawott [E]	422 Shellos [E]	199 Slowking [49]		
Bug	Twineedle	015 Beedrill [1, EV]	589 Escavalier [1, 13]	090 Shellder [E]	451 Skorupi [E]	167 Spinarak [E]	777 Togedemaru [E]
		543 Venipede [E]					
Dragon	Twister	371 Bagon [E]	691 Dragalge [1, EV]	148 Dragonair [1, 11]	149 Dragonite [1, 11]	780 Drampa [5]	147 Dratini [11]
		443 Gible [E]	130 Gyarados [24]	116 Horsea [17]	230 Kingdra [17]	226 Mantine [E]	458 Mantyke [E]
		350 Milotic [14]	018 Pidgeot [22]	017 Pidgeotto [22]	016 Pidgey [21]	384 Rayquaza [1]	117 Seadra [17]
		495 Snivy [E]	278 Wingull [E]				
Normal	Uproar	306 Aggron [BP]	190 Aipom [BP]	334 Altaria [BP]	424 Ambipom [BP]	566 Archen [BP]	567 Archeops [BP]
		304 Aron [BP]	531 Audino [BP]	482 Azelf [31, BP]	298 Azurill [BP]	550 Basculin [3, BP]	606 Beheeyem [BP]
		182 Bellossom [BP]	806 Blacephalon [BP]	438 Bonsly [BP]	626 Bouffalant [BP]	729 Brionne [BP]	779 Bruxish [BP]
		406 Budew [BP]	427 Buneary [BP]	318 Carvanha [BP]	251 Celebi [BP]	441 Chatot [45, BP]	390 Chimchar [BP]
		358 Chimecho [32, BP]	433 Chingling [32, BP]	573 Cinccino [BP]	173 Cleffa [BP]	408 Cranidos [BP]	169 Crobat [BP]
		159 Croconaw [BP]	104 Cubone [BP]	555 Darmanitan [BP]	554 Darumaka [17, BP]	633 Deino [BP]	301 Delcatty [BP]
		660 Diggersby [BP]	050 Diglett ◆ [E]	085 Dodrio [29, BP]	084 Doduo [29, BP]	780 Drampa [BP]	580 Ducklett [BP]
		309 Electrike [E, BP]	239 Elekid [BP]	605 Elgyem [BP]	102 Exeggcute [1, BP]	295 Exploud [27, BP]	083 Farfetch'd [BP]
		022 Fearow [BP]	160 Feraligatr [BP]	330 Flygon [40, BP]	676 Furfrou [BP]	162 Furret [BP]	092 Gastly [BP]
		094 Gengar [BP]	203 Girafarig [BP]	042 Golbat [BP]	574 Gothita [E, BP]	576 Gothitelle [BP]	575 Gothorita [BP]
		383 Groudon [BP]	735 Gumshoos [BP]	130 Gyarados [BP]	783 Hakamo-o [BP]	440 Happiny [BP]	093 Haunter [BP]
		485 Heatran [BP]	507 Herdier [BP]	430 Honchkrow [BP]	720 Hoopa [BP]	163 Hoothoot [34, BP]	229 Houndoom [BP]
		228 Houndour [BP]	635 Hydreigon [BP]	174 Igglybuff [BP]	782 Jangmo-o [BP]	385 Jirachi [BP]	115 Kangaskhan [E, BP]
		600 Klang [BP]	599 Klink [BP]	601 Klinklang [BP]	109 Koffing [BP]	784 Kommo-o [BP]	401 Kricketot [BP]
		402 Kricketune [BP]	552 Krokorok [BP]	553 Krookodile [BP]	382 Kyogre [BP]	305 Lairon [BP]	246 Larvitar [BP]
		166 Ledian [BP]	165 Ledyba [BP]	506 Lillipup [BP]	271 Lombre [32, BP]	428 Lopunny [BP]	270 Lotad [BP]
		294 Loudred [27, BP]	272 Ludicolo [BP]	745 Lycanroc (Midnight Form) [BP]	240 Magby [BP]	490 Manaphy [BP]	310 Manectric [BP]
		056 Mankey [BP]	556 Maractus [BP]	105 Marowak [BP]	259 Marshtomp [BP]	648 Meloetta [BP]	052 Meowth [BP]
		151 Mew [BP]	262 Mightyena [BP]	439 Mime Jr. [BP]	572 Minccino [BP]	312 Minun [BP]	200 Misdreavus [BP]
		429 Mismagius [BP]	258 Mudkip [E, BP]	446 Munchlax [BP]	198 Murkrow [BP]	804 Naganadel [BP]	034 Nidoking [BP]
		031 Nidoqueen [BP]	291 Ninjask [BP]	164 Noctowl [39, BP]	714 Noibat [BP]	715 Noivern [BP]	417 Pachirisu [BP]
		536 Palpitoad [23, BP]	674 Pancham [BP]	675 Pangoro [BP]	515 Panpour [BP]	511 Pansage [BP]	513 Pansear [BP]
		766 Passimian [BP]	279 Pelipper [BP]	053 Persian [BP]	489 Phione [BP]	172 Pichu [BP]	018 Pidgeot [BP]
		017 Pidgeotto [BP]	016 Pidgey [E, BP]	519 Pidove [E, BP]	731 Pikipek [E, BP]	311 Plusle [BP]	803 Poipole [BP]
		261 Poochyena [BP]	728 Popplio [BP]	474 Porygon-Z [BP]	730 Primarina [BP]	057 Primeape [BP]	247 Pupitar [BP]
		409 Rampardos [BP]	020 Raticate [BP]	019 Rattata [E, BP]	384 Rayquaza [BP]	112 Rhydon [BP]	111 Rhyhorn [BP]
		464 Rhyperior [BP]	479 Rotom [8, BP]	551 Sandile [E, BP]	537 Seismitoad [23, BP]	161 Sentret [BP]	319 Sharpedo [BP]
		516 Simipour [BP]	512 Simisage [BP]	514 Simisear [BP]	300 Skitty [E, BP]	238 Smoochum [BP]	021 Spearow [E, BP]
		327 Spinda [37, BP]	442 Spiritomb [BP]	234 Stantler [BP]	398 Staraptor [BP]	397 Staravia [BP]	396 Starly [E, BP]
		508 Stoutland [BP]	618 Stunfisk [BP]	192 Sunflora [BP]	191 Sunkern [BP]	333 Swablu [BP]	260 Swampert [BP]
		581 Swanna [BP]	528 Swoobat [BP]	128 Tauros [BP]	642 Thundurus [1, BP]	175 Togepi [BP]	641 Tornadus [1, BP]
		158 Totodile [BP]	733 Toucannon [BP]	520 Tranquill [BP]	732 Trumbeak [BP]	776 Turtonator [BP]	535 Tympole [23, BP]
		248 Tyranitar [BP]	236 Tyrogue [BP]	521 Unfezant [BP]	217 Ursaring [BP]	583 Vanillish [1, 10, BP]	582 Vanillite [10, BP]
		584 Vanilluxe [1, 10, BP]	329 Vibrava [40, BP]	494 Victini [BP]	288 Vigoroth [1, 9, BP]	110 Weezing [BP]	293 Whismur [25, BP]

Type	Move Name	Pokémon					
Normal	**Uproar**	278 Wingull [BP]	527 Woobat [BP]	413 Wormadam [BP]	193 Yanma [27, BP]	469 Yanmega [27, BP]	734 Yungoos [BP]
		571 Zoroark [BP]	570 Zorua [BP]	041 Zubat [BP]	634 Zweilous [BP]		
Bug	**U-turn (TM89)**	617 Accelgor [40, TM]	190 Aipom [TM]	424 Ambipom [TM]	566 Archen [41, TM]	567 Archeops [45, TM]	144 Articuno [TM]
		482 Azelf [TM]	267 Beautifly [TM]	015 Beedrill [TM]	628 Braviary [TM]	659 Bunnelby [TM]	012 Butterfree [TM]
		251 Celebi [TM]	441 Chatot [TM]	390 Chimchar [TM]	573 Cinccino [TM]	692 Clauncher [TM]	693 Clawitzer [TM]
		764 Comfey [TM]	169 Crobat [TM]	742 Cutiefly [TM]	555 Darmanitan [TM]	554 Darumaka [TM]	724 Decidueye [1, TM]
		702 Dedenne [TM]	660 Diggersby [TM]	269 Dustox [TM]	603 Eelektrik [TM]	604 Eelektross [TM]	587 Emolga [TM]
		083 Farfetch'd [TM]	022 Fearow [TM]	456 Finneon [42, TM]	662 Fletchinder [TM]	661 Fletchling [TM]	330 Flygon [TM]
		656 Froakie [TM]	657 Frogadier [TM]	676 Furfrou [TM]	162 Furret [TM]	649 Genesect [TM]	431 Glameow [TM]
		207 Gligar [30, TM]	472 Gliscor [30, TM]	042 Golbat [TM]	658 Greninja [TM]	735 Gumshoos [TM]	701 Hawlucha [TM]
		695 Heliolisk [TM]	694 Helioptile [TM]	187 Hoppip [37, TM]	635 Hydreigon [TM]	314 Illumise [TM]	727 Incineroar [TM]
		392 Infernape [TM]	385 Jirachi [TM]	189 Jumpluff [49, TM]	775 Komala [TM]	645 Landorus [TM]	636 Larvesta [TM]
		166 Ledian [TM]	165 Ledyba [TM]	510 Liepard [TM]	725 Litten [TM]	457 Lumineon [48, TM]	490 Manaphy [TM]
		630 Mandibuzz [TM]	056 Mankey [TM]	284 Masquerain [TM]	648 Meloetta [43, TM]	052 Meowth [TM]	481 Mesprit [TM]
		151 Mew [TM]	619 Mienfoo [41, TM]	620 Mienshao [41, TM]	572 Minccino [TM]	774 Minior [TM]	146 Moltres [TM]
		391 Monferno [TM]	414 Mothim [TM]	804 Naganadel [TM]	177 Natu [TM]	291 Ninjask [TM]	714 Noibat [TM]
		715 Noivern [TM]	741 Oricorio [TM]	417 Pachirisu [TM]	766 Passimian [TM]	279 Pelipper [TM]	053 Persian [TM]
		795 Pheromosa [TM]	489 Phione [TM]	018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]
		731 Pikipek [TM]	057 Primeape [TM]	509 Purrloin [TM]	432 Purugly [TM]	020 Raticate [TM]	019 Rattata [TM]
		743 Ribombee [TM]	627 Rufflet [TM]	212 Scizor [TM]	123 Scyther [TM]	161 Sentret [TM]	773 Silvally [TM]
		188 Skiploom [44, TM]	021 Spearow [TM]	398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]	277 Swellow [TM]
		528 Swoobat [TM]	276 Taillow [TM]	663 Talonflame [TM]	785 Tapu Koko [TM]	642 Thundurus [TM]	777 Togedemaru [TM]
		641 Tornadus [TM]	726 Torracat [TM]	733 Toucannon [TM]	520 Tranquill [TM]	732 Trumbeak [TM]	763 Tsareena [TM]
		772 Type: Null [TM]	521 Unfezant [TM]	480 Uxie [TM]	049 Venomoth [TM]	416 Vespiquen [TM]	329 Vibrava [TM]
		494 Victini [TM]	666 Vivillon [TM]	313 Volbeat [TM]	637 Volcarona [TM]	629 Vullaby [TM]	547 Whimsicott [TM]
		278 Wingull [TM]	746 Wishiwashi [TM]	527 Woobat [TM]	178 Xatu [TM]	193 Yanma [49, TM]	469 Yanmega [49, TM]
		734 Yungoos [TM]	717 Yveltal [TM]	145 Zapdos [TM]	571 Zoroark [1, TM]	570 Zorua [TM]	041 Zubat [TM]
Fighting	**Vacuum Wave**	453 Croagunk [E]	107 Hitmonchan [26]	798 Kartana [1]	447 Riolu [E]	123 Scyther [1]	236 Tyrogue [E]
Poison	**Venom Drench**	168 Ariados [1]	316 Gulpin [E]	109 Koffing [E]	747 Mareanie [41]	089 Muk [1, EV]	804 Naganadel [23]
		029 Nidoran♀ [E]	032 Nidoran♂ [E]	793 Nihilego [53]	708 Phantump [E]	803 Poipole [23]	771 Pyukumuku [E]
		407 Roserade [1]	757 Salandit [45]	758 Salazzle [51]	545 Scolipede [47]	336 Seviper [24]	690 Skrelp [E]
		435 Skuntank [37]	434 Stunky [37]	317 Swalot [1]	748 Toxapex [44]	535 Tympole [E]	543 Venipede [38]
		544 Whirlipede [43]	527 Woobat [E]	041 Zubat [E]			
Poison	**Venoshock (TM09)**	617 Accelgor [TM]	591 Amoonguss [TM]	024 Arbok [TM]	168 Ariados [TM]	267 Beautifly [TM]	015 Beedrill [23, TM]
		182 Bellossom [TM]	069 Bellsprout [TM]	286 Breloom [TM]	779 Bruxish [TM]	406 Budew [TM]	001 Bulbasaur [TM]
		012 Butterfree [TM]	331 Cacnea [TM]	332 Cacturne [TM]	692 Clauncher [TM]	693 Clawitzer [TM]	453 Croagunk [36, TM]
		169 Crobat [43, TM]	691 Dragalge [TM]	452 Drapion [27, TM]	269 Dustox [20, TM]	023 Ekans [TM]	590 Foongus [TM]
		205 Forretress [TM]	569 Garbodor [TM]	092 Gastly [TM]	094 Gengar [TM]	207 Gligar [TM]	472 Gliscor [TM]
		044 Gloom [TM]	042 Golbat [43, TM]	768 Golisopod [TM]	088 Grimer [TM]	316 Gulpin [TM]	093 Haunter [TM]
		214 Heracross [TM]	002 Ivysaur [TM]	109 Koffing [TM]	747 Mareanie [25, TM]	151 Mew [TM]	414 Mothim [TM]
		089 Muk [TM]	804 Naganadel [13, TM]	034 Nidoking [TM]	031 Nidoqueen [TM]	029 Nidoran♀ [TM]	032 Nidoran♂ [TM]
		030 Nidorina [TM]	033 Nidorino [TM]	793 Nihilego [23, TM]	043 Oddish [TM]	046 Paras [TM]	047 Parasect [TM]
		204 Pineco [TM]	803 Poipole [13, TM]	211 Qwilfish [TM]	020 Raticate (Alola Form) [TM]	315 Roselia [TM]	407 Roserade [TM]
		757 Salandit [37, TM]	758 Salazzle [39, TM]	212 Scizor [TM]	545 Scolipede [28, TM]	537 Seismitoad [TM]	336 Seviper [16, TM]
		616 Shelmet [TM]	285 Shroomish [TM]	213 Shuckle [TM]	451 Skorupi [27, TM]	690 Skrelp [TM]	435 Skuntank [TM]
		167 Spinarak [TM]	434 Stunky [TM]	317 Swalot [TM]	072 Tentacool [TM]	073 Tentacruel [TM]	748 Toxapex [25, TM]
		454 Toxicroak [36, TM]	568 Trubbish [TM]	776 Turtonator [TM]	543 Venipede [26, TM]	049 Venomoth [TM]	048 Venonat [TM]
		003 Venusaur [TM]	416 Vespiquen [TM]	071 Victreebel [TM]	045 Vileplume [TM]	070 Weepinbell [TM]	110 Weezing [TM]
		544 Whirlipede [28, TM]	413 Wormadam [TM]	041 Zubat [37, TM]			
Normal	**Vice Grip**	737 Charjabug [1]	692 Clauncher [9]	693 Clawitzer [1, 9]	341 Corphish [7]	342 Crawdaunt [1, 7]	632 Durant [1]
		736 Grubbin [1]	099 Kingler [1, 5]	600 Klang [1]	599 Klink [1]	601 Klinklang [1]	098 Krabby [5]
		303 Mawile [17]	127 Pinsir [1]	738 Vikavolt [1]			
Grass	**Vine Whip**	069 Bellsprout [1]	001 Bulbasaur [9]	455 Carnivine [11]	652 Chesnaught [1, 5]	650 Chespin [1, 5]	152 Chikorita [E]
		764 Comfey [1]	669 Flabébé [1]	670 Floette [1]	673 Gogoat [1, 7]	002 Ivysaur [9]	511 Pansage [10]
		651 Quilladin [1, 5]	497 Serperior [1, 7]	496 Servine [1, 7]	672 Skiddo [7]	495 Snivy [7]	114 Tangela [7]
		465 Tangrowth [7]	003 Venusaur [1, 9]	071 Victreebel [1]	070 Weepinbell [1]		
Fighting	**Vital Throw**	794 Buzzwole [19]	297 Hariyama [22]	068 Machamp [25]	067 Machoke [25]	066 Machop [25]	296 Makuhita [22]
		619 Mienfoo [E]	674 Pancham [27]	675 Pangoro [27]	766 Passimian [E]	127 Pinsir [18]	538 Throh [9]

Type	Move Name	Pokémon					
Electric	Volt Switch (TM72)	181 Ampharos [TM]	522 Blitzle [TM]	737 Charjabug [TM]	170 Chinchou [TM]	638 Cobalion [TM]	702 Dedenne [26, TM]
		603 Eelektrik [TM]	604 Eelektross [TM]	125 Electabuzz [TM]	466 Electivire [TM]	309 Electrike [TM]	101 Electrode [TM]
		239 Elekid [TM]	587 Emolga [42, TM]	180 Flaaffy [TM]	205 Forretress [TM]	596 Galvantula [TM]	074 Geodude (Alola Form) [TM]
		076 Golem (Alola Form) [TM]	075 Graveler (Alola Form) [TM]	736 Grubbin [TM]	695 Heliolisk [TM]	694 Helioptile [40, TM]	135 Jolteon [TM]
		595 Joltik [TM]	600 Klang [TM]	599 Klink [TM]	601 Klinklang [TM]	171 Lanturn [TM]	404 Luxio [TM]
		405 Luxray [TM]	801 Magearna [TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	310 Manectric [TM]
		151 Mew [TM]	312 Minun [TM]	299 Nosepass [TM]	417 Pachirisu [TM]	172 Pichu [TM]	025 Pikachu [TM]
		311 Plusle [TM]	476 Probopass [TM]	026 Raichu [TM]	243 Raikou [TM]	479 Rotom [TM]	403 Shinx [TM]
		785 Tapu Koko [TM]	642 Thundurus [TM]	777 Togedemaru [TM]	738 Vikavolt [TM]	100 Voltorb [TM]	796 Xurkitree [TM]
		145 Zapdos [TM]	523 Zebstrika [TM]	644 Zekrom [TM]			
Electric	Volt Tackle	172 Pichu [E*]	025 Pikachu [T]				
Fighting	Wake-Up Slap	594 Alomomola [29]	035 Clefairy [22]	534 Conkeldurr [20]	453 Croagunk [E]	096 Drowzee [29]	478 Froslass [37]
		431 Glameow [E]	533 Gurdurr [20]	297 Hariyama [38]	097 Hypno [29]	039 Jigglypuff [27]	124 Jynx [33]
		068 Machamp [27]	067 Machoke [27]	066 Machop [27]	296 Makuhita [34, E]	648 Meloetta [50]	241 Miltank [50]
		439 Mime Jr. [E]	572 Minccino [31]	122 Mr. Mime [E]	060 Poliwag [35]	061 Poliwhirl [43]	285 Shroomish [E]
		300 Skitty [28]	238 Smoochum [E]	791 Solgaleo [1]	114 Tangela [E]	532 Timburr [20]	
Water	Water Gun	347 Anorith [7]	348 Armaldo [1, 7]	184 Azumarill [1]	298 Azurill [1]	689 Barbaracle [1, 4]	339 Barboach [9]
		550 Basculin [1]	400 Bibarel [1, EV]	688 Binacle [4]	009 Blastoise [1, 7]	729 Brionne [1]	779 Bruxish [1]
		418 Buizel [15]	565 Carracosta [1]	351 Castform [10]	170 Chinchou [12]	366 Clamperl [1]	692 Clauncher [1]
		693 Clawitzer [1]	159 Croconaw [1, 6]	502 Dewott [1, 7]	691 Dragalge [1]	580 Ducklett [1]	160 Feraligatr [1, 6]
		456 Finneon [6]	419 Floatzel [15]	055 Golduck [1, 7]	116 Horsea [13]	230 Kingdra [1, 13]	171 Lanturn [12]
		131 Lapras [1]	270 Lotad [E]	457 Lumineon [1, 6]	370 Luvdisc [4]	183 Marill [1]	259 Marshtomp [1, 4]
		350 Milotic [1]	258 Mudkip [4]	224 Octillery [1]	138 Omanyte [10]	139 Omastar [10]	501 Oshawott [7]
		515 Panpour [10]	279 Pelipper [1]	060 Poliwag [5]	061 Poliwhirl [1, 5]	728 Popplio [1]	730 Primarina [1]
		054 Psyduck [7]	195 Quagsire [1]	211 Qwilfish [1]	369 Relicanth [1, 10]	223 Remoraid [1]	503 Samurott [1, 7]
		117 Seadra [1, 13]	364 Sealeo [1]	090 Shellder [1]	690 Skrelp [1]	080 Slowbro [9]	199 Slowking [9]
		079 Slowpoke [9]	363 Spheal [1]	007 Squirtle [7]	121 Starmie [1]	120 Staryu [4]	618 Stunfisk [1]
		260 Swampert [1, 4]	581 Swanna [1]	788 Tapu Fini [1]	564 Tirtouga [1]	158 Totodile [6]	134 Vaporeon [1, EV]
		320 Wailmer [7]	321 Wailord [1, 7]	365 Walrein [1]	008 Wartortle [1, 7]	340 Whiscash [1, 9]	278 Wingull [1]
		746 Wishiwashi [1]	194 Wooper [1]				
Water	Water Pledge	009 Blastoise [T]	729 Brionne [T]	159 Croconaw [T]	502 Dewott [T]	395 Empoleon [T]	160 Feraligatr [T]
		656 Froakie [T]	657 Frogadier [T]	658 Greninja [T]	259 Marshtomp [T]	258 Mudkip [T]	501 Oshawott [T]
		515 Panpour [T]	393 Piplup [T]	728 Popplio [T]	730 Primarina [T]	394 Prinplup [T]	503 Samurott [T]
		773 Silvally [T]	516 Simipour [T]	007 Squirtle [T]	260 Swampert [T]	158 Totodile [T]	008 Wartortle [T]
Water	Water Pulse	460 Abomasnow [BP]	359 Absol [BP]	306 Aggron [BP]	190 Aipom [BP]	594 Alomomola [25, BP]	698 Amaura [BP]
		424 Ambipom [BP]	347 Anorith [E, BP]	752 Araquanid [BP]	493 Arceus [BP]	348 Armaldo [BP]	304 Aron [BP]
		144 Articuno [BP]	699 Aurorus [BP]	713 Avalugg [BP]	482 Azelf [BP]	184 Azumarill [BP]	298 Azurill [BP]
		689 Barbaracle [BP]	339 Barboach [17, BP]	614 Beartic [BP]	712 Bergmite [BP]	400 Bibarel [BP]	688 Binacle [BP]
		009 Blastoise [29, BP]	242 Blissey [BP]	729 Brionne [BP]	779 Bruxish [E, BP]	418 Buizel [BP]	427 Buneary [BP]
		565 Carracosta [BP]	318 Carvanha [BP]	351 Castform [BP]	251 Celebi [BP]	113 Chansey [BP]	170 Chinchou [E, BP]
		366 Clamperl [E, BP]	692 Clauncher [34, BP]	693 Clawitzer [34, BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]
		091 Cloyster [BP]	341 Corphish [BP]	222 Corsola [E, BP]	342 Crawdaunt [BP]	159 Croconaw [BP]	615 Cryogonal [BP]
		613 Cubchoo [BP]	301 Delcatty [BP]	225 Delibird [BP]	386 Deoxys [BP]	087 Dewgong [BP]	502 Dewott [26, BP]
		751 Dewpider [BP]	691 Dragalge [25, BP]	148 Dragonair [BP]	149 Dragonite [BP]	780 Drampa [BP]	147 Dratini [E, BP]
		580 Ducklett [13, BP]	206 Dunsparce [BP]	395 Empoleon [BP]	295 Exploud [BP]	349 Feebas [BP]	160 Feraligatr [BP]
		456 Finneon [22, BP]	419 Floatzel [BP]	592 Frillish [22, BP]	656 Froakie [14, BP]	657 Frogadier [14, BP]	478 Froslass [BP]
		162 Furret [BP]	423 Gastrodon [1, 7, BP]	471 Glaceon [BP]	362 Glalie [BP]	431 Glameow [BP]	118 Goldeen [16, BP]
		055 Golduck [16, BP]	768 Golisopod [BP]	706 Goodra [BP]	704 Goomy [BP]	368 Gorebyss [14, BP]	210 Granbull [BP]
		658 Greninja [14, BP]	316 Gulpin [BP]	130 Gyarados [BP]	440 Happiny [BP]	449 Hippopotas [BP]	450 Hippowdon [BP]
		116 Horsea [E, BP]	367 Huntail [14, BP]	174 Igglybuff [BP]	314 Illumise [BP]	593 Jellicent [22, BP]	039 Jigglypuff [BP]
		385 Jirachi [BP]	124 Jynx [BP]	140 Kabuto [BP]	141 Kabutops [BP]	115 Kangaskhan [BP]	352 Kecleon [BP]
		647 Keldeo [BP]	230 Kingdra [BP]	099 Kingler [BP]	784 Kommo-o [BP]	098 Krabby [BP]	382 Kyogre [1, BP]
		305 Lairon [BP]	171 Lanturn [BP]	131 Lapras [14, BP]	380 Latias [BP]	381 Latios [BP]	463 Lickilicky [BP]
		108 Lickitung [BP]	264 Linoone [BP]	271 Lombre [BP]	428 Lopunny [BP]	270 Lotad [BP]	294 Loudred [BP]
		448 Lucario [BP]	272 Ludicolo [BP]	249 Lugia [BP]	457 Lumineon [22, BP]	370 Luvdisc [17, BP]	490 Manaphy [46, BP]
		226 Mantine [19, BP]	458 Mantyke [19, BP]	747 Mareanie [BP]	183 Marill [BP]	259 Marshtomp [BP]	284 Masquerain [BP]

*Leave Pikachu or Raichu at the Pokémon Nursery with a compatible partner. One of the two Pokémon must be holding a Light Ball if you hope to find an Egg that will hatch into a Pichu that knows Volt Tackle.

Type	Move Name	Pokémon					
Water	**Water Pulse**	052 Meowth [BP]	481 Mesprit [BP]	151 Mew [BP]	150 Mewtwo [BP]	350 Milotic [1, EV, BP]	241 Miltank [BP]
		258 Mudkip [BP]	446 Munchlax [BP]	034 Nidoking [BP]	031 Nidoqueen [BP]	029 Nidoran♀ [BP]	032 Nidoran♂ [BP]
		030 Nidorina [BP]	033 Nidorino [BP]	714 Noibat [BP]	715 Noivern [BP]	224 Octillery [BP]	138 Omanyte [E, BP]
		139 Omastar [BP]	501 Oshawott [23, BP]	484 Palkia [6, BP]	536 Palpitoad [BP]	515 Panpour [BP]	279 Pelipper [15, BP]
		053 Persian [BP]	489 Phione [46, BP]	393 Piplup [BP]	186 Politoed [BP]	060 Poliwag [E, BP]	061 Poliwhirl [BP]
		062 Poliwrath [BP]	728 Popplio [BP]	730 Primarina [BP]	394 Prinplup [BP]	054 Psyduck [16, BP]	432 Purugly [BP]
		195 Quagsire [BP]	211 Qwilfish [E, BP]	384 Rayquaza [BP]	369 Relicanth [BP]	223 Remoraid [26, E, BP]	302 Sableye [BP]
		503 Samurott [25, BP]	117 Seadra [BP]	119 Seaking [16, BP]	364 Sealeo [BP]	086 Seel [E, BP]	537 Seismitoad [BP]
		161 Sentret [BP]	319 Sharpedo [BP]	090 Shellder [E, BP]	422 Shellos [7, BP]	516 Simipour [BP]	300 Skitty [BP]
		690 Skrelp [25, BP]	289 Slaking [BP]	287 Slakoth [BP]	705 Sliggoo [BP]	080 Slowbro [28, BP]	199 Slowking [28, BP]
		079 Slowpoke [28, BP]	238 Smoochum [BP]	143 Snorlax [BP]	361 Snorunt [BP]	459 Snover [BP]	209 Snubbull [BP]
		363 Spheal [E, BP]	327 Spinda [E, BP]	442 Spiritomb [BP]	007 Squirtle [25, BP]	121 Starmie [BP]	120 Staryu [BP]
		618 Stunfisk [BP]	245 Suicune [BP]	283 Surskit [BP]	317 Swalot [BP]	260 Swampert [BP]	581 Swanna [13, BP]
		788 Tapu Fini [8, BP]	128 Tauros [BP]	072 Tentacool [16, BP]	073 Tentacruel [16, BP]	564 Tirtouga [E, BP]	468 Togekiss [BP]
		175 Togepi [BP]	176 Togetic [BP]	158 Totodile [E, BP]	748 Toxapex [BP]	535 Tympole [E, BP]	248 Tyranitar [BP]
		480 Uxie [BP]	583 Vanillish [BP]	582 Vanillite [E, BP]	584 Vanilluxe [BP]	134 Vaporeon [17, BP]	288 Vigoroth [BP]
		313 Volbeat [BP]	721 Volcanion [21, BP]	320 Wailmer [19, BP]	321 Wailord [19, BP]	365 Walrein [BP]	008 Wartortle [29, BP]
		340 Whiscash [17, BP]	293 Whismur [BP]	040 Wigglytuff [BP]	278 Wingull [15, BP]	746 Wishiwashi [E, BP]	194 Wooper [BP]
		335 Zangoose [BP]	263 Zigzagoon [BP]				
Water	**Water Shuriken**	617 Accelgor [1]	658 Greninja [1, EV]				
Water	**Water Sport**	594 Alomomola [1]	184 Azumarill [1, 5]	298 Azurill [5, E]	339 Barboach [6]	399 Bidoof [E]	688 Binacle [E]
		406 Budew [7]	418 Buizel [7]	692 Clauncher [7]	693 Clawitzer [1, 7]	502 Dewott [1, 11]	751 Dewpider [1]
		580 Ducklett [3]	419 Floatzel [1, 7]	592 Frillish [1]	656 Froakie [E]	118 Goldeen [1]	055 Golduck [1]
		368 Gorebyss [5]	593 Jellicent [1]	380 Latias [4]	271 Lombre [20]	370 Luvdisc [E]	490 Manaphy [1]
		226 Mantine [E]	458 Mantyke [E]	183 Marill [5, E]	284 Masquerain [1, 14]	350 Milotic [1, 4]	501 Oshawott [11]
		515 Panpour [16]	279 Pelipper [1]	489 Phione [1]	393 Piplup [11]	060 Poliwag [1, E]	061 Poliwhirl [1]
		394 Prinplup [11]	054 Psyduck [1]	771 Pyukumuku [1]	369 Relicanth [E]	503 Samurott [1, 11]	119 Seaking [1]
		086 Seel [7]	363 Spheal [E]	283 Surskit [14]	581 Swanna [1, 3]	158 Totodile [E]	340 Whiscash [1, 6]
		278 Wingull [E]	746 Wishiwashi [E]				
Water	**Water Spout**	592 Frillish [61]	593 Jellicent [1, 69]	382 Kyogre [90]	223 Remoraid [E]	007 Squirtle [E]	320 Wailmer [33]
		321 Wailord [33]					
Water	**Waterfall (TM98)**	594 Alomomola [TM]	752 Araquanid [TM]	493 Arceus [TM]	184 Azumarill [TM]	298 Azurill [TM]	339 Barboach [TM]
		550 Basculin [TM]	400 Bibarel [TM]	009 Blastoise [TM]	729 Brionne [TM]	779 Bruxish [TM]	418 Buizel [TM]
		565 Carracosta [TM]	318 Carvanha [TM]	170 Chinchou [TM]	366 Clamperl [TM]	692 Clauncher [TM]	693 Clawitzer [TM]
		341 Corphish [TM]	342 Crawdaunt [TM]	159 Croconaw [TM]	087 Dewgong [TM]	502 Dewott [TM]	751 Dewpider [TM]
		691 Dragalge [TM]	148 Dragonair [TM]	149 Dragonite [TM]	147 Dratini [TM]	395 Empoleon [TM]	349 Feebas [TM]
		160 Feraligatr [TM]	456 Finneon [TM]	419 Floatzel [TM]	592 Frillish [TM]	656 Froakie [TM]	657 Frogadier [TM]
		423 Gastrodon [TM]	118 Goldeen [32, TM]	055 Golduck [TM]	768 Golisopod [TM]	368 Gorebyss [TM]	658 Greninja [TM]
		130 Gyarados [TM]	116 Horsea [TM]	367 Huntail [TM]	593 Jellicent [TM]	140 Kabuto [TM]	141 Kabutops [TM]
		230 Kingdra [TM]	382 Kyogre [TM]	171 Lanturn [TM]	131 Lapras [TM]	380 Latias [TM]	381 Latios [TM]
		271 Lombre [TM]	272 Ludicolo [TM]	249 Lugia [TM]	457 Lumineon [TM]	370 Luvdisc [TM]	490 Manaphy [TM]
		226 Mantine [TM]	458 Mantyke [TM]	183 Marill [TM]	259 Marshtomp [TM]	151 Mew [TM]	350 Milotic [TM]
		258 Mudkip [TM]	224 Octillery [TM]	138 Omanyte [TM]	139 Omastar [TM]	501 Oshawott [TM]	515 Panpour [TM]
		489 Phione [TM]	393 Piplup [TM]	186 Politoed [TM]	060 Poliwag [TM]	061 Poliwhirl [TM]	062 Poliwrath [TM]
		728 Popplio [TM]	730 Primarina [TM]	394 Prinplup [TM]	054 Psyduck [TM]	195 Quagsire [TM]	211 Qwilfish [TM]
		384 Rayquaza [TM]	369 Relicanth [TM]	223 Remoraid [TM]	503 Samurott [TM]	117 Seadra [TM]	119 Seaking [32, TM]
		364 Sealeo [TM]	086 Seel [TM]	319 Sharpedo [TM]	516 Simipour [TM]	690 Skrelp [TM]	363 Spheal [TM]
		007 Squirtle [TM]	121 Starmie [TM]	120 Staryu [TM]	245 Suicune [TM]	260 Swampert [TM]	788 Tapu Fini [TM]
		072 Tentacool [TM]	073 Tentacruel [TM]	564 Tirtouga [TM]	158 Totodile [TM]	134 Vaporeon [TM]	320 Wailmer [TM]
		321 Wailord [TM]	365 Walrein [TM]	008 Wartortle [TM]	340 Whiscash [TM]	767 Wimpod [TM]	746 Wishiwashi [TM]
		194 Wooper [TM]					
Normal	**Weather Ball***	069 Bellsprout [E]	351 Castform [25]	420 Cherubi [E]	425 Drifloon [E]	753 Fomantis [E]	250 Ho-Oh [1]
		249 Lugia [1]	407 Roserade [1]	361 Snorunt [E]	584 Vanilluxe [1]	721 Volcanion [40]	
Water	**Whirlpool**	594 Alomomola [49]	339 Barboach [E]	550 Basculin [E]	418 Buizel [31]	170 Chinchou [E]	366 Clamperl [1]
		781 Dhelmise [27]	395 Empoleon [39]	456 Finneon [38]	419 Floatzel [35]	368 Gorebyss [1]	367 Huntail [1]
		131 Lapras [E]	457 Lumineon [42]	490 Manaphy [39]	258 Mudkip [33, E]	138 Omanyte [E]	489 Phione [39]
		393 Piplup [32]	394 Prinplup [37]	090 Shellder [40]	788 Tapu Fini [14]	564 Tirtouga [E]	320 Wailmer [13]
		321 Wailord [13]	746 Wishiwashi [E]				

*Weather Ball changes type depending on the current weather conditions. It becomes Fire type in harsh sunlight, Water type when it is raining, Ice type when it is hailing, or Rock type during a sandstorm.

Type	Move Name	Pokémon					
Normal	**Whirlwind**	142 Aerodactyl [E]	267 Beautifly [30]	628 Braviary [1, 57]	012 Butterfree [29]	408 Cranidos [E]	269 Dustox [30]
		297 Hariyama [16]	449 Hippopotas [E]	250 Ho-Oh [1]	163 Hoothoot [E]	249 Lugia [1]	296 Makuhita [16]
		630 Mandibuzz [1, 57]	284 Masquerain [1, 48]	446 Munchlax [E]	198 Murkrow [E]	714 Noibat [40]	715 Noivern [40]
		018 Pidgeot [17]	017 Pidgeotto [17]	016 Pidgey [17]	627 Rufflet [55]	275 Shiftry [1]	561 Sigilyph [14]
		227 Skarmory [E]	451 Skorupi [E]	143 Snorlax [E]	021 Spearow [E]	325 Spoink [E]	398 Staraptor [23]
		397 Staravia [23]	396 Starly [21]	276 Taillow [E]	787 Tapu Bulu [1]	357 Tropius [21]	637 Volcarona [40]
		629 Vullaby [55]	293 Whismur [E]	193 Yanma [E]	041 Zubat [E]		
Rock	**Wide Guard**	142 Aerodactyl [E]	594 Alomomola [1, 61]	752 Araquanid [1]	713 Avalugg [1]	565 Carracosta [25]	797 Celesteela [1]
		739 Crabrawler [E]	557 Dwebble [E]	475 Gallade [23]	074 Geodude [E]	799 Guzzlord [1]	106 Hitmonlee [41]
		237 Hitmontop [46]	679 Honedge [E]	099 Kingler [1]	792 Lunala [67]	068 Machamp [1]	296 Makuhita [E]
		226 Mantine [23, E]	458 Mantyke [23, E]	747 Mareanie [17]	620 Mienshao [45]	122 Mr. Mime [1]	258 Mudkip [E]
		299 Nosepass [E]	095 Onix [E]	046 Paras [E]	476 Probopass [1]	486 Regigigas [40]	524 Roggenrola [E]
		410 Shieldon [E]	791 Solgaleo [67]	805 Stakataka [53]	759 Stufful [E]	538 Throh [37]	532 Timburr [E]
		564 Tirtouga [25]	748 Toxapex [17]	776 Turtonator [E]	387 Turtwig [E]	767 Wimpod [E]	278 Wingull [E]
Electric	**Wild Charge (TM93)**	181 Ampharos [TM]	059 Arcanine [TM]	531 Audino [TM]	242 Blissey [TM]	522 Blitzle [39, TM]	626 Bouffalant [TM]
		659 Bunnelby [TM]	113 Chansey [TM]	737 Charjabug [TM]	170 Chinchou [TM]	155 Cyndaquil [TM]	702 Dedenne [TM]
		585 Deerling [TM]	301 Delcatty [TM]	660 Diggersby [TM]	206 Dunsparce [TM]	603 Eelektrik [59, TM]	604 Eelektross [TM]
		125 Electabuzz [TM]	466 Electivire [TM]	309 Electrike [39, TM]	101 Electrode [TM]	239 Elekid [TM]	500 Emboar [TM]
		587 Emolga [TM]	180 Flaaffy [TM]	676 Furfrou [TM]	596 Galvantula [TM]	673 Gogoat [TM]	076 Golem (Alola Form) [TM]
		210 Granbull [TM]	058 Growlithe [TM]	736 Grubbin [TM]	695 Heliolisk [TM]	694 Helioptile [TM]	507 Herdier [TM]
		174 Igglybuff [TM]	039 Jigglypuff [TM]	135 Jolteon [TM]	595 Joltik [TM]	600 Klang [TM]	599 Klink [TM]
		601 Klinklang [TM]	171 Lanturn [TM]	636 Larvesta [TM]	506 Lillipup [TM]	667 Litleo [TM]	404 Luxio [53, TM]
		405 Luxray [63, TM]	081 Magnemite [TM]	082 Magneton [TM]	462 Magnezone [TM]	310 Manectric [42, TM]	179 Mareep [TM]
		151 Mew [TM]	312 Minun [TM]	714 Noibat [TM]	715 Noivern [TM]	172 Pichu [TM]	499 Pignite [TM]
		025 Pikachu [50, TM]	311 Plusle [TM]	077 Ponyta [TM]	668 Pyroar [TM]	156 Quilava [TM]	026 Raichu [TM]
		243 Raikou [TM]	078 Rapidash [TM]	020 Raticate ◆ [TM]	019 Rattata ◆ [TM]	586 Sawsbuck [TM]	403 Shinx [45, TM]
		672 Skiddo [TM]	300 Skitty [TM]	143 Snorlax [TM]	209 Snubbull [TM]	791 Solgaleo [TM]	327 Spinda [TM]
		234 Stantler [TM]	508 Stoutland [TM]	785 Tapu Koko [32, TM]	128 Tauros [TM]	498 Tepig [TM]	642 Thundurus [TM]
		777 Togedemaru [41, TM]	157 Typhlosion [TM]	494 Victini [TM]	738 Vikavolt [TM]	637 Volcarona [TM]	100 Voltorb [TM]
		040 Wigglytuff [TM]	796 Xurkitree [TM]	145 Zapdos [TM]	523 Zebstrika [47, TM]	644 Zekrom [TM]	
Fire	**Will-O-Wisp (TM61)**	359 Absol [TM]	059 Arcanine [TM]	493 Arceus [TM]	354 Banette [16, TM]	806 Blacephalon [TM]	257 Blaziken [TM]
		654 Braixen [45, TM]	323 Camerupt [TM]	609 Chandelure [TM]	006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]
		390 Chimchar [TM]	563 Cofagrigus [21, TM]	256 Combusken [TM]	155 Cyndaquil [TM]	491 Darkrai [TM]	555 Darmanitan [TM]
		554 Darumaka [TM]	655 Delphox [51, TM]	426 Drifblim [TM]	425 Drifloon [TM]	356 Dusclops [25, TM]	477 Dusknoir [25, TM]
		355 Duskull [25, TM]	500 Emboar [TM]	244 Entei [TM]	653 Fennekin [38, TM]	136 Flareon [TM]	662 Fletchinder [TM]
		592 Frillish [TM]	478 Froslass [28, TM]	475 Gallade [TM]	282 Gardevoir [TM]	092 Gastly [TM]	094 Gengar [TM]
		487 Giratina [TM]	711 Gourgeist [TM]	058 Growlithe [TM]	093 Haunter [TM]	631 Heatmor [TM]	485 Heatran [TM]
		250 Ho-Oh [TM]	229 Houndoom [TM]	228 Houndour [TM]	727 Incineroar [TM]	392 Infernape [TM]	593 Jellicent [TM]
		281 Kirlia [TM]	109 Koffing [TM]	608 Lampent [16, TM]	636 Larvesta [TM]	667 Litleo [TM]	725 Litten [TM]
		607 Litwick [16, TM]	792 Lunala [TM]	240 Magby [TM]	219 Magcargo [TM]	126 Magmar [TM]	467 Magmortar [TM]
		105 Marowak (Alola Form) [23, TM]	802 Marshadow [TM]	151 Mew [TM]	150 Mewtwo [TM]	778 Mimikyu [TM]	200 Misdreavus [TM]
		429 Mismagius [TM]	146 Moltres [TM]	391 Monferno [TM]	038 Ninetales ◆ [TM]	322 Numel [TM]	513 Pansear [TM]
		708 Phantump [31, TM]	499 Pignite [TM]	077 Ponyta [TM]	710 Pumpkaboo [TM]	668 Pyroar [TM]	156 Quilava [TM]
		280 Ralts [TM]	078 Rapidash [TM]	643 Reshiram [TM]	479 Rotom [TM]	302 Sableye [TM]	757 Salandit [TM]
		758 Salazzle [TM]	292 Shedinja [TM]	353 Shuppet [16, TM]	514 Simisear [TM]	218 Slugma [TM]	338 Solrock [TM]
		442 Spiritomb [TM]	663 Talonflame [TM]	498 Tepig [TM]	255 Torchic [TM]	324 Torkoal [TM]	726 Torracat [TM]
		709 Trevenant [31, TM]	776 Turtonator [TM]	157 Typhlosion [TM]	494 Victini [TM]	721 Volcanion [TM]	637 Volcarona [TM]
		037 Vulpix ◆ [20, TM]	110 Weezing [TM]	562 Yamask [21, TM]			
Flying	**Wing Attack**	142 Aerodactyl [1]	566 Archen [1]	567 Archeops [1]	628 Braviary [1, 10]	006 Charizard [1, EV]	169 Crobat [13]
		149 Dragonite [1, EV]	580 Ducklett [9]	207 Gligar [E]	042 Golbat [13]	701 Hawlucha [8]	430 Honchkrow [1]
		163 Hoothoot [E]	226 Mantine [14]	458 Mantyke [14]	146 Moltres [1]	198 Murkrow [15, E]	714 Noibat [16]
		715 Noivern [16]	279 Pelipper [1, 8]	018 Pidgeot [38]	017 Pidgeotto [37]	016 Pidgey [33]	627 Rufflet [10]
		123 Scyther [21]	398 Staraptor [1, 9]	397 Staravia [9]	396 Starly [9]	581 Swanna [1, 9]	277 Swellow [13]
		276 Taillow [13]	278 Wingull [8]	193 Yanma [43]	041 Zubat [13]		
Normal	**Wish**	594 Alomomola [37]	531 Audino [E]	358 Chimecho [E]	433 Chingling [E]	173 Cleffa [E]	133 Eevee [E]
		653 Fennekin [E]	669 Flabébé [20]	670 Floette [20]	671 Florges [1]	282 Gardevoir [14]	203 Girafarig [E]

Type	Move Name	Pokémon					
Normal	Wish	174 Igglybuff [E]	314 Illumise [22]	385 Jirachi [1]	775 Komala [E]	380 Latias [1]	312 Minun [E]
		177 Natu [28]	172 Pichu [E]	519 Pidove [E]	311 Plusle [E]	300 Skitty [E]	685 Slurpuff [45]
		238 Smoochum [E]	327 Spinda [E]	682 Spritzee [E]	684 Swirlix [45]	777 Togedemaru [E]	175 Togepi [29]
		176 Togetic [29]	178 Xatu [29]				
Water	Withdraw	689 Barbaracle [7]	688 Binacle [7]	009 Blastoise [1, 10]	565 Carracosta [1]	091 Cloyster [1]	558 Crustle [1, 7]
		557 Dwebble [7]	388 Grotle [1, 5]	138 Omanyte [1]	139 Omastar [1]	090 Shellder [4]	213 Shuckle [1]
		080 Slowbro [1, EV]	007 Squirtle [10]	787 Tapu Bulu [1]	788 Tapu Fini [1]	785 Tapu Koko [1]	786 Tapu Lele [1]
		564 Tirtouga [1]	324 Torkoal [7]	389 Torterra [1, 5]	387 Turtwig [5]	008 Wartortle [10]	
Psychic	Wonder Room	063 Abra [BP]	065 Alakazam [BP]	334 Altaria [BP]	752 Araquanid [BP]	482 Azelf [BP]	343 Baltoy [BP]
		606 Beheeyem [1, 68, BP]	654 Braixen [BP]	729 Brionne [BP]	437 Bronzong [BP]	436 Bronzor [BP]	779 Bruxish [BP]
		703 Carbink [BP]	251 Celebi [BP]	344 Claydol [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]
		563 Cofagrigus [BP]	742 Cutiefly [BP]	491 Darkrai [BP]	655 Delphox [BP]	386 Deoxys [BP]	751 Dewpider [BP]
		719 Diancie [BP]	578 Duosion [53, BP]	356 Dusclops [BP]	477 Dusknoir [BP]	355 Duskull [BP]	605 Elgyem [56, BP]
		677 Espurr [BP]	475 Gallade [BP]	282 Gardevoir [BP]	092 Gastly [BP]	094 Gengar [BP]	055 Golduck [51, BP]
		093 Haunter [BP]	720 Hoopa [50, BP]	124 Jynx [BP]	064 Kadabra [BP]	352 Kecleon [BP]	281 Kirlia [BP]
		381 Latios [BP]	249 Lugia [BP]	792 Lunala [BP]	648 Meloetta [BP]	678 Meowstic [BP]	481 Mesprit [BP]
		151 Mew [BP]	150 Mewtwo [BP]	439 Mime Jr. [BP]	200 Misdreavus [E, BP]	429 Mismagius [BP]	755 Morelull [BP]
		122 Mr. Mime [BP]	517 Munna [BP]	518 Musharna [BP]	793 Nihilego [67, BP]	038 Ninetales (Alola Form) [BP]	765 Oranguru [E, BP]
		728 Popplio [E, BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	730 Primarina [BP]	054 Psyduck [43, BP]
		280 Ralts [BP]	579 Reuniclus [59, BP]	743 Ribombee [BP]	302 Sableye [BP]	756 Shiinotic [BP]	080 Slowbro [BP]
		199 Slowking [BP]	079 Slowpoke [E, BP]	238 Smoochum [BP]	577 Solosis [48, BP]	338 Solrock [49, BP]	442 Spiritomb [BP]
		805 Stakataka [BP]	121 Starmie [BP]	788 Tapu Fini [BP]	786 Tapu Lele [BP]	197 Umbreon [BP]	480 Uxie [BP]
		716 Xerneas [BP]	562 Yamask [BP]				
Grass	Wood Hammer	460 Abomasnow [36]	652 Chesnaught [66]	650 Chespin [48]	103 Exeggutor [37]	775 Komala [41]	556 Maractus [E]
		778 Mimikyu [1]	708 Phantump [49]	651 Quilladin [56]	459 Snover [36]	185 Sudowoodo [1]	787 Tapu Bulu [1]
		389 Torterra [1]	709 Trevenant [49]				
Normal	Work Up (TM01)	190 Aipom [TM]	424 Ambipom [TM]	493 Arceus [TM]	531 Audino [TM]	184 Azumarill [TM]	298 Azurill [TM]
		153 Bayleef [TM]	760 Bewear [TM]	400 Bibarel [TM]	399 Bidoof [TM]	009 Blastoise [TM]	257 Blaziken [TM]
		242 Blissey [TM]	626 Bouffalant [TM]	654 Braixen [TM]	628 Braviary [TM]	286 Breloom [TM]	729 Brionne [TM]
		001 Bulbasaur [TM]	427 Buneary [TM]	659 Bunnelby [TM]	794 Buzzwole [TM]	351 Castform [TM]	113 Chansey [TM]
		006 Charizard [TM]	004 Charmander [TM]	005 Charmeleon [TM]	441 Chatot [TM]	652 Chesnaught [TM]	650 Chespin [TM]
		152 Chikorita [TM]	390 Chimchar [TM]	573 Cinccino [TM]	036 Clefable [TM]	035 Clefairy [TM]	173 Cleffa [TM]
		638 Cobalion [49, TM]	256 Combusken [TM]	534 Conkeldurr [TM]	740 Crabominable [TM]	739 Crabrawler [TM]	453 Croagunk [TM]
		159 Croconaw [TM]	155 Cyndaquil [TM]	555 Darmanitan [25, TM]	723 Dartrix [TM]	554 Darumaka [25, TM]	724 Decidueye [TM]
		585 Deerling [TM]	633 Deino [38, TM]	301 Delcatty [TM]	655 Delphox [TM]	502 Dewott [TM]	660 Diggersby [TM]
		050 Diglett (Alola Form) [TM]	085 Dodrio [TM]	084 Doduo [TM]	780 Drampa [TM]	051 Dugtrio (Alola Form) [TM]	133 Eevee [TM]
		500 Emboar [TM]	395 Empoleon [TM]	196 Espeon [TM]	677 Espurr [TM]	295 Exploud [TM]	083 Farfetch'd [TM]
		022 Fearow [TM]	653 Fennekin [TM]	160 Feraligatr [TM]	136 Flareon [TM]	662 Fletchinder [TM]	661 Fletchling [TM]
		656 Froakie [TM]	657 Frogadier [TM]	676 Furfrou [TM, E]	162 Furret [TM]	475 Gallade [TM]	203 Girafarig [TM]
		471 Glaceon [TM]	431 Glameow [TM]	673 Gogoat [TM]	210 Granbull [TM]	658 Greninja [TM]	388 Grotle [TM]
		253 Grovyle [TM]	735 Gumshoos [TM]	533 Gurdurr [TM]	783 Hakamo-o [29, TM]	440 Happiny [TM]	297 Hariyama [TM]
		701 Hawlucha [TM]	214 Heracross [TM]	507 Herdier [20, TM]	107 Hitmonchan [TM]	106 Hitmonlee [TM]	237 Hitmontop [TM]
		163 Hoothoot [TM]	635 Hydreigon [38, TM]	174 Igglybuff [TM]	727 Incineroar [TM]	392 Infernape [TM]	002 Ivysaur [TM]
		782 Jangmo-o [29, TM]	039 Jigglypuff [TM]	135 Jolteon [TM]	115 Kangaskhan [TM]	352 Kecleon [TM]	647 Keldeo [61, TM]
		775 Komala [TM]	784 Kommo-o [29, TM]	470 Leafeon [TM]	463 Lickilicky [TM]	108 Lickitung [TM]	506 Lillipup [19, TM]
		264 Linoone [TM]	667 Litleo [8, TM]	725 Litten [TM]	428 Lopunny [TM]	294 Loudred [TM]	448 Lucario [42, TM]
		792 Lunala [TM]	068 Machamp [TM]	067 Machoke [TM]	066 Machop [TM]	296 Makuhita [TM]	056 Mankey [TM]
		183 Marill [TM]	802 Marshadow [TM]	259 Marshtomp [TM]	308 Medicham [TM]	307 Meditite [TM]	154 Meganium [TM]
		648 Meloetta [TM]	678 Meowstic [TM]	052 Meowth [TM]	151 Mew [TM]	619 Mienfoo [TM]	620 Mienshao [TM]
		241 Miltank [TM]	778 Mimikyu [TM]	572 Minccino [TM]	391 Monferno [TM]	258 Mudkip [TM]	446 Munchlax [TM]
		164 Noctowl [TM]	765 Oranguru [TM]	741 Oricorio [TM]	501 Oshawott [TM]	674 Pancham [10, TM]	675 Pangoro [1, 10, TM]
		515 Panpour [TM]	511 Pansage [TM]	513 Pansear [TM]	766 Passimian [TM]	504 Patrat [28, TM]	053 Persian [TM]
		018 Pidgeot [TM]	017 Pidgeotto [TM]	016 Pidgey [TM]	519 Pidove [TM]	499 Pignite [TM]	731 Pikipek [TM]
		393 Piplup [TM]	062 Poliwrath [TM]	728 Popplio [TM]	730 Primarina [TM]	057 Primeape [TM]	394 Prinplup [TM]
		432 Purugly [TM]	668 Pyroar [1, 8, TM]	156 Quilava [TM]	651 Quilladin [TM]	020 Raticate ◆ [TM]	019 Rattata ◆ [TM]

Type	Move Name	Pokémon					
Normal	Work Up (TM01)	447 Riolu [TM]	722 Rowlet [TM]	627 Rufflet [TM]	503 Samurott [TM]	027 Sandshrew (Alola Form) [TM]	028 Sandslash (Alola Form) [TM]
		539 Sawk [TM]	586 Sawsbuck [TM]	254 Sceptile [TM]	560 Scrafty [TM]	559 Scraggy [TM]	161 Sentret [TM]
		497 Serperior [TM]	496 Servine [TM]	773 Silvally [TM]	516 Simipour [TM]	512 Simisage [TM]	514 Simisear [TM]
		672 Skiddo [TM]	300 Skitty [TM]	289 Slaking [TM]	287 Slakoth [TM]	495 Snivy [TM]	143 Snorlax [TM]
		209 Snubbull [TM]	791 Solgaleo [TM]	021 Spearow [TM]	327 Spinda [TM]	007 Squirtle [TM]	234 Stantler [TM]
		398 Staraptor [TM]	397 Staravia [TM]	396 Starly [TM]	508 Stoutland [20, TM]	759 Stufful [TM]	260 Swampert [TM]
		277 Swellow [TM]	700 Sylveon [TM]	276 Taillow [TM]	663 Talonflame [TM]	787 Tapu Bulu [TM]	785 Tapu Koko [TM]
		128 Tauros [29, TM]	216 Teddiursa [TM]	498 Tepig [TM]	639 Terrakion [49, TM]	538 Throh [TM]	532 Timburr [TM]
		777 Togedemaru [TM]	468 Togekiss [TM]	175 Togepi [TM]	176 Togetic [TM]	255 Torchic [TM]	726 Torracat [TM]
		389 Torterra [TM]	158 Totodile [TM]	733 Toucannon [TM]	454 Toxicroak [TM]	520 Tranquill [TM]	252 Treecko [TM]
		732 Trumbeak [TM]	776 Turtonator [TM]	387 Turtwig [TM]	772 Type: Null [TM]	157 Typhlosion [TM]	236 Tyrogue [TM]
		197 Umbreon [TM]	521 Unfezant [TM]	217 Ursaring [TM]	134 Vaporeon [TM]	003 Venusaur [TM]	494 Victini [TM]
		288 Vigoroth [TM]	640 Virizion [49, TM]	008 Wartortle [TM]	505 Watchog [TM]	293 Whismur [TM]	040 Wigglytuff [TM]
		734 Yungoos [TM]	335 Zangoose [TM]	263 Zigzagoon [TM]	634 Zweilous [38, TM]		
Grass	Worry Seed	460 Abomasnow [BP]	591 Amoonguss [BP]	153 Bayleef [BP]	182 Bellossom [BP]	069 Bellsprout [E, BP]	761 Bounsweet [BP]
		286 Breloom [BP]	406 Budew [16, BP]	001 Bulbasaur [31, BP]	331 Cacnea [E, BP]	332 Cacturne [BP]	455 Carnivine [E, BP]
		251 Celebi [BP]	421 Cherrim [30, BP]	420 Cherubi [28, BP]	652 Chesnaught [BP]	650 Chespin [BP]	152 Chikorita [BP]
		764 Comfey [BP]	546 Cottonee [E, BP]	346 Cradily [BP]	723 Dartrix [BP]	724 Decidueye [BP]	585 Deerling [E, BP]
		102 Exeggcute [33, BP]	103 Exeggutor [BP]	597 Ferroseed [E, BP]	598 Ferrothorn [BP]	669 Flabébé [BP]	670 Floette [BP]
		671 Florges [BP]	753 Fomantis [BP]	590 Foongus [BP]	044 Gloom [BP]	673 Gogoat [16, BP]	055 Golduck [BP]
		711 Gourgeist [11, BP]	388 Grotle [BP]	253 Grovyle [BP]	187 Hoppip [40, E, BP]	002 Ivysaur [36, BP]	189 Jumpluff [54, BP]
		470 Leafeon [BP]	542 Leavanny [BP]	345 Lileep [BP]	549 Lilligant [BP]	754 Lurantis [BP]	556 Maractus [E, BP]
		154 Meganium [BP]	151 Mew [BP]	755 Morelull [BP]	517 Munna [BP]	518 Musharna [BP]	793 Nihilego [BP]
		274 Nuzleaf [BP]	043 Oddish [BP]	511 Pansage [BP]	046 Paras [BP]	047 Parasect [BP]	548 Petilil [E, BP]
		708 Phantump [BP]	054 Psyduck [BP]	710 Pumpkaboo [11, BP]	651 Quilladin [BP]	315 Roselia [BP]	407 Roserade [BP]
		722 Rowlet [BP]	586 Sawsbuck [BP]	254 Sceptile [BP]	273 Seedot [E, BP]	497 Serperior [BP]	496 Servine [BP]
		540 Sewaddle [BP]	492 Shaymin [55, BP]	275 Shiftry [BP]	756 Shiinotic [BP]	285 Shroomish [22, E, BP]	512 Simisage [BP]
		672 Skiddo [16, BP]	188 Skiploom [48, BP]	495 Snivy [BP]	459 Snover [BP]	762 Steenee [BP]	192 Sunflora [19, BP]
		191 Sunkern [19, BP]	541 Swadloon [BP]	114 Tangela [BP]	465 Tangrowth [BP]	787 Tapu Bulu [BP]	389 Torterra [BP]
		252 Treecko [E, BP]	709 Trevenant [BP]	357 Tropius [BP]	763 Tsareena [BP]	387 Turtwig [E, BP]	003 Venusaur [39, BP]
		071 Victreebel [BP]	045 Vileplume [BP]	640 Virizion [BP]	070 Weepinbell [BP]	547 Whimsicott [BP]	413 Wormadam (Plant Cloak) [BP]
Normal	Wrap	024 Arbok [1]	069 Bellsprout [11]	358 Chimecho [1]	433 Chingling [1]	764 Comfey [16]	386 Deoxys [1]
		781 Dhelmise [9]	148 Dragonair [1]	149 Dragonite [1]	147 Dratini [1]	023 Ekans [1]	631 Heatmor [E]
		463 Lickilicky [17]	108 Lickitung [17]	350 Milotic [1]	497 Serperior [1, 10]	496 Servine [1, 10]	336 Seviper [1]
		213 Shuckle [9]	495 Snivy [10]	072 Tentacool [19]	073 Tentacruel [19]	070 Weepinbell [1, 11]	796 Xurkitree [1]
Normal	Wring Out	069 Bellsprout [50]	455 Carnivine [47]	152 Chikorita [E]	346 Cradily [1, 61]	592 Frillish [55]	316 Gulpin [44]
		799 Guzzlord [67]	593 Jellicent [1, 61]	124 Jynx [49]	140 Kabuto [50]	141 Kabutops [63]	463 Lickilicky [1, 57]
		108 Lickitung [57]	345 Lileep [52, E]	800 Necrozma [67]	224 Octillery [28]	138 Omanyte [E]	497 Serperior [50]
		496 Servine [44]	336 Seviper [46, E]	495 Snivy [37]	317 Swalot [1, 54]	114 Tangela [46]	465 Tangrowth [49]
		072 Tentacool [49]	073 Tentacruel [1, 56]	070 Weepinbell [58]			
Bug	X-Scissor (TM81)	359 Absol [TM]	347 Anorith [44, TM]	752 Araquanid [TM]	493 Arceus [TM]	168 Ariados [TM]	348 Armaldo [46, TM]
		610 Axew [TM]	689 Barbaracle [TM]	015 Beedrill [TM]	688 Binacle [TM]	625 Bisharp [TM]	737 Charjabug [31, TM]
		638 Cobalion [TM]	341 Corphish [TM]	342 Crawdaunt [TM]	453 Croagunk [TM]	169 Crobat [TM]	558 Crustle [38, TM]
		491 Darkrai [TM]	502 Dewott [TM]	751 Dewpider [TM]	452 Drapion [TM]	529 Drilbur [TM]	632 Durant [41, TM]
		557 Dwebble [35, TM]	589 Escavalier [44, TM]	530 Excadrill [TM]	753 Fomantis [TM]	611 Fraxure [TM]	475 Gallade [TM]
		596 Galvantula [TM]	649 Genesect [51, TM]	207 Gligar [40, TM]	472 Gliscor [40, TM]	768 Golisopod [TM]	253 Grovyle [43, TM]
		736 Grubbin [25, TM]	783 Hakamo-o [TM]	701 Hawlucha [TM]	612 Haxorus [TM]	782 Jangmo-o [TM]	595 Joltik [TM]
		141 Kabutops [TM]	588 Karrablast [44, TM]	798 Kartana [47, TM]	647 Keldeo [TM]	099 Kingler [TM]	784 Kommo-o [TM]
		098 Krabby [TM]	402 Kricketune [30, TM]	470 Leafeon [TM]	542 Leavanny [39, TM]	754 Lurantis [1, TM]	151 Mew [TM]
		778 Mimikyu [TM]	804 Naganadel [TM]	800 Necrozma [TM]	290 Nincada [TM]	291 Ninjask [47, TM]	714 Noibat [TM]
		715 Noivern [TM]	501 Oshawott [TM]	675 Pangoro [TM]	046 Paras [54, TM]	047 Parasect [66, TM]	624 Pawniard [TM]
		127 Pinsir [29, TM]	503 Samurott [TM]	027 Sandshrew [TM]	028 Sandslash [TM]	254 Sceptile [45, TM]	212 Scizor [41, TM]
		545 Scolipede [TM]	123 Scyther [41, TM]	336 Seviper [TM]	292 Shedinja [TM]	275 Shiftry [TM]	773 Silvally [35, TM]
		227 Skarmory [TM]	451 Skorupi [TM]	215 Sneasel [TM]	167 Spinarak [TM]	639 Terrakion [TM]	454 Toxicroak [TM]
		709 Trevenant [TM]	772 Type: Null [35, TM]	416 Vespiquen [TM]	738 Vikavolt [TM]	640 Virizion [TM]	461 Weavile [TM]
		335 Zangoose [40, TM]					

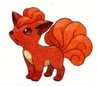
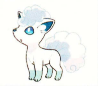
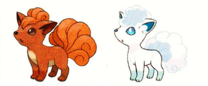
Type	Move Name	Pokémon					
Normal	**Yawn**	531 Audino [E]	400 Bibarel [23]	399 Bidoof [21]	323 Camerupt [39]	358 Chimecho [13]	433 Chingling [13]
		613 Cubchoo [E]	554 Darumaka [E]	206 Dunsparce [16]	133 Eevee [E]	677 Espurr [E]	316 Gulpin [5]
		735 Gumshoos [47]	449 Hippopotas [13]	450 Hippowdon [1, 13]	230 Kingdra [1]	775 Komala [16]	506 Lillipup [E]
		667 Litleo [E]	219 Magcargo [1]	262 Mightyena [44]	258 Mudkip [E]	517 Munna [7]	322 Numel [36, E]
		513 Pansear [16]	393 Piplup [E]	261 Poochyena [37, E]	054 Psyduck [E]	509 Purrloin [E]	195 Quagsire [31]
		369 Relicanth [35]	422 Shellos [E]	616 Shelmet [25]	289 Slaking [1]	287 Slakoth [1]	080 Slowbro [1]
		199 Slowking [1]	079 Slowpoke [1]	218 Slugma [1]	143 Snorlax [20]	363 Spheal [E]	007 Squirtle [E]
		618 Stunfisk [E]	317 Swalot [1, 5]	684 Swirlix [E]	216 Teddiursa [E]	498 Tepig [E]	175 Togepi [13]
		176 Togetic [13]	324 Torkoal [E]	480 Uxie [31]	194 Wooper [29]	734 Yungoos [40]	
Electric	**Zap Cannon**	181 Ampharos [1]	386 Deoxys (Attack Forme) [61]	603 Eelektrik [69]	604 Eelektross [1]	205 Forretress [1, 60]	649 Genesect [66]
		600 Klang [60]	599 Klink [54]	601 Klinklang [66]	081 Magnemite [49]	082 Magneton [1, 63]	462 Magnezone [1, 63]
		299 Nosepass [43]	137 Porygon [62]	233 Porygon2 [1, 62]	474 Porygon-Z [1, 62]	476 Probopass [43]	378 Regice [55]
		377 Regirock [55]	379 Registeel [55]	738 Vikavolt [41]	796 Xurkitree [73]	145 Zapdos [99]	
Psychic	**Zen Headbutt**	063 Abra [BP]	359 Absol [E, BP]	065 Alakazam [BP]	698 Amaura [BP]	493 Arceus [BP]	566 Archen [BP]
		567 Archeops [BP]	531 Audino [BP]	699 Aurorus [BP]	482 Azelf [BP]	371 Bagon [34, BP]	343 Baltoy [BP]
		550 Basculin [BP]	606 Beheeyem [32, BP]	374 Beldum [BP]	760 Bewear [BP]	009 Blastoise [BP]	242 Blissey [BP]
		626 Bouffalant [BP]	761 Bounsweet [BP]	654 Braixen [BP]	628 Braviary [BP]	437 Bronzong [BP]	565 Carracosta [BP]
		318 Carvanha [BP]	251 Celebi [BP]	797 Celesteela [BP]	113 Chansey [BP]	652 Chesnaught [BP]	650 Chespin [BP]
		358 Chimecho [BP]	433 Chingling [BP]	344 Claydol [BP]	036 Clefable [BP]	035 Clefairy [BP]	173 Cleffa [BP]
		638 Cobalion [BP]	563 Cofagrigus [BP]	740 Crabominable [BP]	739 Crabrawler [BP]	408 Cranidos [37, BP]	488 Cresselia [BP]
		169 Crobat [BP]	555 Darmanitan [BP]	554 Darumaka [BP]	633 Deino [BP]	301 Delcatty [BP]	655 Delphox [BP]
		386 Deoxys [49, BP]	096 Drowzee [41, BP]	206 Dunsparce [BP]	578 Duosion [BP]	605 Elgyem [32, BP]	500 Emboar [BP]
		196 Espeon [BP]	677 Espurr [BP]	103 Exeggutor [BP]	295 Exploud [BP]	676 Furfrou [BP]	475 Gallade [BP]
		282 Gardevoir [BP]	649 Genesect [BP]	203 Girafarig [32, BP]	673 Gogoat [BP]	042 Golbat [BP]	055 Golduck [25, BP]
		623 Golurk [BP]	574 Gothita [BP]	576 Gothitelle [BP]	575 Gothorita [BP]	326 Grumpig [26, BP]	735 Gumshoos [BP]
		440 Happiny [BP]	701 Hawlucha [BP]	250 Ho-Oh [BP]	720 Hoopa Confined [46, BP]	720 Hoopa Unbound [BP]	163 Hoothoot [16, BP]
		635 Hydreigon [BP]	097 Hypno [41, BP]	314 Illumise [33, BP]	385 Jirachi [35, BP]	124 Jynx [BP]	064 Kadabra [BP]
		281 Kirlia [BP]	775 Komala [BP]	646 Kyurem [BP]	131 Lapras [BP]	636 Larvesta [E, BP]	380 Latias [41, BP]
		381 Latios [41, BP]	463 Lickilicky [BP]	108 Lickitung [E, BP]	271 Lombre [40, BP]	270 Lotad [33, BP]	294 Loudred [BP]
		448 Lucario [BP]	272 Ludicolo [BP]	249 Lugia [BP]	337 Lunatone [BP]	745 Lycanroc [BP]	801 Magearna [BP]
		802 Marshadow [BP]	308 Medicham [1, BP]	307 Meditite [BP]	648 Meloetta [BP]	678 Meowstic [BP]	481 Mesprit [BP]
		376 Metagross [32, BP]	375 Metang [32, BP]	151 Mew [BP]	150 Mewtwo [BP]	241 Miltank [29, BP]	774 Minior [BP]
		122 Mr. Mime [BP]	446 Munchlax [E, BP]	517 Munna [23, BP]	518 Musharna [BP]	177 Natu [E, BP]	793 Nihilego [BP]
		038 Ninetales [BP]	164 Noctowl [16, BP]	765 Oranguru [29, BP]	674 Pancham [BP]	675 Pangoro [BP]	504 Patrat [BP]
		499 Pignite [BP]	137 Porygon [BP]	233 Porygon2 [BP]	474 Porygon-Z [BP]	054 Psyduck [25, BP]	651 Quilladin [BP]
		280 Ralts [BP]	409 Rampardos [43, BP]	020 Raticate [BP]	019 Rattata [BP]	486 Regigigas [50, BP]	369 Relicanth [E, BP]
		643 Reshiram [BP]	579 Reuniclus [BP]	447 Riolu [BP]	744 Rockruff [BP]	302 Sableye [34, BP]	373 Salamence [35, BP]
		539 Sawk [BP]	560 Scrafty [BP]	559 Scraggy [E, BP]	319 Sharpedo [BP]	492 Shaymin [BP]	372 Shelgon [35, BP]
		561 Sigilyph [BP]	773 Silvally [BP]	672 Skiddo [BP]	300 Skitty [E, BP]	080 Slowbro [32, BP]	199 Slowking [32, BP]
		079 Slowpoke [32, E, BP]	238 Smoochum [BP]	143 Snorlax [BP]	791 Solgaleo [19, BP]	577 Solosis [BP]	338 Solrock [BP]
		327 Spinda [BP]	325 Spoink [26, E, BP]	007 Squirtle [BP]	805 Stakataka [BP]	234 Stantler [38, E, BP]	762 Steenee [BP]
		759 Stufful [BP]	528 Swoobat [BP]	787 Tapu Bulu [48, BP]	128 Tauros [41, BP]	498 Tepig [BP]	639 Terrakion [BP]
		538 Throh [BP]	564 Tirtouga [BP]	777 Togedemaru [BP]	468 Togekiss [BP]	175 Togepi [BP]	176 Togetic [BP]
		763 Tsareena [BP]	697 Tyrantrum [BP]	696 Tyrunt [BP]	480 Uxie [BP]	049 Venomoth [41, BP]	048 Venonat [37, BP]
		494 Victini [49, BP]	640 Virizion [BP]	313 Volbeat [33, BP]	637 Volcarona [BP]	037 Vulpix [BP]	320 Wailmer [E, BP]
		321 Wailord [BP]	008 Wartortle [BP]	505 Watchog [BP]	340 Whiscash [1, BP]	293 Whismur [BP]	527 Woobat [BP]
		178 Xatu [BP]	716 Xerneas [BP]	562 Yamask [BP]	717 Yveltal [BP]	644 Zekrom [43, BP]	041 Zubat [E, BP]
		634 Zweilous [BP]	718 Zygarde [BP]				
Electric	**Zing Zap**	777 Togedemaru [33]					

Pokémon Abilities Reverse Lookup

These tables tell you which Pokémon can have a particular Ability, and they cover all of the Pokémon featured in this National Pokédex. Remember that Pokémon species can generally have two normal Abilities, and can also possibly have a rare Hidden Ability, so you may see the same Pokémon listed multiple times in these lists. Pokémon are listed with their National Pokédex number, so that you can easily flip back to their entry in the National Pokédex to see more details, such as whether the Ability you are looking for is a normal Ability or a Hidden Ability.

Regional variants, other special forms, and their regular counterparts

Some Pokémon appear as regional variants in Alola. This means they appear in a form that is unique to Alola and different from how they have appeared in previous Pokémon titles. These regional variants may have different Abilities than their more common counterparts. If only one form of a Pokémon species can have a particular Ability, you will find that form information after its name in these listings—whether it is the Alola Form or any other alternate form that a Pokémon species can have. If a ◆ is after a Pokémon's name, it means the form found in other regions can have the Ability it is listed under, but the Alola Form found in the wild in *Pokémon Ultra Sun* and *Pokémon Ultra Moon* will not. If nothing appears after a Pokémon's name, then any known form of that Pokémon can have that Ability.

		
037 Vulpix ◆	037 Vulpix (Alola Form)	037 Vulpix
Vulpix caught in other regions may have this Ability	Vulpix caught in Alola may have this Ability	Either form of Vulpix may have this Ability

A Ability	Pokémon that have this Ability							
Adaptability	550 Basculin	341 Corphish	342 Crawdaunt	691 Dragalge	133 Eevee	349 Feebas	735 Gumshoos	015 Mega Beedrill
	448 Mega Lucario	474 Porygon-Z	690 Skrelp	734 Yungoos				
Aerilate	127 Mega Pinsir	373 Mega Salamence						
Aftermath	426 Drifblim	425 Drifloon	101 Electrode	569 Garbodor	435 Skuntank	434 Stunky	568 Trubbish	100 Voltorb
Air Lock	384 Rayquaza							
Analytic	606 Beheeyem	605 Elgyem	081 Magnemite	082 Magneton	462 Magnezone	504 Patrat	137 Porygon	233 Porygon2
	474 Porygon-Z	121 Starmie	120 Staryu	505 Watchog				
Anger Point	323 Camerupt	740 Crabominable	739 Crabrawler	552 Krokorok	553 Krookodile	056 Mankey	057 Primeape	551 Sandile
	128 Tauros							
Anticipation	339 Barboach	453 Croagunk	133 Eevee	598 Ferrothorn	454 Toxicroak	340 Whiscash	413 Wormadam	
Arena Trap	050 Diglett ◆	051 Dugtrio ◆	328 Trapinch					
Aroma Veil	683 Aromatisse	682 Spritzee						
Aura Break	718 Zygarde (10% Forme)		718 Zygarde (50% Forme)					

B Ability	Pokémon that have this Ability							
Bad Dreams	491 Darkrai							
Battery	737 Charjabug							
Battle Armor	347 Anorith	348 Armaldo	104 Cubone	452 Drapion	140 Kabuto	141 Kabutops	105 Marowak ◆	451 Skorupi
	772 Type: Null							
Battle Bond	658 Greninja (Ash-Greninja)							
Beast Boost	806 Blacephalon	794 Buzzwole	797 Celesteela	799 Guzzlord	798 Kartana	804 Naganadel	793 Nihilego	795 Pheromosa
	803 Poipole	805 Stakataka	796 Xurkitree					
Berserk	780 Drampa							
Big Pecks	441 Chatot	580 Ducklett	661 Fletchling	630 Mandibuzz	018 Pidgeot	017 Pidgeotto	016 Pidgey	519 Pidove
	581 Swanna	520 Tranquill	521 Unfezant	629 Vullaby				
Blaze	257 Blaziken	654 Braixen	006 Charizard	004 Charmander	005 Charmeleon	390 Chimchar	256 Combusken	155 Cyndaquil
	655 Delphox	500 Emboar	653 Fennekin	727 Incineroar	392 Infernape	725 Litten	391 Monferno	513 Pansear
	499 Pignite	156 Quilava	514 Simisear	498 Tepig	255 Torchic	726 Torracat	157 Typhlosion	
Bulletproof	652 Chesnaught	650 Chespin	783 Hakamo-o	782 Jangmo-o	784 Kommo-o	651 Quilladin		

C Ability	Pokémon that have this Ability							
Cheek Pouch	659 Bunnelby	702 Dedenne	660 Diggersby					
Chlorophyll	182 Bellossom	069 Bellsprout	001 Bulbasaur	420 Cherubi	546 Cottonee	585 Deerling	102 Exeggcute	103 Exeggutor ◆
	044 Gloom	187 Hoppip	002 Ivysaur	189 Jumpluff	470 Leafeon	542 Leavanny	549 Lilligant	556 Maractus
	274 Nuzleaf	043 Oddish	548 Petilil	586 Sawsbuck	273 Seedot	540 Sewaddle	275 Shiftry	188 Skiploom
	192 Sunflora	191 Sunkern	541 Swadloon	114 Tangela	465 Tangrowth	357 Tropius	003 Venusaur	071 Victreebel
	045 Vileplume	070 Weepinbell	547 Whimsicott					
Clear Body	374 Beldum	703 Carbink	719 Diancie	600 Klang	599 Klink	601 Klinklang	376 Metagross	375 Metang
	378 Regice	377 Regirock	379 Registeel	072 Tentacool	073 Tentacruel			
Cloud Nine	334 Altaria	780 Drampa	055 Golduck	463 Lickilicky	108 Lickitung	054 Psyduck	333 Swablu	
Color Change	352 Kecleon							
Comatose	775 Komala							
Competitive	574 Gothita	576 Gothitelle	575 Gothorita	174 Igglybuff	039 Jigglypuff	678 Meowstic (Female)		350 Milotic
	040 Wigglytuff							
Compound Eyes	012 Butterfree	269 Dustox	596 Galvantula	595 Joltik	290 Nincada	664 Scatterbug	048 Venonat	666 Vivillon
	193 Yanma							
Contrary	753 Fomantis	686 Inkay	754 Lurantis	687 Malamar	497 Serperior	496 Servine	213 Shuckle	495 Snivy
	327 Spinda							
Corrosion	757 Salandit	758 Salazzle						
Cursed Body	354 Banette	592 Frillish	478 Froslass	094 Gengar	593 Jellicent	105 Marowak (Alola Form)		353 Shuppet
Cute Charm	573 Cinccino	036 Clefable	035 Clefairy	173 Cleffa	301 Delcatty	174 Igglybuff	039 Jigglypuff	428 Lopunny
	350 Milotic	572 Minccino	300 Skitty	759 Stufful	700 Sylveon	040 Wigglytuff		

D Ability	Pokémon that have this Ability							
Damp	592 Frillish	055 Golduck	116 Horsea	593 Jellicent	230 Kingdra	259 Marshtomp	258 Mudkip	046 Paras
	047 Parasect	186 Politoed	060 Poliwag	061 Poliwhirl	062 Poliwrath	054 Psyduck	195 Quagsire	117 Seadra
	260 Swampert	194 Wooper						
Dancer	741 Oricorio							
Dark Aura	717 Yveltal							
Dazzling	779 Bruxish							
Defeatist	566 Archen	567 Archeops						
Defiant	625 Bisharp	628 Braviary	395 Empoleon	083 Farfetch'd	056 Mankey	624 Pawniard	393 Piplup	057 Primeape
	394 Prinplup	432 Purugly	642 Thundurus (Incarnate Forme)		641 Tornadus (Incarnate Forme)			
Delta Stream	384 Mega Rayquaza							
Desolate Land	383 Primal Groudon							
Disguise	778 Mimikyu							
Download	649 Genesect	137 Porygon	233 Porygon2	474 Porygon-Z				
Drizzle	382 Kyogre	279 Pelipper	186 Politoed					
Drought	383 Groudon	006 Mega Charizard Y		038 Ninetales ◆	324 Torkoal	037 Vulpix ◆		
Dry Skin	453 Croagunk	695 Heliolisk	694 Helioptile	124 Jynx	046 Paras	047 Parasect	454 Toxicroak	

E Ability	Pokémon that have this Ability							
Early Bird	085 Dodrio	084 Doduo	203 Girafarig	229 Houndoom	228 Houndour	115 Kangaskhan	166 Ledian	165 Ledyba
	177 Natu	274 Nuzleaf	273 Seedot	275 Shiftry	192 Sunflora	191 Sunkern	178 Xatu	
Effect Spore	591 Amoonguss	286 Breloom	590 Foongus	755 Morelull	046 Paras	047 Parasect	756 Shiinotic	285 Shroomish
	045 Vileplume							
Electric Surge	785 Tapu Koko							
Emergency Exit	768 Golisopod							

F Ability	Pokémon that have this Ability							
Fairy Aura	716 Xerneas							
Filter	306 Mega Aggron	439 Mime Jr.	122 Mr. Mime					

F Ability	Pokémon that have this Ability							
Flame Body	609 Chandelure	662 Fletchinder	608 Lampent	636 Larvesta	607 Litwick	240 Magby	219 Magcargo	126 Magmar
	467 Magmortar	146 Moltres	077 Ponyta	078 Rapidash	218 Slugma	663 Talonflame	637 Volcarona	
Flare Boost	426 Drifblim	425 Drifloon						
Flash Fire	059 Arcanine	609 Chandelure	155 Cyndaquil	136 Flareon	058 Growlithe	631 Heatmor	485 Heatran	229 Houndoom
	228 Houndour	608 Lampent	607 Litwick	038 Ninetales ◆	077 Ponyta	156 Quilava	078 Rapidash	157 Typhlosion
	037 Vulpix ◆							
Flower Gift	421 Cherrim							
Flower Veil	764 Comfey	669 Flabébé	670 Floette	671 Florges				
Fluffy	760 Bewear	759 Stufful						
Forecast	351 Castform							
Forewarn	096 Drowzee	097 Hypno	124 Jynx	517 Munna	518 Musharna	238 Smoochum		
Friend Guard	035 Clefairy	173 Cleffa	440 Happiny	174 Igglybuff	039 Jigglypuff	664 Scatterbug	665 Spewpa	666 Vivillon
Frisk	354 Banette	356 Dusclops	477 Dusknoir	355 Duskull	103 Exeggutor (Alola Form)		162 Furret	574 Gothita
	576 Gothitelle	575 Gothorita	711 Gourgeist	714 Noibat	715 Noivern	708 Phantump	710 Pumpkaboo	161 Sentret
	353 Shuppet	234 Stantler	709 Trevenant	040 Wigglytuff	193 Yanma	469 Yanmega		
Full Metal Body	791 Solgaleo							
Fur Coat	676 Furfrou	053 Persian (Alola Form)						

G Ability	Pokémon that have this Ability							
Gale Wings	662 Fletchinder	661 Fletchling	663 Talonflame					
Galvanize	074 Geodude (Alola Form)		076 Golem (Alola Form)		075 Graveler (Alola Form)			
Gluttony	069 Bellsprout	088 Grimer (Alola Form)		326 Grumpig	316 Gulpin	631 Heatmor	264 Linoone	089 Muk (Alola Form)
	446 Munchlax	515 Panpour	511 Pansage	513 Pansear	020 Raticate (Alola Form)		019 Rattata (Alola Form)	
	213 Shuckle	516 Simipour	512 Simisage	514 Simisear	143 Snorlax	325 Spoink	317 Swalot	071 Victreebel
	070 Weepinbell	263 Zigzagoon						
Gooey	706 Goodra	704 Goomy	705 Sliggoo					
Grass Pelt	673 Gogoat	672 Skiddo						
Grassy Surge	787 Tapu Bulu							
Guts	534 Conkeldurr	136 Flareon	533 Gurdurr	297 Hariyama	214 Heracross	246 Larvitar	404 Luxio	405 Luxray
	068 Machamp	067 Machoke	066 Machop	296 Makuhita	020 Raticate ◆	019 Rattata ◆	403 Shinx	277 Swellow
	276 Taillow	538 Throh	532 Timburr	236 Tyrogue	217 Ursaring			

H Ability	Pokémon that have this Ability							
Harvest	102 Exeggcute	103 Exeggutor	708 Phantump	709 Trevenant	357 Tropius			
Healer	594 Alomomola	683 Aromatisse	531 Audino	182 Bellossem	242 Blissey	113 Chansey	531 Mega Audino	682 Spritzee
Heatproof	437 Bronzong	436 Bronzor						
Heavy Metal	306 Aggron	304 Aron	437 Bronzong	436 Bronzor	305 Lairon			
Honey Gather	415 Combee	742 Cutiefly	743 Ribombee	216 Teddiursa				
Huge Power	184 Azumarill	298 Azurill	659 Bunnelby	660 Diggersby	183 Marill	303 Mega Mawile		
Hustle	415 Combee	222 Corsola	554 Darumaka	633 Deino	225 Delibird	632 Durant	029 Nidoran ♀	032 Nidoran ♂
	030 Nidorina	033 Nidorino	020 Raticate	019 Rattata	223 Remoraid	627 Rufflet	468 Togekiss	175 Togepi
	176 Togetic	634 Zweilous						
Hydration	617 Accelgor	594 Alomomola	339 Barboach	087 Dewgong	580 Ducklett	706 Goodra	704 Goomy	368 Gorebyss
	131 Lapras	370 Luvdisc	490 Manaphy	536 Palpitoad	489 Phione	086 Seel	616 Shelmet	705 Sliggoo
	238 Smoochum	581 Swanna	535 Tympole	134 Vaporeon	340 Whiscash	278 Wingull		
Hyper Cutter	341 Corphish	740 Crabominable	739 Crabrawler	342 Crawdaunt	207 Gligar	472 Gliscor	099 Kingler	098 Krabby
	303 Mawile	127 Pinsir	328 Trapinch					

I Ability	Pokémon that have this Ability							
Ice Body	713 Avalugg	712 Bergmite	087 Dewgong	471 Glaceon	362 Glalie	378 Regice	364 Sealeo	086 Seel
	361 Snorunt	363 Spheal	583 Vanillish	582 Vanillite	584 Vanilluxe	365 Walrein		
Illuminate	170 Chinchou	171 Lanturn	755 Morelull	756 Shiinotic	121 Starmie	120 Staryu	313 Volbeat	505 Watchog
Illusion	571 Zoroark	570 Zorua						
Immunity	207 Gligar	143 Snorlax	335 Zangoose					
Imposter	132 Ditto							
Infiltrator	609 Chandelure	546 Cottonee	169 Crobat	677 Espurr	042 Golbat	187 Hoppip	686 Inkay	189 Jumpluff
	608 Lampent	607 Litwick	687 Malamar	678 Meowstic	291 Ninjask	714 Noibat	715 Noivern	336 Seviper
	188 Skiploom	442 Spiritomb	547 Whimsicott	041 Zubat				
Innards Out	771 Pyukumuku							
Inner Focus	063 Abra	065 Alakazam	625 Bisharp	169 Crobat	554 Darumaka	149 Dragonite	096 Drowzee	083 Farfetch'd
	203 Girafarig	362 Glalie	042 Golbat	107 Hitmonchan	097 Hypno	064 Kadabra	115 Kangaskhan	448 Lucario
	475 Mega Gallade	619 Mienfoo	620 Mienshao	749 Mudbray	750 Mudsdale	765 Oranguru	624 Pawniard	447 Riolu
	539 Sawk	215 Sneasel	361 Snorunt	538 Throh	197 Umbreon	041 Zubat		
Insomnia	168 Ariados	354 Banette	225 Delibird	096 Drowzee	711 Gourgeist	430 Honchkrow	163 Hoothoot	097 Hypno
	150 Mega Mewtwo Y		198 Murkrow	164 Noctowl	710 Pumpkaboo	353 Shuppet	167 Spinarak	
Intimidate	024 Arbok	059 Arcanine	023 Ekans	210 Granbull	058 Growlithe	130 Gyarados	507 Herdier	237 Hitmontop
	552 Krokorok	553 Krookodile	645 Landorus (Therian Forme)		404 Luxio	405 Luxray	284 Masquerain	303 Mawile
	310 Mega Manectric		262 Mightyena	211 Qwilfish	373 Salamence	551 Sandile	560 Scrafty	559 Scraggy
	403 Shinx	209 Snubbull	234 Stantler	398 Staraptor	397 Staravia	508 Stoutland	128 Tauros	
Iron Barbs	597 Ferroseed	598 Ferrothorn	777 Togedemaru					
Iron Fist	390 Chimchar	534 Conkeldurr	740 Crabominable	739 Crabrawler	622 Golett	623 Golurk	533 Gurdurr	107 Hitmonchan
	392 Infernape	166 Ledian	391 Monferno	674 Pancham	675 Pangoro	532 Timburr		

J Ability	Pokémon that have this Ability							
Justified	359 Absol	059 Arcanine	638 Cobalion	475 Gallade	058 Growlithe	647 Keldeo	448 Lucario	639 Terrakion
	640 Virizion							

K Ability	Pokémon that have this Ability							
Keen Eye	628 Braviary	441 Chatot	452 Drapion	580 Ducklett	677 Espurr	083 Farfetch'd	022 Fearow	162 Furret
	431 Glameow	107 Hitmonchan	163 Hoothoot	745 Lycanroc (Midday Form, Midnight Form)			678 Meowstic	164 Noctowl
	504 Patrat	279 Pelipper	018 Pidgeot	017 Pidgeotto	016 Pidgey	731 Pikipek	744 Rockruff	627 Rufflet
	302 Sableye	161 Sentret	227 Skarmory	451 Skorupi	435 Skuntank	215 Sneasel	021 Spearow	396 Starly
	434 Stunky	581 Swanna	733 Toucannon	732 Trumbeak	505 Watchog	278 Wingull		
Klutz	531 Audino	760 Bewear	427 Buneary	622 Golett	623 Golurk	428 Lopunny	759 Stufful	528 Swoobat
	527 Woobat							

L Ability	Pokémon that have this Ability							
Leaf Guard	153 Bayleef	761 Bounsweet	406 Budew	152 Chikorita	753 Fomantis	187 Hoppip	189 Jumpluff	470 Leafeon
	549 Lilligant	754 Lurantis	154 Meganium	548 Petilil	315 Roselia	188 Skiploom	762 Steenee	541 Swadloon
	114 Tangela	465 Tangrowth	763 Tsareena					
Levitate	482 Azelf	343 Baltoy	437 Bronzong	436 Bronzor	455 Carnivine	358 Chimecho	433 Chingling	344 Claydol
	488 Cresselia	615 Cryogonal	355 Duskull	603 Eelektrik	604 Eelektross	330 Flygon	092 Gastly	487 Giratina (Origin Forme)
	093 Haunter	635 Hydreigon	109 Koffing	380 Latias	381 Latios	337 Lunatone	380 Mega Latias	381 Mega Latios
	481 Mesprit	200 Misdreavus	429 Mismagius	479 Rotom	338 Solrock	602 Tynamo	201 Unown	480 Uxie
	329 Vibrava	738 Vikavolt	110 Weezing					
Light Metal	374 Beldum	376 Metagross	375 Metang	379 Registeel	212 Scizor			
Lightning Rod	522 Blitzle	104 Cubone	309 Electrike	118 Goldeen	310 Manectric	105 Marowak	254 Mega Sceptile	172 Pichu
	025 Pikachu	311 Plusle	026 Raichu ◆	112 Rhydon	111 Rhyhorn	464 Rhyperior	119 Seaking	777 Togedemaru
	523 Zebstrika							

L Ability	Pokémon that have this Ability							
Limber	427 Buneary	132 Ditto	431 Glameow	701 Hawlucha	106 Hitmonlee	510 Liepard	428 Lopunny	747 Mareanie
	053 Persian ◆	509 Purrloin	618 Stunfisk	748 Toxapex				
Liquid Ooze	316 Gulpin	317 Swalot	072 Tentacool	073 Tentacruel				

M Ability	Pokémon that have this Ability							
Magic Bounce	196 Espeon	359 Mega Absol	719 Mega Diancie	302 Mega Sableye	177 Natu	178 Xatu		
Magic Guard	063 Abra	065 Alakazam	036 Clefable	035 Clefairy	173 Cleffa	578 Duosion	064 Kadabra	579 Reuniclus
	561 Sigilyph	577 Solosis						
Magician	654 Braixen	655 Delphox	653 Fennekin	720 Hoopa	707 Klefki			
Magma Armor	323 Camerupt	219 Magcargo	218 Slugma					
Magnet Pull	074 Geodude (Alola Form)		076 Golem (Alola Form)		075 Graveler (Alola Form)		081 Magnemite	082 Magneton
	462 Magnezone	299 Nosepass	476 Probopass					
Marvel Scale	148 Dragonair	147 Dratini	350 Milotic					
Mega Launcher	692 Clauncher	693 Clawitzer	009 Mega Blastoise					
Merciless	747 Mareanie	748 Toxapex						
Minus	309 Electrike	600 Klang	599 Klink	601 Klinklang	310 Manectric	312 Minun		
Misty Surge	788 Tapu Fini							
Mold Breaker	610 Axew	550 Basculin	408 Cranidos	529 Drilbur	621 Druddigon	530 Excadrill	611 Fraxure	701 Hawlucha
	612 Haxorus	181 Mega Ampharos	130 Mega Gyarados	674 Pancham	675 Pangoro	127 Pinsir	409 Rampardos	539 Sawk
	538 Throh							
Moody	400 Bibarel	399 Bidoof	362 Glalie	224 Octillery	223 Remoraid	235 Smeargle	361 Snorunt	
Motor Drive	522 Blitzle	466 Electivire	587 Emolga	523 Zebstrika				
Moxie	130 Gyarados	214 Heracross	430 Honchkrow	552 Krokorok	553 Krookodile	667 Litleo	262 Mightyena	127 Pinsir
	668 Pyroar	373 Salamence	551 Sandile	560 Scrafty	559 Scraggy			
Multiscale	149 Dragonite	249 Lugia						
Multitype	493 Arceus							
Mummy	563 Cofagrigus	562 Yamask						

N Ability	Pokémon that have this Ability							
Natural Cure	334 Altaria	242 Blissey	406 Budew	251 Celebi	113 Chansey	764 Comfey	222 Corsola	440 Happiny
	708 Phantump	315 Roselia	407 Roserade	492 Shaymin (Land Forme)		121 Starmie	120 Staryu	333 Swablu
	709 Trevenant							
Neuroforce	800 Ultra Necrozma							
No Guard	680 Doublade	622 Golett	623 Golurk	679 Honedge	588 Karrablast	745 Lycanroc (Midnight Form)		068 Machamp
	067 Machoke	066 Machop	018 Mega Pidgeot					
Normalize	301 Delcatty	300 Skitty						

O Ability	Pokémon that have this Ability							
Oblivious	339 Barboach	761 Bounsweet	349 Feebas	314 Illumise	124 Jynx	463 Lickilicky	108 Lickitung	473 Mamoswine
	322 Numel	221 Piloswine	757 Salandit	758 Salazzle	364 Sealeo	080 Slowbro	199 Slowking	079 Slowpoke
	238 Smoochum	363 Spheal	762 Steenee	220 Swinub	320 Wailmer	321 Wailord	365 Walrein	340 Whiscash
Overcoat	412 Burmy	091 Cloyster	578 Duosion	589 Escavalier	205 Forretress	783 Hakamo-o	782 Jangmo-o	784 Kommo-o
	542 Leavanny	630 Mandibuzz	204 Pineco	579 Reuniclus	540 Sewaddle	372 Shelgon	090 Shellder	616 Shelmet
	577 Solosis	541 Swadloon	629 Vullaby	413 Wormadam				
Overgrow	153 Bayleef	001 Bulbasaur	652 Chesnaught	650 Chespin	152 Chikorita	723 Dartrix	724 Decidueye	388 Grotle
	253 Grovyle	002 Ivysaur	154 Meganium	511 Pansage	651 Quilladin	722 Rowlet	254 Sceptile	497 Serperior
	496 Servine	512 Simisage	495 Snivy	389 Torterra	252 Treecko	387 Turtwig	003 Venusaur	
Own Tempo	713 Avalugg	712 Bergmite	677 Espurr	431 Glameow	326 Grumpig	463 Lickilicky	108 Lickitung	549 Lilligant
	271 Lombre	270 Lotad	272 Ludicolo	749 Mudbray	750 Mudsdale	322 Numel	548 Petilil	432 Purugly
	744 Rockruff*	080 Slowbro	199 Slowking	079 Slowpoke	235 Smeargle	327 Spinda	325 Spoink	

*Rockruff with the Own Tempo Ability was part of a special distribution. Watch Pokemon.com for news of upcoming distributions, or look for one on the GTS.

P Ability	Pokémon that have this Ability							
Parental Bond	115 Mega Kangaskhan							
Pickpocket	689 Barbaracle	688 Binacle	274 Nuzleaf	273 Seedot	275 Shiftry	215 Sneasel	461 Weavile	
Pickup	190 Aipom	424 Ambipom	659 Bunnelby	702 Dedenne	660 Diggersby	711 Gourgeist	506 Lillipup	264 Linoone
	052 Meowth	446 Munchlax	417 Pachirisu	231 Phanpy	731 Pikipek	710 Pumpkaboo	216 Teddiursa	732 Trumbeak
	263 Zigzagoon							
Pixilate	334 Mega Altaria	282 Mega Gardevoir	700 Sylveon					
Plus	181 Ampharos	702 Dedenne	180 Flaaffy	600 Klang	599 Klink	601 Klinklang	179 Mareep	311 Plusle
Poison Heal	286 Breloom	472 Gliscor	285 Shroomish					
Poison Point	406 Budew	691 Dragalge	034 Nidoking	031 Nidoqueen	029 Nidoran ♀	032 Nidoran ♂	030 Nidorina	033 Nidorino
	211 Qwilfish	315 Roselia	407 Roserade	545 Scolipede	117 Seadra	690 Skrelp	543 Venipede	544 Whirlipede
Poison Touch	453 Croagunk	691 Dragalge	088 Grimer	089 Muk	537 Seismitoad	690 Skrelp	454 Toxicroak	
Power Construct	718 Zygarde							
Power of Alchemy	088 Grimer (Alola Form)		089 Muk (Alola Form)					
Prankster	546 Cottonee	314 Illumise	707 Klefki	510 Liepard	354 Mega Banette	678 Meowstic (Male)	198 Murkrow	509 Purrloin
	447 Riolu	302 Sableye	642 Thundurus (Incarnate Forme)		641 Tornadus (Incarnate Forme)		313 Volbeat	547 Whimsicott
Pressure	359 Absol	142 Aerodactyl	144 Articuno	625 Bisharp	386 Deoxys	483 Dialga	356 Dusclops	477 Dusknoir
	244 Entei	487 Giratina (Altered Forme)		250 Ho-Oh	646 Kyurem (Normal)		249 Lugia	150 Mewtwo
	146 Moltres	484 Palkia	624 Pawniard	243 Raikou	442 Spiritomb	245 Suicune	416 Vespiquen	320 Wailmer
	321 Wailord	461 Weavile	145 Zapdos					
Primordial Sea	382 Primal Kyogre							
Prism Armor	800 Necrozma							
Protean	656 Froakie	657 Frogadier	658 Greninja	352 Kecleon				
Psychic Surge	786 Tapu Lele							
Pure Power	308 Medicham	307 Meditite	308 Mega Medicham					

Q Ability	Pokémon that have this Ability							
Queenly Majesty	763 Tsareena							
Quick Feet	210 Granbull	135 Jolteon	264 Linoone	262 Mightyena	261 Poochyena	285 Shroomish	216 Teddiursa	217 Ursaring
	263 Zigzagoon							

R Ability	Pokémon that have this Ability							
Rain Dish	009 Blastoise	271 Lombre	270 Lotad	272 Ludicolo	755 Morelull	279 Pelipper	756 Shiinotic	007 Squirtle
	283 Surskit	072 Tentacool	073 Tentacruel	008 Wartortle	278 Wingull			
Rattled	438 Bonsly	366 Clamperl	613 Cubchoo	206 Dunsparce	210 Granbull	165 Ledyba	129 Magikarp	
	052 Meowth (Alola Form)		053 Persian (Alola Form)		261 Poochyena	209 Snubbull	185 Sudowoodo	293 Whismur
Receiver	766 Passimian							
Reckless	550 Basculin (Red-Striped Form)		626 Bouffalant	500 Emboar	106 Hitmonlee	619 Mienfoo	620 Mienshao	112 Rhydon
	111 Rhyhorn	464 Rhyperior	398 Staraptor	397 Staravia	396 Starly			
Refrigerate	698 Amaura	699 Aurorus	362 Mega Glalie					
Regenerator	594 Alomomola	591 Amoonguss	531 Audino	222 Corsola	578 Duosion	590 Foongus	250 Ho-Oh	747 Mareanie
	619 Mienfoo	620 Mienshao	579 Reuniclus	080 Slowbro	199 Slowking	079 Slowpoke	577 Solosis	114 Tangela
	465 Tangrowth	641 Tornadus (Therian Forme)		748 Toxapex				
Rivalry	610 Axew	267 Beautifly	611 Fraxure	612 Haxorus	667 Litleo	404 Luxio	405 Luxray	034 Nidoking
	031 Nidoqueen	029 Nidoran ♀	032 Nidoran ♂	030 Nidorina	033 Nidorino	519 Pidove	668 Pyroar	403 Shinx
	520 Tranquill	521 Unfezant						
RKS System	773 Silvally							
Rock Head	142 Aerodactyl	306 Aggron	304 Aron	371 Bagon	550 Basculin (Blue-Striped Form)		438 Bonsly	104 Cubone
	074 Geodude ◆	076 Golem ◆	075 Graveler ◆	305 Lairon	105 Marowak	095 Onix	369 Relicanth	112 Rhydon
	111 Rhyhorn	372 Shelgon	208 Steelix	185 Sudowoodo	697 Tyrantrum			
Rough Skin	318 Carvanha	621 Druddigon	444 Gabite	445 Garchomp	443 Gible	319 Sharpedo		

R Ability	Pokémon that have this Ability							
Run Away	190 Aipom	427 Buneary	010 Caterpie	085 Dodrio	084 Doduo	206 Dunsparce	133 Eevee	162 Furret
	401 Kricketot	506 Lillipup	290 Nincada	043 Oddish	417 Pachirisu	504 Patrat	077 Ponyta	261 Poochyena
	078 Rapidash	020 Raticate ◆	019 Rattata ◆	161 Sentret	209 Snubbull	048 Venonat	013 Weedle	265 Wurmple

S Ability	Pokémon that have this Ability							
Sand Force	525 Boldore	050 Diglett	529 Drilbur	051 Dugtrio	530 Excadrill	423 Gastrodon	526 Gigalith	449 Hippopotas
	450 Hippowdon	645 Landorus (Incarnate Forme)	445 Mega Garchomp	208 Mega Steelix	299 Nosepass	476 Probopass	524 Roggenrola	422 Shellos
Sand Rush	529 Drilbur	530 Excadrill	507 Herdier	745 Lycanroc (Midday Form)		027 Sandshrew ◆	028 Sandslash ◆	508 Stoutland
Sand Stream	526 Gigalith	449 Hippopotas	450 Hippowdon	248 Mega Tyranitar	248 Tyranitar			
Sand Veil	331 Cacnea	332 Cacturne	050 Diglett	232 Donphan	051 Dugtrio	444 Gabite	445 Garchomp	074 Geodude ◆
	443 Gible	207 Gligar	472 Gliscor	076 Golem ◆	075 Graveler ◆	695 Heliolisk	694 Helioptile	246 Larvitar
	770 Palossand	231 Phanpy	027 Sandshrew ◆	028 Sandslash ◆	769 Sandygast	618 Stunfisk		
Sap Sipper	184 Azumarill	298 Azurill	522 Blitzle	626 Bouffalant	585 Deerling	780 Drampa	203 Girafarig	673 Gogoat
	706 Goodra	704 Goomy	183 Marill	241 Miltank	586 Sawsbuck	672 Skiddo	705 Sliggoo	234 Stantler
	523 Zebstrika							
Schooling	746 Wishiwashi							
Scrappy	295 Exploud	507 Herdier	115 Kangaskhan	294 Loudred	428 Mega Lopunny	241 Miltank	674 Pancham	675 Pangoro
	508 Stoutland	277 Swellow	276 Taillow					
Serene Grace	242 Blissey	113 Chansey	585 Deerling	206 Dunsparce	440 Happiny	385 Jirachi	648 Meloetta	586 Sawsbuck
	492 Shaymin (Sky Forme)		468 Togekiss	175 Togepi	176 Togetic			
Shadow Shield	792 Lunala							
Shadow Tag	574 Gothita	576 Gothitelle	575 Gothorita	094 Mega Gengar	202 Wobbuffet	360 Wynaut		
Shed Skin	024 Arbok	412 Burmy	268 Cascoon	148 Dragonair	147 Dratini	023 Ekans	014 Kakuna	588 Karrablast
	401 Kricketot	011 Metapod	247 Pupitar	560 Scrafty	559 Scraggy	336 Seviper	266 Silcoon	665 Spewpa
Sheer Force	371 Bagon	628 Braviary	534 Conkeldurr	408 Cranidos	159 Croconaw	555 Darmanitan	621 Druddigon	160 Feraligatr
	533 Gurdurr	297 Hariyama	099 Kingler	098 Krabby	645 Landorus (Incarnate Forme)		296 Makuhita	303 Mawile
	323 Mega Camerupt	034 Nidoking	031 Nidoqueen	409 Rampardos	627 Rufflet	208 Steelix	128 Tauros	532 Timburr
	158 Totodile	733 Toucannon	328 Trapinch					
Shell Armor	366 Clamperl	091 Cloyster	341 Corphish	342 Crawdaunt	558 Crustle	502 Dewott	557 Dwebble	589 Escavalier
	388 Grotle	099 Kingler	098 Krabby	131 Lapras	080 Mega Slowbro	138 Omanyte	139 Omastar	501 Oshawott
	503 Samurott	090 Shellder	616 Shelmet	324 Torkoal	389 Torterra	776 Turtonator	387 Turtwig	
Shield Dust	010 Caterpie	742 Cutiefly	269 Dustox	743 Ribombee	664 Scatterbug	049 Venomoth	666 Vivillon	013 Weedle
	265 Wurmple							
Shields Down	774 Minior							
Simple	400 Bibarel	399 Bidoof	322 Numel	528 Swoobat	527 Woobat			
Skill Link	190 Aipom	424 Ambipom	573 Cinccino	091 Cloyster	214 Mega Heracross	572 Minccino	731 Pikipek	090 Shellder
	733 Toucannon	732 Trumbeak						
Slow Start	486 Regigigas							
Slush Rush	614 Beartic	613 Cubchoo	027 Sandshrew (Alola Form)		028 Sandslash (Alola Form)			
Sniper	168 Ariados	689 Barbaracle	015 Beedrill	688 Binacle	452 Drapion	022 Fearow	116 Horsea	230 Kingdra
	224 Octillery	223 Remoraid	117 Seadra	451 Skorupi	021 Spearow	167 Spinarak		
Snow Cloak	144 Articuno	614 Beartic	613 Cubchoo	478 Froslass	471 Glaceon	473 Mamoswine	038 Ninetales (Alola Form)	
	221 Piloswine	027 Sandshrew (Alola Form)		028 Sandslash (Alola Form)		220 Swinub	583 Vanillish	582 Vanillite
	037 Vulpix (Alola Form)							
Snow Warning	460 Abomasnow	698 Amaura	699 Aurorus	460 Mega Abomasnow		038 Ninetales (Alola Form)		459 Snover
	584 Vanilluxe	037 Vulpix (Alola Form)						
Solar Power	006 Charizard	004 Charmander	005 Charmeleon	695 Heliolisk	694 Helioptile	229 Mega Houndoom		192 Sunflora
	191 Sunkern	357 Tropius						
Solid Rock	323 Camerupt	565 Carracosta	464 Rhyperior	564 Tirtouga				
Soul-Heart	801 Magearna							

S Ability	Pokémon that have this Ability							
Soundproof	460 Abomasnow	411 Bastiodon	626 Bouffalant	101 Electrode	295 Exploud	783 Hakamo-o	782 Jangmo-o	784 Kommo-o
	294 Loudred	439 Mime Jr.	122 Mr. Mime	410 Shieldon	459 Snover	100 Voltorb	293 Whismur	
Speed Boost	257 Blaziken	318 Carvanha	256 Combusken	257 Mega Blaziken	291 Ninjask	545 Scolipede	319 Sharpedo	255 Torchic
	543 Venipede	544 Whirlipede	193 Yanma	469 Yanmega				
Stakeout	735 Gumshoos	734 Yungoos						
Stall	302 Sableye							
Stamina	749 Mudbray	750 Mudsdale						
Stance Change	681 Aegislash							
Static	181 Ampharos	125 Electabuzz	309 Electrike	101 Electrode	239 Elekid	587 Emolga	180 Flaaffy	310 Manectric
	179 Mareep	172 Pichu	025 Pikachu	026 Raichu ◆	618 Stunfisk	100 Voltorb	145 Zapdos	
Steadfast	475 Gallade	237 Hitmontop	448 Lucario	745 Lycanroc (Midday Form)		068 Machamp	067 Machoke	066 Machop
	150 Mega Mewtwo X		447 Riolu	744 Rockruff	123 Scyther	236 Tyrogue		
Steelworker	781 Dhelmise							
Stench	569 Garbodor	044 Gloom	088 Grimer ◆	089 Muk ◆	435 Skuntank	434 Stunky	568 Trubbish	
Sticky Hold	617 Accelgor	423 Gastrodon	088 Grimer ◆	316 Gulpin	089 Muk ◆	422 Shellos	317 Swalot	568 Trubbish
Storm Drain	346 Cradily	456 Finneon	423 Gastrodon	345 Lileep	457 Lumineon	556 Maractus	422 Shellos	
Strong Jaw	779 Bruxish	735 Gumshoos	319 Mega Sharpedo	697 Tyrantrum	696 Tyrunt	734 Yungoos		
Sturdy	306 Aggron	304 Aron	713 Avalugg	411 Bastiodon	712 Bergmite	525 Boldore	438 Bonsly	703 Carbink
	565 Carracosta	790 Cosmoem	558 Crustle	232 Donphan	557 Dwebble	205 Forretress	074 Geodude	526 Gigalith
	076 Golem	075 Graveler	305 Lairon	081 Magnemite	082 Magneton	462 Magnezone	299 Nosepass	095 Onix
	204 Pineco	476 Probopass	377 Regirock	369 Relicanth	524 Roggenrola	539 Sawk	410 Shieldon	213 Shuckle
	227 Skarmory	208 Steelix	185 Sudowoodo	564 Tirtouga	777 Togedemaru	696 Tyrunt		
Suction Cups	346 Cradily	686 Inkay	345 Lileep	687 Malamar	224 Octillery			
Super Luck	359 Absol	430 Honchkrow	198 Murkrow	519 Pidove	468 Togekiss	175 Togepi	176 Togetic	520 Tranquill
	521 Unfezant							
Surge Surfer	026 Raichu (Alola Form)							
Swarm	168 Ariados	267 Beautifly	015 Beedrill	632 Durant	589 Escavalier	596 Galvantula	736 Grubbin	214 Heracross
	595 Joltik	588 Karrablast	402 Kricketune	636 Larvesta	542 Leavanny	166 Ledian	165 Ledyba	414 Mothim
	212 Scizor	545 Scolipede	123 Scyther	540 Sewaddle	167 Spinarak	543 Venipede	313 Volbeat	637 Volcarona
	544 Whirlipede							
Sweet Veil	761 Bounsweet	742 Cutiefly	743 Ribombee	685 Slurpuff	762 Steenee	684 Swirlix	763 Tsareena	
Swift Swim	347 Anorith	348 Armaldo	614 Beartic	418 Buizel	565 Carracosta	349 Feebas	456 Finneon	419 Floatzel
	118 Goldeen	055 Golduck	368 Gorebyss	116 Horsea	367 Huntail	140 Kabuto	141 Kabutops	230 Kingdra
	271 Lombre	270 Lotad	272 Ludicolo	457 Lumineon	370 Luvdisc	129 Magikarp	226 Mantine	458 Mantyke
	260 Mega Swampert		138 Omanyte	139 Omastar	536 Palpitoad	060 Poliwag	061 Poliwhirl	062 Poliwrath
	054 Psyduck	211 Qwilfish	369 Relicanth	119 Seaking	537 Seismitoad	283 Surskit	564 Tirtouga	535 Tympole
Symbiosis	669 Flabébé	670 Floette	671 Florges					
Synchronize	063 Abra	065 Alakazam	606 Beheeyem	605 Elgyem	196 Espeon	282 Gardevoir	064 Kadabra	281 Kirlia
	151 Mew	517 Munna	518 Musharna	177 Natu	280 Ralts	197 Umbreon	178 Xatu	

T Ability	Pokémon that have this Ability							
Tangled Feet	441 Chatot	085 Dodrio	084 Doduo	018 Pidgeot	017 Pidgeotto	016 Pidgey	327 Spinda	
Tangling Hair	050 Diglett (Alola Form)		051 Dugtrio (Alola Form)					
Technician	424 Ambipom	286 Breloom	573 Cinccino	237 Hitmontop	402 Kricketune	802 Marshadow	212 Mega Scizor	052 Meowth
	439 Mime Jr.	572 Minccino	122 Mr. Mime	053 Persian	407 Roserade	212 Scizor	123 Scyther	235 Smeargle
Telepathy	606 Beheeyem	483 Dialga	605 Elgyem	282 Gardevoir	487 Giratina (Altered Forme)		281 Kirlia	308 Medicham
	307 Meditite	517 Munna	518 Musharna	714 Noibat	715 Noivern	765 Oranguru	484 Palkia	280 Ralts
	202 Wobbuffet	360 Wynaut						
Teravolt	646 Black Kyurem	644 Zekrom						

T

Ability	Pokémon that have this Ability							
Thick Fat	184 Azumarill	298 Azurill	087 Dewgong	326 Grumpig	297 Hariyama	296 Makuhita	473 Mamoswine	183 Marill
	003 Mega Venusaur	241 Miltank	446 Munchlax	499 Pignite	221 Piloswine	432 Purugly	020 Raticate (Alola Form)	
	019 Rattata (Alola Form)		364 Sealeo	086 Seel	143 Snorlax	363 Spheal	325 Spoink	220 Swinub
	498 Tepig	365 Walrein						
Tinted Lens	012 Butterfree	163 Hoothoot	314 Illumise	414 Mothim	164 Noctowl	561 Sigilyph	049 Venomoth	048 Venonat
	469 Yanmega							
Torrent	009 Blastoise	729 Brionne	159 Croconaw	502 Dewott	395 Empoleon	160 Feraligatr	656 Froakie	657 Frogadier
	658 Greninja	259 Marshtomp	258 Mudkip	501 Oshawott	515 Panpour	393 Piplup	728 Popplio	730 Primarina
	394 Prinplup	503 Samurott	516 Simipour	007 Squirtle	260 Swampert	158 Totodile	008 Wartortle	
Tough Claws	689 Barbaracle	688 Binacle	745 Lycanroc (Dusk Form)		142 Mega Aerodactyl		006 Mega Charizard X	
	376 Mega Metagross							
Toxic Boost	335 Zangoose							
Trace	282 Gardevoir	281 Kirlia	065 Mega Alakazam		137 Porygon	233 Porygon2	280 Ralts	
Triage	764 Comfey							
Truant	632 Durant	289 Slaking	287 Slakoth					
Turboblaze	643 Reshiram	646 White Kyurem						

U

Ability	Pokémon that have this Ability							
Unaware	400 Bibarel	399 Bidoof	036 Clefable	789 Cosmog	771 Pyukumuku	195 Quagsire	528 Swoobat	527 Woobat
	194 Wooper							
Unburden	617 Accelgor	426 Drifblim	425 Drifloon	253 Grovyle	701 Hawlucha	106 Hitmonlee	510 Liepard	509 Purrloin
	254 Sceptile	685 Slurpuff	684 Swirlix	252 Treecko				
Unnerve	142 Aerodactyl	024 Arbok	610 Axew	760 Bewear	023 Ekans	611 Fraxure	596 Galvantula	612 Haxorus
	229 Houndoom	228 Houndour	595 Joltik	667 Litleo	284 Masquerain	052 Meowth ◆	150 Mewtwo	053 Persian ◆
	668 Pyroar	248 Tyranitar	217 Ursaring	416 Vespiquen				

V

Ability	Pokémon that have this Ability							
Victory Star	494 Victini							
Vital Spirit	225 Delibird	125 Electabuzz	466 Electivire	239 Elekid	506 Lillipup	745 Lycanroc (Midnight Form)		240 Magby
	126 Magmar	467 Magmortar	056 Mankey	057 Primeape	744 Rockruff	236 Tyrogue	288 Vigoroth	
Volt Absorb	170 Chinchou	135 Jolteon	171 Lanturn	312 Minun	417 Pachirisu	642 Thundurus (Therian Forme)		

W

Ability	Pokémon that have this Ability							
Water Absorb	752 Araquanid	331 Cacnea	332 Cacturne	170 Chinchou	751 Dewpider	592 Frillish	593 Jellicent	171 Lanturn
	131 Lapras	226 Mantine	458 Mantyke	556 Maractus	536 Palpitoad	186 Politoed	060 Poliwag	061 Poliwhirl
	062 Poliwrath	195 Quagsire	537 Seismitoad	535 Tympole	134 Vaporeon	721 Volcanion	194 Wooper	
Water Bubble	752 Araquanid	751 Dewpider						
Water Compaction	770 Palossand	769 Sandygast						
Water Veil	418 Buizel	456 Finneon	419 Floatzel	118 Goldeen	367 Huntail	457 Lumineon	226 Mantine	458 Mantyke
	119 Seaking	320 Wailmer	321 Wailord					
Weak Armor	525 Boldore	558 Crustle	557 Dwebble	569 Garbodor	140 Kabuto	141 Kabutops	219 Magcargo	630 Mandibuzz
	138 Omanyte	139 Omastar	095 Onix	524 Roggenrola	227 Skarmory	218 Slugma	583 Vanillish	582 Vanillite
	584 Vanilluxe	629 Vullaby						
White Smoke	631 Heatmor	324 Torkoal						
Wimp Out	767 Wimpod							
Wonder Guard	292 Shedinja							
Wonder Skin	779 Bruxish	301 Delcatty	561 Sigilyph	300 Skitty	049 Venomoth			

Z

Ability	Pokémon that have this Ability							
Zen Mode	555 Darmanitan							

Pokémon Weakness Chart

This weakness chart provides you with a handy reference to check which move types a particular Pokémon is weak to when you are battling against it. It also tells you which move types the Pokémon may be immune to. Note that a Pokémon's Ability may affect how much damage it takes from certain move types. Look out for types highlighted in green or yellow—these will be affected by which Ability your opponent has!

Key to Tables	
4×	Pokémon has 4× weakness to this type. Any other weak types deal 2× damage.
*	Ability increases resistance to certain move types, though it does not make the Pokémon entirely immune to them. If a weakness is affected, it will be marked as well.
🟩	Ability grants immunity to a type (also marked in green). Pokémon without that Ability will not share this immunity.
🟨	Ability may cause the Pokémon to take additional damage from a type (also marked in yellow) it is not usually weak to.
🟩🟨	Ability can cause a new immunity but may also cause a Pokémon to take additional damage from a type it is not usually weak to.

Note: If a Pokémon can have two or more Abilities that will cause different weaknesses or immunities, you will see small numbers linking each Ability to the type or types it affects.

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
460	**Abomasnow**	Grass	Ice	Snow Warning		Soundproof	4× Fire	Fighting	Poison	Flying	Bug	Rock	Steel			
460	**Abomasnow (Mega Abomasnow)**	Grass	Ice	Snow Warning			4× Fire	Fighting	Poison	Flying	Bug	Rock	Steel			
063	**Abra**	Psychic		Synchronize	Inner Focus	Magic Guard	Bug	Ghost	Dark							
359	**Absol**	Dark		Pressure	Super Luck	Justified	Fighting	Bug	Fairy					Psychic		
359	**Absol (Mega Absol)**	Dark		Magic Bounce			Fighting	Bug	Fairy					Psychic		
617	**Accelgor**	Bug		Hydration	Sticky Hold	Unburden	Fire	Flying	Rock							
681	**Aegislash**	Steel	Ghost	Stance Change			Fire	Ground	Ghost	Dark				Normal	Fighting	Poison
142	**Aerodactyl**	Rock	Flying	Rock Head	Pressure	Unnerve	Water	Electric	Ice	Rock	Steel			Ground		
142	**Aerodactyl (Mega Aerodactyl)**	Rock	Flying	Tough Claws			Water	Electric	Ice	Rock	Steel			Ground		
306	**Aggron**	Steel	Rock	Sturdy	Rock Head	Heavy Metal	4× Fighting	4× Ground	Water					Poison		
306	**Aggron (Mega Aggron)**	Steel		Filter*			Fire*	Fighting*	Ground*					Poison		
190	**Aipom**	Normal		Run Away	Pickup	Skill Link	Fighting							Ghost		
065	**Alakazam**	Psychic		Synchronize	Inner Focus	Magic Guard	Bug	Ghost	Dark							
065	**Alakazam (Mega Alakazam)**	Psychic		Trace			Bug	Ghost	Dark							
594	**Alomomola**	Water		Healer	Hydration	Regenerator	Grass	Electric								
334	**Altaria**	Dragon	Flying	Natural Cure		Cloud Nine	4× Ice	Rock	Dragon	Fairy				Ground		
334	**Altaria (Mega Altaria)**	Dragon	Fairy	Pixilate			Ice	Poison	Steel	Fairy				Dragon		
698	**Amaura**	Rock	Ice	Refrigerate		Snow Warning	4× Fighting	4× Steel	Water	Grass	Ground	Rock				
424	**Ambipom**	Normal		Technician	Pickup	Skill Link	Fighting							Ghost		
591	**Amoonguss**	Grass	Poison	Effect Spore		Regenerator	Fire	Ice	Flying	Psychic						
181	**Ampharos**	Electric		Static		Plus	Ground									
181	**Ampharos (Mega Ampharos)**	Electric	Dragon	Mold Breaker			Ice	Ground	Dragon	Fairy						
347	**Anorith**	Rock	Bug	Battle Armor		Swift Swim	Water	Rock	Steel							
752	**Araquanid**	Water	Bug	Water Bubble*		Water Absorb	Electric	Flying	Rock					Water		
024	**Arbok**	Poison		Intimidate	Shed Skin	Unnerve	Ground	Psychic								
059	**Arcanine**	Fire		Intimidate	Flash Fire	Justified	Water	Ground	Rock					Fire		
493	**Arceus**	Normal		Multitype			Fighting							Ghost		
493	**Arceus**	Fire		Multitype			Water	Ground	Rock							
493	**Arceus**	Water		Multitype			Grass	Electric								
493	**Arceus**	Grass		Multitype			Fire	Ice	Poison	Flying	Bug					
493	**Arceus**	Electric		Multitype			Ground									
493	**Arceus**	Ice		Multitype			Fire	Fighting	Rock	Steel						
493	**Arceus**	Fighting		Multitype			Flying	Psychic	Fairy							
493	**Arceus**	Poison		Multitype			Ground	Psychic								
493	**Arceus**	Ground		Multitype			Water	Grass	Ice					Electric		
493	**Arceus**	Flying		Multitype			Electric	Ice	Rock					Ground		
493	**Arceus**	Psychic		Multitype			Bug	Ghost	Dark							
493	**Arceus**	Bug		Multitype			Fire	Flying	Rock							
493	**Arceus**	Rock		Multitype			Water	Grass	Fighting	Ground	Steel					
493	**Arceus**	Ghost		Multitype			Ghost	Dark						Normal	Fighting	

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
493	**Arceus**	Dragon		Multitype			Ice	Dragon	Fairy							
493	**Arceus**	Dark		Multitype			Fighting	Bug	Fairy					Psychic		
493	**Arceus**	Steel		Multitype			Fire	Fighting	Ground					Poison		
493	**Arceus**	Fairy		Multitype			Poison	Steel						Dragon		
566	**Archen**	Rock	Flying	Defeatist			Water	Electric	Ice	Rock	Steel			Ground		
567	**Archeops**	Rock	Flying	Defeatist			Water	Electric	Ice	Rock	Steel			Ground		
168	**Ariados**	Bug	Poison	Swarm	Insomnia	Sniper	Fire	Flying	Psychic	Rock						
348	**Armaldo**	Rock	Bug	Battle Armor		Swift Swim	Water	Rock	Steel							
683	**Aromatisse**	Fairy		Healer		Aroma Veil	Poison	Steel						Dragon		
304	**Aron**	Steel	Rock	Sturdy	Rock Head	Heavy Metal	4× Fighting	4× Ground	Water					Poison		
144	**Articuno**	Ice	Flying	Pressure		Snow Cloak	4× Rock	Fire	Electric	Steel				Ground		
531	**Audino**	Normal		Healer	Regenerator	Klutz	Fighting							Ghost		
531	**Audino (Mega Audino)**	Normal	Fairy	Healer			Poison	Steel						Ghost	Dragon	
699	**Aurorus**	Rock	Ice	Refrigerate		Snow Warning	4× Fighting	4× Steel	Water	Grass	Ground	Rock				
713	**Avalugg**	Ice		Own Tempo	Ice Body	Sturdy	Fire	Fighting	Rock	Steel						
610	**Axew**	Dragon		Rivalry	Mold Breaker	Unnerve	Ice	Dragon	Fairy							
482	**Azelf**	Psychic		Levitate			Bug	Ghost	Dark					Ground		
184	**Azumarill**	Water	Fairy	Thick Fat*	Huge Power	Sap Sipper	Grass	Electric	Poison					Grass	Dragon	
298	**Azurill**	Normal	Fairy	Thick Fat*	Huge Power	Sap Sipper	Poison	Steel						Grass	Ghost	Dragon
371	**Bagon**	Dragon		Rock Head		Sheer Force	Ice	Dragon	Fairy							
343	**Baltoy**	Ground	Psychic	Levitate			Water	Grass	Ice	Bug	Ghost	Dark		Electric	Ground	
354	**Banette**	Ghost		Insomnia	Frisk	Cursed Body	Ghost	Dark						Normal	Fighting	
354	**Banette (Mega Banette)**	Ghost		Prankster			Ghost	Dark						Normal	Fighting	
689	**Barbaracle**	Rock	Water	Tough Claws	Sniper	Pickpocket	4× Grass	Electric	Fighting	Ground						
339	**Barboach**	Water	Ground	Oblivious	Anticipation	Hydration	4× Grass							Electric		
550	**550 Basculin (Red-Striped Form)**	Water		Reckless	Adaptability	Mold Breaker	Grass	Electric								
550	**550 Basculin (Blue-Striped Form)**	Water		Rock Head	Adaptability	Mold Breaker	Grass	Electric								
411	**Bastiodon**	Rock	Steel	Sturdy		Soundproof	4× Fighting	4× Ground	Water					Poison		
153	**Bayleef**	Grass		Overgrow		Leaf Guard	Fire	Ice	Poison	Flying	Bug					
614	**Beartic**	Ice		Snow Cloak	Slush Rush	Swift Swim	Fire	Fighting	Rock	Steel						
267	**Beautifly**	Bug	Flying	Swarm		Rivalry	4× Rock	Fire	Electric	Ice	Flying			Ground		
015	**Beedrill**	Bug	Poison	Swarm		Sniper	Fire	Flying	Psychic	Rock						
015	**Beedrill (Mega Beedrill)**	Bug	Poison	Adaptability			Fire	Flying	Psychic	Rock						
606	**Beheeyem**	Psychic		Telepathy	Synchronize	Analytic	Bug	Ghost	Dark							
374	**Beldum**	Steel	Psychic	Clear Body		Light Metal	Fire	Ground	Ghost	Dark				Poison		
182	**Bellossom**	Grass		Chlorophyll		Healer	Fire	Ice	Poison	Flying	Bug					
069	**Bellsprout**	Grass	Poison	Chlorophyll		Gluttony	Fire	Ice	Flying	Psychic						
712	**Bergmite**	Ice		Own Tempo	Ice Body	Sturdy	Fire	Fighting	Rock	Steel						
760	**Bewear**	Normal	Fighting	Fluffy	Klutz	Unnerve	Fire	Fighting	Flying	Psychic	Fairy			Ghost		
400	**Bibarel**	Normal	Water	Simple	Unaware	Moody	Grass	Electric	Fighting					Ghost		
399	**Bidoof**	Normal		Simple	Unaware	Moody	Fighting							Ghost		
688	**Binacle**	Rock	Water	Tough Claws	Sniper	Pickpocket	4× Grass	Electric	Fighting	Ground						
625	**Bisharp**	Dark	Steel	Defiant	Inner Focus	Pressure	4× Fighting	Fire	Ground					Poison	Psychic	
806	**Blacephalon**	Fire	Ghost	Beast Boost			Water	Ground	Rock	Ghost	Dark			Normal	Fighting	
009	**Blastoise**	Water		Torrent		Rain Dish	Grass	Electric								
009	**Blastoise (Mega Blastoise)**	Water		Mega Launcher			Grass	Electric								
257	**Blaziken**	Fire	Fighting	Blaze		Speed Boost	Water	Ground	Flying	Psychic						
257	**Blaziken (Mega Blaziken)**	Fire	Fighting	Speed Boost			Water	Ground	Flying	Psychic						
242	**Blissey**	Normal		Natural Cure	Serene Grace	Healer	Fighting							Ghost		
522	**Blitzle**	Electric		Lightning Rod1	Motor Drive2	Sap Sipper3	Ground							Grass[3]	Electric[1,2]	
525	**Boldore**	Rock		Sturdy	Weak Armor	Sand Force	Water	Grass	Fighting	Ground	Steel					
438	**Bonsly**	Rock		Sturdy	Rock Head	Rattled	Water	Grass	Fighting	Ground	Steel					
626	**Bouffalant**	Normal		Reckless	Sap Sipper	Soundproof	Fighting							Grass	Ghost	
761	**Bounsweet**	Grass		Leaf Guard	Oblivious	Sweet Veil	Fire	Ice	Poison	Flying	Bug					
654	**Braixen**	Fire		Blaze		Magician	Water	Ground	Rock							
628	**Braviary**	Normal	Flying	Keen Eye	Sheer Force	Defiant	Electric	Ice	Rock					Ground	Ghost	
286	**Breloom**	Grass	Fighting	Effect Spore	Poison Heal	Technician	4× Flying	Fire	Ice	Poison	Psychic	Fairy				
729	**Brionne**	Water		Torrent		Liquid Voice	Grass	Electric								
437	**Bronzong**	Steel	Psychic	Levitate	Heatproof*	Heavy Metal	Fire*	Ground	Ghost	Dark				Poison	Ground	
436	**Bronzor**	Steel	Psychic	Levitate	Heatproof*	Heavy Metal	Fire*	Ground	Ghost	Dark				Poison	Ground	

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
779	**Bruxish**	Water	Psychic	Dazzling	Strong Jaw	Wonder Skin	Grass	Electric	Bug	Ghost	Dark					
406	**Budew**	Grass	Poison	Natural Cure	Poison Point	Leaf Guard	Fire	Ice	Flying	Psychic						
418	**Buizel**	Water		Swift Swim		Water Veil	Grass	Electric								
001	**Bulbasaur**	Grass	Poison	Overgrow		Chlorophyll	Fire	Ice	Flying	Psychic						
427	**Buneary**	Normal		Run Away	Klutz	Limber	Fighting							Ghost		
659	**Bunnelby**	Normal		Pickup	Cheek Pouch	Huge Power	Fighting							Ghost		
412	**Burmy**	Bug		Shed Skin		Overcoat	Fire	Flying	Rock							
012	**Butterfree**	Bug	Flying	Compound Eyes		Tinted Lens	4×Rock	Fire	Electric	Ice	Flying			Ground		
794	**Buzzwole**	Bug	Fighting	Beast Boost			4×Flying	Fire	Psychic	Fairy						
331	**Cacnea**	Grass		Sand Veil		Water Absorb	Fire	Ice	Poison	Flying	Bug			Water		
332	**Cacturne**	Grass	Dark	Sand Veil		Water Absorb	4×Bug	Fire	Ice	Fighting	Poison	Flying	Fairy	Water	Psychic	
323	**Camerupt**	Fire	Ground	Magma Armor	Solid Rock*	Anger Point	4×Water*	Ground*						Electric		
323	**Camerupt (Mega Camerupt)**	Fire	Ground	Sheer Force			4×Water	Ground						Electric		
703	**Carbink**	Rock	Fairy	Clear Body		Sturdy	4×Steel	Water	Grass	Ground				Dragon		
455	**Carnivine**	Grass		Levitate			Fire	Ice	Poison	Flying	Bug			Ground		
565	**Carracosta**	Water	Rock	Solid Rock*	Sturdy	Swift Swim	4×Grass*	Electric*	Fighting*	Ground*						
318	**Carvanha**	Water	Dark	Rough Skin		Speed Boost	Grass	Electric	Fighting	Bug	Fairy			Psychic		
268	**Cascoon**	Bug		Shed Skin			Fire	Flying	Rock							
351	**Castform**	Normal		Forecast			Fighting							Ghost		
351	**Castform (Rainy Form)**	Water		Forecast			Grass	Electric								
351	**Castform (Snowy Form)**	Ice		Forecast			Fire	Fighting	Rock	Steel						
351	**Castform (Sunny Form)**	Fire		Forecast			Water	Ground	Rock							
010	**Caterpie**	Bug		Shield Dust		Run Away	Fire	Flying	Rock							
251	**Celebi**	Psychic	Grass	Natural Cure			4×Bug	Fire	Ice	Poison	Flying	Ghost	Dark			
797	**Celesteela**	Steel	Flying	Beast Boost			Fire	Electric						Poison	Ground	
609	**Chandelure**	Ghost	Fire	Flash Fire	Flame Body	Infiltrator	Water	Ground	Rock	Ghost	Dark			Normal	Fire	Fighting
113	**Chansey**	Normal		Natural Cure	Serene Grace	Healer	Fighting							Ghost		
006	**Charizard**	Fire	Flying	Blaze		Solar Power	4×Rock	Water	Electric					Ground		
006	**Charizard (Mega Charizard X)**	Fire	Dragon	Tough Claws			Ground	Rock	Dragon							
006	**Charizard (Mega Charizard Y)**	Fire	Flying	Drought			4×Rock	Water	Electric					Ground		
737	**Charjabug**	Bug	Electric	Battery			Fire	Rock								
004	**Charmander**	Fire		Blaze		Solar Power	Water	Ground	Rock							
005	**Charmeleon**	Fire		Blaze		Solar Power	Water	Ground	Rock							
441	**Chatot**	Normal	Flying	Keen Eye	Tangled Feet	Big Pecks	Electric	Ice	Rock					Ground	Ghost	
421	**Cherrim**	Grass		Flower Gift			Fire	Ice	Poison	Flying	Bug					
420	**Cherubi**	Grass		Chlorophyll			Fire	Ice	Poison	Flying	Bug					
652	**Chesnaught**	Grass	Fighting	Overgrow		Bulletproof	4×Flying	Fire	Ice	Poison	Psychic	Fairy				
650	**Chespin**	Grass		Overgrow		Bulletproof	Fire	Ice	Poison	Flying	Bug					
152	**Chikorita**	Grass		Overgrow		Leaf Guard	Fire	Ice	Poison	Flying	Bug					
390	**Chimchar**	Fire		Blaze		Iron Fist	Water	Ground	Rock							
358	**Chimecho**	Psychic		Levitate			Bug	Ghost	Dark					Ground		
170	**Chinchou**	Water	Electric	Volt Absorb[1]	Illuminate	Water Absorb[2]	Grass	Ground						Water[2]	Electric[1]	
433	**Chingling**	Psychic		Levitate			Bug	Ghost	Dark					Ground		
573	**Cinccino**	Normal		Cute Charm	Technician	Skill Link	Fighting							Ghost		
366	**Clamperl**	Water		Shell Armor		Rattled	Grass	Electric								
692	**Clauncher**	Water		Mega Launcher			Grass	Electric								
693	**Clawitzer**	Water		Mega Launcher			Grass	Electric								
344	**Claydol**	Ground	Psychic	Levitate			Water	Grass	Ice	Bug	Ghost	Dark		Electric	Ground	
036	**Clefable**	Fairy		Cute Charm	Magic Guard	Unaware	Poison	Steel						Dragon		
035	**Clefairy**	Fairy		Cute Charm	Magic Guard	Friend Guard	Poison	Steel						Dragon		
173	**Cleffa**	Fairy		Cute Charm	Magic Guard	Friend Guard	Poison	Steel						Dragon		
091	**Cloyster**	Water	Ice	Shell Armor	Skill Link	Overcoat	Grass	Electric	Fighting	Rock						
638	**Cobalion**	Steel	Fighting	Justified			Fire	Fighting	Ground					Poison		
563	**Cofagrigus**	Ghost		Mummy			Ghost	Dark						Normal	Fighting	
415	**Combee**	Bug	Flying	Honey Gather		Hustle	4×Rock	Fire	Electric	Ice	Flying			Ground		
256	**Combusken**	Fire	Fighting	Blaze		Speed Boost	Water	Ground	Flying	Psychic						
764	**Comfey**	Fairy		Flower Veil	Triage	Natural Cure	Poison	Steel						Dragon		
534	**Conkeldurr**	Fighting		Guts	Sheer Force	Iron Fist	Flying	Psychic	Fairy							
341	**Corphish**	Water		Hyper Cutter	Shell Armor	Adaptability	Grass	Electric								
222	**Corsola**	Water	Rock	Hustle	Natural Cure	Regenerator	4×Grass	Electric	Fighting	Ground						

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types						Immune to these move types		
790	**Cosmoem**	Psychic		Sturdy			Bug	Ghost	Dark						
789	**Cosmog**	Psychic		Unaware			Bug	Ghost	Dark						
546	**Cottonee**	Grass	Fairy	Prankster	Infiltrator	Chlorophyll	4× Poison	Fire	Ice	Flying	Steel		Dragon		
740	**Crabominable**	Fighting	Ice	Hyper Cutter	Iron Fist	Anger Point	Fire	Fighting	Flying	Psychic	Steel	Fairy			
739	**Crabrawler**	Fighting		Hyper Cutter	Iron Fist	Anger Point	Flying	Psychic	Fairy						
346	**Cradily**	Rock	Grass	Suction Cups		Storm Drain	Ice	Fighting	Bug	Steel			Water		
408	**Cranidos**	Rock		Mold Breaker		Sheer Force	Water	Grass	Fighting	Ground	Steel				
342	**Crawdaunt**	Water	Dark	Hyper Cutter	Shell Armor	Adaptability	Grass	Electric	Fighting	Bug	Fairy		Psychic		
488	**Cresselia**	Psychic		Levitate			Bug	Ghost	Dark				Ground		
453	**Croagunk**	Poison	Fighting	Anticipation	Dry Skin	Poison Touch	4× Psychic	Fire	Ground	Flying			Water		
169	**Crobat**	Poison	Flying	Inner Focus		Infiltrator	Electric	Ice	Psychic	Rock			Ground		
159	**Croconaw**	Water		Torrent		Sheer Force	Grass	Electric							
558	**Crustle**	Bug	Rock	Sturdy	Shell Armor	Weak Armor	Water	Rock	Steel						
615	**Cryogonal**	Ice		Levitate			Fire	Fighting	Rock	Steel			Ground		
613	**Cubchoo**	Ice		Snow Cloak	Slush Rush	Rattled	Fire	Fighting	Rock	Steel					
104	**Cubone**	Ground		Rock Head	Lightning Rod	Battle Armor	Water	Grass	Ice				Electric	Electric	
742	**Cutiefly**	Bug	Fairy	Honey Gather	Shield Dust	Sweet Veil	Fire	Poison	Flying	Rock	Steel		Dragon		
155	**Cyndaquil**	Fire		Blaze		Flash Fire	Water	Ground	Rock				Fire		
491	**Darkrai**	Dark		Bad Dreams			Fighting	Bug	Fairy				Psychic		
555	**Darmanitan**	Fire		Sheer Force		Zen Mode	Water	Ground	Rock						
555	**Darmanitan (Zen Mode)**	Fire	Psychic			Zen Mode	Water	Ground	Rock	Ghost	Dark				
723	**Dartrix**	Grass	Flying	Overgrow		Long Reach	4× Ice	Fire	Poison	Flying	Rock		Ground		
554	**Darumaka**	Fire		Hustle		Inner Focus	Water	Ground	Rock						
724	**Decidueye**	Grass	Ghost	Overgrow		Long Reach	Fire	Ice	Flying	Ghost	Dark		Normal	Fighting	
702	**Dedenne**	Electric	Fairy	Cheek Pouch	Pickup	Plus	Poison	Ground					Dragon		
585	**Deerling**	Normal	Grass	Chlorophyll	Sap Sipper	Serene Grace	Fire	Ice	Fighting	Poison	Flying	Bug	Grass	Ghost	
633	**Deino**	Dark	Dragon	Hustle			4× Fairy	Ice	Fighting	Bug	Dragon		Psychic		
301	**Delcatty**	Normal		Cute Charm	Normalize	Wonder Skin	Fighting						Ghost		
225	**Delibird**	Ice	Flying	Vital Spirit	Hustle	Insomnia	4× Rock	Fire	Electric	Steel			Ground		
655	**Delphox**	Fire	Psychic	Blaze		Magician	Water	Ground	Rock	Ghost	Dark				
386	**Deoxys**	Psychic		Pressure			Bug	Ghost	Dark						
087	**Dewgong**	Water	Ice	Thick Fat*	Hydration	Ice Body	Grass	Electric	Fighting	Rock					
502	**Dewott**	Water		Torrent		Shell Armor	Grass	Electric							
751	**Dewpider**	Water	Bug	Water Bubble*		Water Absorb	Electric	Flying	Rock				Water		
781	**Dhelmise**	Ghost	Grass	Steelworker			Fire	Ice	Flying	Ghost	Dark		Normal	Fighting	
483	**Dialga**	Steel	Dragon	Pressure		Telepathy	Fighting	Ground					Poison		
719	**Diancie**	Rock	Fairy	Clear Body			4× Steel	Water	Grass	Ground			Dragon		
719	**Diancie (Mega Diancie)**	Rock	Fairy	Magic Bounce			4× Steel	Water	Grass	Ground			Dragon		
660	**Diggersby**	Normal	Ground	Pickup	Cheek Pouch	Huge Power	Water	Grass	Ice	Fighting			Electric	Ghost	
050	**Diglett**	Ground		Sand Veil	Arena Trap	Sand Force	Water	Grass	Ice				Electric		
050	**Diglett (Alola Form)**	Ground	Steel	Sand Veil	Tangling Hair	Sand Force	Fire	Water	Fighting	Ground			Electric	Poison	
132	**Ditto**	Normal		Limber		Imposter	Fighting						Ghost		
085	**Dodrio**	Normal	Flying	Run Away	Early Bird	Tangled Feet	Electric	Ice	Rock				Ground	Ghost	
084	**Doduo**	Normal	Flying	Run Away	Early Bird	Tangled Feet	Electric	Ice	Rock				Ground	Ghost	
232	**Donphan**	Ground		Sturdy		Sand Veil	Water	Grass	Ice				Electric		
680	**Doublade**	Steel	Ghost	No Guard			Fire	Ground	Ghost	Dark			Normal	Fighting	Poison
691	**Dragalge**	Poison	Dragon	Poison Point	Poison Touch	Adaptability	Ice	Ground	Psychic	Dragon					
148	**Dragonair**	Dragon		Shed Skin		Marvel Scale	Ice	Dragon	Fairy						
149	**Dragonite**	Dragon	Flying	Inner Focus		Multiscale	4× Ice	Rock	Dragon	Fairy			Ground		
780	**Drampa**	Normal	Dragon	Berserk	Sap Sipper	Cloud Nine	Ice	Fighting	Dragon	Fairy			Grass	Ghost	
452	**Drapion**	Poison	Dark	Battle Armor	Sniper	Keen Eye	Ground						Psychic		
147	**Dratini**	Dragon		Shed Skin		Marvel Scale	Ice	Dragon	Fairy						
426	**Drifblim**	Ghost	Flying	Aftermath	Unburden	Flare Boost	Electric	Ice	Rock	Ghost	Dark		Normal	Fighting	Ground
425	**Drifloon**	Ghost	Flying	Aftermath	Unburden	Flare Boost	Electric	Ice	Rock	Ghost	Dark		Normal	Fighting	Ground
529	**Drilbur**	Ground		Sand Rush	Sand Force	Mold Breaker	Water	Grass	Ice				Electric		
096	**Drowzee**	Psychic		Insomnia	Forewarn	Inner Focus	Bug	Ghost	Dark						
621	**Druddigon**	Dragon		Rough Skin	Sheer Force	Mold Breaker	Ice	Dragon	Fairy						
580	**Ducklett**	Water	Flying	Keen Eye	Big Pecks	Hydration	4× Electric	Rock					Ground		
051	**Dugtrio**	Ground		Sand Veil	Arena Trap	Sand Force	Water	Grass	Ice				Electric		
051	**Dugtrio (Alola Form)**	Ground	Steel	Sand Veil	Tangling Hair	Sand Force	Fire	Water	Fighting	Ground			Electric	Poison	

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
206	**Dunsparce**	Normal		Serene Grace	Run Away	Rattled	Fighting							Ghost		
578	**Duosion**	Psychic		Overcoat	Magic Guard	Regenerator	Bug	Ghost	Dark							
632	**Durant**	Bug	Steel	Swarm	Hustle	Truant	4×Fire							Poison		
356	**Dusclops**	Ghost		Pressure		Frisk	Ghost	Dark						Normal	Fighting	
477	**Dusknoir**	Ghost		Pressure		Frisk	Ghost	Dark						Normal	Fighting	
355	**Duskull**	Ghost		Levitate		Frisk	Ghost	Dark						Normal	Fighting	Ground
269	**Dustox**	Bug	Poison	Shield Dust		Compound Eyes	Fire	Flying	Psychic	Rock						
557	**Dwebble**	Bug	Rock	Sturdy	Shell Armor	Weak Armor	Water	Rock	Steel							
603	**Eelektrik**	Electric		Levitate			Ground							Ground		
604	**Eelektross**	Electric		Levitate			Ground							Ground		
133	**Eevee**	Normal		Run Away	Adaptability	Anticipation	Fighting							Ghost		
023	**Ekans**	Poison		Intimidate	Shed Skin	Unnerve	Ground	Psychic								
125	**Electabuzz**	Electric		Static		Vital Spirit	Ground									
466	**Electivire**	Electric		Motor Drive		Vital Spirit	Ground							Electric		
309	**Electrike**	Electric		Static	Lightning Rod	Minus	Ground							Electric		
101	**Electrode**	Electric		Soundproof	Static	Aftermath	Ground									
239	**Elekid**	Electric		Static		Vital Spirit	Ground									
605	**Elgyem**	Psychic		Telepathy	Synchronize	Analytic	Bug	Ghost	Dark							
500	**Emboar**	Fire	Fighting	Blaze		Reckless	Water	Ground	Flying	Psychic						
587	**Emolga**	Electric	Flying	Static		Motor Drive	Ice	Rock						Electric	Ground	
395	**Empoleon**	Water	Steel	Torrent		Defiant	Electric	Fighting	Ground					Poison		
244	**Entei**	Fire		Pressure		Inner Focus	Water	Ground	Rock							
589	**Escavalier**	Bug	Steel	Swarm	Shell Armor	Overcoat	4×Fire							Poison		
196	**Espeon**	Psychic		Synchronize		Magic Bounce	Bug	Ghost	Dark							
677	**Espurr**	Psychic		Keen Eye	Infiltrator	Own Tempo	Bug	Ghost	Dark							
530	**Excadrill**	Ground	Steel	Sand Rush	Sand Force	Mold Breaker	Fire	Water	Fighting	Ground				Electric	Poison	
102	**Exeggcute**	Grass	Psychic	Chlorophyll		Harvest	4×Bug	Fire	Ice	Poison	Flying	Ghost	Dark			
103	**Exeggutor**	Grass	Psychic	Chlorophyll		Harvest	4×Bug	Fire	Ice	Poison	Flying	Ghost	Dark			
103	**Exeggutor (Alola Form)**	Grass	Dragon	Frisk		Harvest	4×Ice	Poison	Flying	Bug	Dragon	Fairy				
295	**Exploud**	Normal		Soundproof		Scrappy	Fighting							Ghost		
083	**Farfetch'd**	Normal	Flying	Keen Eye	Inner Focus	Defiant	Electric	Ice	Rock					Ground	Ghost	
022	**Fearow**	Normal	Flying	Keen Eye		Sniper	Electric	Ice	Rock					Ground	Ghost	
349	**Feebas**	Water		Swift Swim	Oblivious	Adaptability	Grass	Electric								
653	**Fennekin**	Fire		Blaze		Magician	Water	Ground	Rock							
160	**Feraligatr**	Water		Torrent		Sheer Force	Grass	Electric								
597	**Ferroseed**	Grass	Steel	Iron Barbs			4×Fire	Fighting						Poison		
598	**Ferrothorn**	Grass	Steel	Iron Barbs		Anticipation	4×Fire	Fighting						Poison		
456	**Finneon**	Water		Swift Swim	Storm Drain	Water Veil	Grass	Electric						Water		
180	**Flaaffy**	Electric		Static		Plus	Ground									
669	**Flabébé**	Fairy		Flower Veil		Symbiosis	Poison	Steel						Dragon		
136	**Flareon**	Fire		Flash Fire		Guts	Water	Ground	Rock					Fire		
662	**Fletchinder**	Fire	Flying	Flame Body		Gale Wings	4×Rock	Water	Electric					Ground		
661	**Fletchling**	Normal	Flying	Big Pecks		Gale Wings	Electric	Ice	Rock					Ground	Ghost	
419	**Floatzel**	Water		Swift Swim		Water Veil	Grass	Electric								
670	**Floette**	Fairy		Flower Veil		Symbiosis	Poison	Steel						Dragon		
671	**Florges**	Fairy		Flower Veil		Symbiosis	Poison	Steel						Dragon		
330	**Flygon**	Ground	Dragon	Levitate			4×Ice	Dragon	Fairy					Electric	Ground	
753	**Fomantis**	Grass		Leaf Guard		Contrary	Fire	Ice	Poison	Flying	Bug					
590	**Foongus**	Grass	Poison	Effect Spore		Regenerator	Fire	Ice	Flying	Psychic						
205	**Forretress**	Bug	Steel	Sturdy		Overcoat	4×Fire							Poison		
611	**Fraxure**	Dragon		Rivalry	Mold Breaker	Unnerve	Ice	Dragon	Fairy							
592	**Frillish**	Water	Ghost	Water Absorb	Cursed Body	Damp	Grass	Electric	Ghost	Dark				Normal	Water	Fighting
656	**Froakie**	Water		Torrent		Protean	Grass	Electric								
657	**Frogadier**	Water		Torrent		Protean	Grass	Electric								
478	**Froslass**	Ice	Ghost	Snow Cloak		Cursed Body	Fire	Rock	Ghost	Dark	Steel			Normal	Fighting	
676	**Furfrou**	Normal		Fur Coat			Fighting							Ghost		
162	**Furret**	Normal		Run Away	Keen Eye	Frisk	Fighting							Ghost		
444	**Gabite**	Dragon	Ground	Sand Veil		Rough Skin	4×Ice	Dragon	Fairy					Electric		
475	**Gallade**	Psychic	Fighting	Steadfast		Justified	Flying	Ghost	Fairy							
475	**Gallade (Mega Gallade)**	Psychic	Fighting	Inner Focus			Flying	Ghost	Fairy							

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types						Immune to these move types		
596	**Galvantula**	Bug	Electric	Compound Eyes	Unnerve	Swarm	Fire	Rock							
569	**Garbodor**	Poison		Stench	Weak Armor	Aftermath	Ground	Psychic							
445	**Garchomp**	Dragon	Ground	Sand Veil		Rough Skin	4×Ice	Dragon	Fairy				Electric		
445	**Garchomp (Mega Garchomp)**	Dragon	Ground	Sand Force			4×Ice	Dragon	Fairy				Electric		
282	**Gardevoir**	Psychic	Fairy	Synchronize	Trace	Telepathy	Poison	Ghost	Steel				Dragon		
282	**Gardevoir (Mega Gardevoir)**	Psychic	Fairy	Pixilate			Poison	Ghost	Steel				Dragon		
092	**Gastly**	Ghost	Poison	Levitate			Ground	Psychic	Ghost	Dark			Normal	Fighting	Ground
423	**Gastrodon**	Water	Ground	Sticky Hold	Storm Drain	Sand Force	4×Grass						Water	Electric	
649	**Genesect**	Bug	Steel	Download			4×Fire						Poison		
094	**Gengar**	Ghost	Poison	Cursed Body			Ground	Psychic	Ghost	Dark			Normal	Fighting	
094	**Gengar (Mega Gengar)**	Ghost	Poison	Shadow Tag			Ground	Psychic	Ghost	Dark			Normal	Fighting	
074	**Geodude**	Rock	Ground	Rock Head	Sturdy	Sand Veil	4×Water	4×Grass	Ice	Fighting	Ground	Steel	Electric		
074	**Geodude (Alola Form)**	Rock	Electric	Magnet Pull	Sturdy	Galvanize	4×Ground	Water	Grass	Fighting					
443	**Gible**	Dragon	Ground	Sand Veil		Rough Skin	4×Ice	Dragon	Fairy				Electric		
526	**Gigalith**	Rock		Sturdy	Sand Stream	Sand Force	Water	Grass	Fighting	Ground	Steel				
203	**Girafarig**	Normal	Psychic	Inner Focus	Early Bird	Sap Sipper	Bug	Dark					Grass	Ghost	
487	**Giratina (Altered Forme)**	Ghost	Dragon	Pressure		Telepathy	Ice	Ghost	Dragon	Dark	Fairy		Normal	Fighting	
487	**Giratina (Original Forme)**	Ghost	Dragon	Levitate			Ice	Ghost	Dragon	Dark	Fairy		Normal	Fighting	Ground
471	**Glaceon**	Ice		Snow Cloak		Ice Body	Fire	Fighting	Rock	Steel					
362	**Glalie**	Ice		Inner Focus	Ice Body	Moody	Fire	Fighting	Rock	Steel					
362	**Glalie (Mega Glalie)**	Ice		Refrigerate			Fire	Fighting	Rock	Steel					
431	**Glameow**	Normal		Limber	Own Tempo	Keen Eye	Fighting						Ghost		
207	**Gligar**	Ground	Flying	Hyper Cutter	Sand Veil	Immunity	4×Ice	Water					Electric	Ground	
472	**Gliscor**	Ground	Flying	Hyper Cutter	Sand Veil	Poison Heal	4×Ice	Water					Electric	Ground	
044	**Gloom**	Grass	Poison	Chlorophyll		Stench	Fire	Ice	Flying	Psychic					
673	**Gogoat**	Grass		Sap Sipper		Grass Pelt	Fire	Ice	Poison	Flying	Bug		Grass		
042	**Golbat**	Poison	Flying	Inner Focus		Infiltrator	Electric	Ice	Psychic	Rock			Ground		
118	**Goldeen**	Water		Swift Swim	Water Veil	Lightning Rod	Grass	Electric					Electric		
055	**Golduck**	Water		Damp	Cloud Nine	Swift Swim	Grass	Electric							
076	**Golem**	Rock	Ground	Rock Head	Sturdy	Sand Veil	4×Water	4×Grass	Ice	Fighting	Ground	Steel	Electric		
076	**Golem (Alola Form)**	Rock	Electric	Magnet Pull	Sturdy	Galvanize	4×Ground	Water	Grass	Fighting					
622	**Golett**	Ground	Ghost	Iron Fist	Klutz	No Guard	Water	Grass	Ice	Ghost	Dark		Normal	Electric	Fighting
768	**Golisopod**	Bug	Water	Emergency Exit			Electric	Flying	Rock						
623	**Golurk**	Ground	Ghost	Iron Fist	Klutz	No Guard	Water	Grass	Ice	Ghost	Dark		Normal	Electric	Fighting
706	**Goodra**	Dragon		Sap Sipper	Hydration	Gooey	Ice	Dragon	Fairy				Grass		
704	**Goomy**	Dragon		Sap Sipper	Hydration	Gooey	Ice	Dragon	Fairy				Grass		
368	**Gorebyss**	Water		Swift Swim		Hydration	Grass	Electric							
574	**Gothita**	Psychic		Frisk	Competitive	Shadow Tag	Bug	Ghost	Dark						
576	**Gothitelle**	Psychic		Frisk	Competitive	Shadow Tag	Bug	Ghost	Dark						
575	**Gothorita**	Psychic		Frisk	Competitive	Shadow Tag	Bug	Ghost	Dark						
711	**Gourgeist**	Ghost	Grass	Pickup	Frisk	Insomnia	Fire	Ice	Flying	Ghost	Dark		Normal	Fighting	
210	**Granbull**	Fairy		Intimidate	Quick Feet	Rattled	Poison	Steel					Dragon		
075	**Graveler**	Rock	Ground	Rock Head	Sturdy	Sand Veil	4×Water	4×Grass	Ice	Fighting	Ground	Steel	Electric		
075	**Graveler (Alola Form)**	Rock	Electric	Magnet Pull	Sturdy	Galvanize	4×Ground	Water	Grass	Fighting					
658	**Greninja**	Water	Dark	Torrent		Protean	Grass	Electric	Fighting	Bug	Fairy		Psychic		
088	**Grimer**	Poison		Stench	Sticky Hold	Poison Touch	Ground	Psychic							
088	**Grimer (Alola Form)**	Poison	Dark	Poison Touch	Gluttony	Power of Alchemy	Ground						Psychic		
388	**Grotle**	Grass		Overgrow		Shell Armor	Fire	Ice	Poison	Flying	Bug				
383	**Groudon**	Ground		Drought			Water	Grass	Ice				Electric		
383	**Groudon (Primal Groudon)**	Ground	Fire	Desolate Land*			4×Ground						Electric		
253	**Grovyle**	Grass		Overgrow		Unburden	Fire	Ice	Poison	Flying	Bug				
058	**Growlithe**	Fire		Intimidate	Flash Fire	Justified	Water	Ground	Rock				Fire		
736	**Grubbin**	Bug		Swarm			Fire	Flying	Rock						
326	**Grumpig**	Psychic		Thick Fat*	Own Tempo	Gluttony	Bug	Ghost	Dark						
316	**Gulpin**	Poison		Liquid Ooze	Sticky Hold	Gluttony	Ground	Psychic							
735	**Gumshoos**	Normal		Stakeout	Strong Jaw	Adaptability	Fighting						Ghost		
533	**Gurdurr**	Fighting		Guts	Sheer Force	Iron Fist	Flying	Psychic	Fairy						
799	**Guzzlord**	Dark	Dragon	Beast Boost			4×Fairy	Ice	Fighting	Bug	Dragon		Psychic		
130	**Gyarados**	Water	Flying	Intimidate		Moxie	4×Electric	Rock					Ground		
130	**Gyarados (Mega Gyarados)**	Water	Dark	Mold Breaker			Grass	Electric	Fighting	Bug	Fairy		Psychic		

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types						Immune to these move types		
783	**Hakamo-o**	Dragon	Fighting	Bulletproof	Soundproof	Overcoat	4× Fairy	Ice	Flying	Psychic	Dragon				
440	**Happiny**	Normal		Natural Cure	Serene Grace	Friend Guard	Fighting						Ghost		
297	**Hariyama**	Fighting		Thick Fat*	Guts	Sheer Force	Flying	Psychic	Fairy						
093	**Haunter**	Ghost	Poison	Levitate			Ground	Psychic	Ghost	Dark			Normal	Fighting	Ground
701	**Hawlucha**	Fighting	Flying	Limber	Unburden	Mold Breaker	Electric	Ice	Flying	Psychic	Fairy		Ground		
612	**Haxorus**	Dragon		Rivalry	Mold Breaker	Unnerve	Ice	Dragon	Fairy						
631	**Heatmor**	Fire		Gluttony	Flash Fire	White Smoke	Water	Ground	Rock				Fire		
485	**Heatran**	Fire	Steel	Flash Fire		Flame Body	4× Ground	Water	Fighting				Fire	Poison	
695	**Heliolisk**	Electric	Normal	Dry Skin	Sand Veil	Solar Power	Fire	Fighting	Ground				Water	Ghost	
694	**Helioptile**	Electric	Normal	Dry Skin	Sand Veil	Solar Power	Fire	Fighting	Ground				Water	Ghost	
214	**Heracross**	Bug	Fighting	Swarm	Guts	Moxie	4× Flying	Fire	Psychic	Fairy					
214	**Heracross (Mega Heracross)**	Bug	Fighting	Skill Link			4× Flying	Fire	Psychic	Fairy					
507	**Herdier**	Normal		Intimidate	Sand Rush	Scrappy	Fighting						Ghost		
449	**Hippopotas**	Ground		Sand Stream		Sand Force	Water	Grass	Ice				Electric		
450	**Hippowdon**	Ground		Sand Stream		Sand Force	Water	Grass	Ice				Electric		
107	**Hitmonchan**	Fighting		Keen Eye	Iron Fist	Inner Focus	Flying	Psychic	Fairy						
106	**Hitmonlee**	Fighting		Limber	Reckless	Unburden	Flying	Psychic	Fairy						
237	**Hitmontop**	Fighting		Intimidate	Technician	Steadfast	Flying	Psychic	Fairy						
430	**Honchkrow**	Dark	Flying	Insomnia	Super Luck	Moxie	Electric	Ice	Rock	Fairy			Ground	Psychic	
679	**Honedge**	Steel	Ghost	No Guard			Fire	Ground	Ghost	Dark			Normal	Fighting	Poison
250	**Ho-Oh**	Fire	Flying	Pressure		Regenerator	4× Rock	Water	Electric				Ground		
720	**Hoopa**	Psychic	Ghost	Magician			4× Ghost	4× Dark					Normal	Fighting	
720	**Hoopa (Hoopa Unbound)**	Psychic	Dark	Magician			4× Bug	Fairy					Psychic		
163	**Hoothoot**	Normal	Flying	Insomnia	Keen Eye	Tinted Lens	Electric	Ice	Rock				Ground	Ghost	
187	**Hoppip**	Grass	Flying	Chlorophyll	Leaf Guard	Infiltrator	4× Ice	Fire	Poison	Flying	Rock		Ground		
116	**Horsea**	Water		Swift Swim	Sniper	Damp	Grass	Electric							
229	**Houndoom**	Dark	Fire	Early Bird	Flash Fire	Unnerve	Water	Fighting	Ground	Rock			Fire	Psychic	
229	**Houndoom (Mega Houndoom)**	Dark	Fire	Solar Power			Water	Fighting	Ground	Rock			Psychic		
228	**Houndour**	Dark	Fire	Early Bird	Flash Fire	Unnerve	Water	Fighting	Ground	Rock			Fire	Psychic	
367	**Huntail**	Water		Swift Swim		Water Veil	Grass	Electric							
635	**Hydreigon**	Dark	Dragon	Levitate			4× Fairy	Ice	Fighting	Bug	Dragon		Ground	Psychic	
097	**Hypno**	Psychic		Insomnia	Forewarn	Inner Focus	Bug	Ghost	Dark						
174	**Igglybuff**	Normal	Fairy	Cute Charm	Competitive	Friend Guard	Poison	Steel					Ghost	Dragon	
314	**Illumise**	Bug		Oblivious	Tinted Lens	Prankster	Fire	Flying	Rock						
727	**Incineroar**	Fire	Dark	Blaze		Intimidate	Water	Fighting	Ground	Rock			Psychic		
392	**Infernape**	Fire	Fighting	Blaze		Iron Fist	Water	Ground	Flying	Psychic					
686	**Inkay**	Dark	Psychic	Contrary	Suction Cups	Infiltrator	4× Bug	Fairy					Psychic		
002	**Ivysaur**	Grass	Poison	Overgrow		Chlorophyll	Fire	Ice	Flying	Psychic					
782	**Jangmo-o**	Dragon		Bulletproof	Soundproof	Overcoat	Ice	Dragon	Fairy						
593	**Jellicent**	Water	Ghost	Water Absorb	Cursed Body	Damp	Grass	Electric	Ghost	Dark			Normal	Water	Fighting
039	**Jigglypuff**	Normal	Fairy	Cute Charm	Competitive	Friend Guard	Poison	Steel					Ghost	Dragon	
385	**Jirachi**	Steel	Psychic	Serene Grace			Fire	Ground	Ghost	Dark			Poison		
135	**Jolteon**	Electric		Volt Absorb		Quick Feet	Ground						Electric		
595	**Joltik**	Bug	Electric	Compound Eyes	Unnerve	Swarm	Fire	Rock							
189	**Jumpluff**	Grass	Flying	Chlorophyll	Leaf Guard	Infiltrator	4× Ice	Fire	Poison	Flying	Rock		Ground		
124	**Jynx**	Ice	Psychic	Oblivious	Forewarn	Dry Skin	Fire	Bug	Rock	Ghost	Dark	Steel	Water		
140	**Kabuto**	Rock	Water	Swift Swim	Battle Armor	Weak Armor	4× Grass	Electric	Fighting	Ground					
141	**Kabutops**	Rock	Water	Swift Swim	Battle Armor	Weak Armor	4× Grass	Electric	Fighting	Ground					
064	**Kadabra**	Psychic		Synchronize	Inner Focus	Magic Guard	Bug	Ghost	Dark						
014	**Kakuna**	Bug	Poison	Shed Skin			Fire	Flying	Psychic	Rock					
115	**Kangaskhan**	Normal		Early Bird	Scrappy	Inner Focus	Fighting						Ghost		
115	**Kangaskhan (Mega Kangaskhan)**	Normal		Parental Bond			Fighting						Ghost		
588	**Karrablast**	Bug		Swarm	Shed Skin	No Guard	Fire	Flying	Rock						
798	**Kartana**	Grass	Steel	Beast Boost			4× Fire	Fighting					Poison		
352	**Kecleon**	Normal		Color Change		Protean	Fighting						Ghost		
647	**Keldeo**	Water	Fighting	Justified			Grass	Electric	Flying	Psychic	Fairy				
230	**Kingdra**	Water	Dragon	Swift Swim	Sniper	Damp	Dragon	Fairy							
099	**Kingler**	Water		Hyper Cutter	Shell Armor	Sheer Force	Grass	Electric							
281	**Kirlia**	Psychic	Fairy	Synchronize	Trace	Telepathy	Poison	Ghost	Steel				Dragon		
600	**Klang**	Steel		Plus	Minus	Clear Body	Fire	Fighting	Ground				Poison		

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
707	**Klefki**	Steel	Fairy	Prankster		Magician	Fire	Ground						Poison	Dragon	
599	**Klink**	Steel		Plus	Minus	Clear Body	Fire	Fighting	Ground					Poison		
601	**Klinklang**	Steel		Plus	Minus	Clear Body	Fire	Fighting	Ground					Poison		
109	**Koffing**	Poison		Levitate			Ground	Psychic						Ground		
775	**Komala**	Normal		Comatose			Fighting							Ghost		
784	**Kommo-o**	Dragon	Fighting	Bulletproof	Soundproof	Overcoat	4×Fairy	Ice	Flying	Psychic	Dragon					
098	**Krabby**	Water		Hyper Cutter	Shell Armor	Sheer Force	Grass	Electric								
401	**Kricketot**	Bug		Shed Skin		Run Away	Fire	Flying	Rock							
402	**Kricketune**	Bug		Swarm		Technician	Fire	Flying	Rock							
552	**Krokorok**	Ground	Dark	Intimidate	Moxie	Anger Point	Water	Grass	Ice	Fighting	Bug	Fairy		Electric	Psychic	
553	**Krookodile**	Ground	Dark	Intimidate	Moxie	Anger Point	Water	Grass	Ice	Fighting	Bug	Fairy		Electric	Psychic	
382	**Kyogre**	Water		Drizzle			Grass	Electric								
382	**Kyogre (Primal Kyogre)**	Water		Primordial Sea			Grass	Electric								
646	**Kyurem**	Dragon	Ice	Pressure			Fighting	Rock	Dragon	Steel	Fairy					
305	**Lairon**	Steel	Rock	Sturdy	Rock Head	Heavy Metal	4×Fighting	4×Ground	Water					Poison		
608	**Lampent**	Ghost	Fire	Flash Fire	Flame Body	Infiltrator	Water	Ground	Rock	Ghost	Dark			Normal	Fire	Fighting
645	**Landorus (Incarnate Form)**	Ground	Flying	Sand Force		Sheer Force	4×Ice	Water						Electric	Ground	
645	**Landorus (Therian Form)**	Ground	Flying	Intimidate			4×Ice	Water						Electric	Ground	
171	**Lanturn**	Water	Electric	Volt Absorb[1]	Illuminate	Water Absorb[2]	Grass	Ground						Water[2]	Electric[1]	
131	**Lapras**	Water	Ice	Water Absorb	Shell Armor	Hydration	Grass	Electric	Fighting	Rock				Water		
636	**Larvesta**	Bug	Fire	Flame Body		Swarm	4×Rock	Water	Flying							
246	**Larvitar**	Rock	Ground	Guts		Sand Veil	4×Water	4×Grass	Ice	Fighting	Ground	Steel		Electric		
380	**Latias**	Dragon	Psychic	Levitate			Ice	Bug	Ghost	Dragon	Dark	Fairy		Ground		
380	**Latias (Mega Latias)**	Dragon	Psychic	Levitate			Ice	Bug	Ghost	Dragon	Dark	Fairy		Ground		
381	**Latios**	Dragon	Psychic	Levitate			Ice	Bug	Ghost	Dragon	Dark	Fairy		Ground		
381	**Latios (Mega Latios)**	Dragon	Psychic	Levitate			Ice	Bug	Ghost	Dragon	Dark	Fairy		Ground		
470	**Leafeon**	Grass		Leaf Guard		Chlorophyll	Fire	Ice	Poison	Flying	Bug					
542	**Leavanny**	Bug	Grass	Swarm	Chlorophyll	Overcoat	4×Fire	4×Flying	Ice	Poison	Bug	Rock				
166	**Ledian**	Bug	Flying	Swarm	Early Bird	Iron Fist	4×Rock	Fire	Electric	Ice	Flying			Ground		
165	**Ledyba**	Bug	Flying	Swarm	Early Bird	Rattled	4×Rock	Fire	Electric	Ice	Flying			Ground		
463	**Lickilicky**	Normal		Own Tempo	Oblivious	Cloud Nine	Fighting							Ghost		
108	**Lickitung**	Normal		Own Tempo	Oblivious	Cloud Nine	Fighting							Ghost		
510	**Liepard**	Dark		Limber	Unburden	Prankster	Fighting	Bug	Fairy					Psychic		
345	**Lileep**	Rock	Grass	Suction Cups		Storm Drain	Ice	Fighting	Bug	Steel				Water		
549	**Lilligant**	Grass		Chlorophyll	Own Tempo	Leaf Guard	Fire	Ice	Poison	Flying	Bug					
506	**Lillipup**	Normal		Vital Spirit	Pickup	Run Away	Fighting							Ghost		
264	**Linoone**	Normal		Pickup	Gluttony	Quick Feet	Fighting							Ghost		
667	**Litleo**	Fire	Normal	Rivalry	Unnerve	Moxie	Water	Fighting	Ground	Rock				Ghost		
725	**Litten**	Fire		Blaze		Intimidate	Water	Ground	Rock							
607	**Litwick**	Ghost	Fire	Flash Fire	Flame Body	Infiltrator	Water	Ground	Rock	Ghost	Dark			Normal	Fire	Fighting
271	**Lombre**	Water	Grass	Swift Swim	Rain Dish	Own Tempo	Poison	Flying	Bug							
428	**Lopunny**	Normal		Cute Charm	Klutz	Limber	Fighting							Ghost		
428	**Lopunny (Mega Lopunny)**	Normal	Fighting	Scrappy			Fighting	Flying	Psychic	Fairy				Ghost		
270	**Lotad**	Water	Grass	Swift Swim	Rain Dish	Own Tempo	Poison	Flying	Bug							
294	**Loudred**	Normal		Soundproof		Scrappy	Fighting							Ghost		
448	**Lucario**	Fighting	Steel	Steadfast	Inner Focus	Justified	Fire	Fighting	Ground					Poison		
448	**Lucario (Mega Lucario)**	Fighting	Steel	Adaptability			Fire	Fighting	Ground					Poison		
272	**Ludicolo**	Water	Grass	Swift Swim	Rain Dish	Own Tempo	Poison	Flying	Bug							
249	**Lugia**	Psychic	Flying	Pressure		Multiscale	Electric	Ice	Rock	Ghost	Dark			Ground		
457	**Lumineon**	Water		Swift Swim	Storm Drain	Water Veil	Grass	Electric						Water		
792	**Lunala**	Psychic	Ghost	Shadow Shield			4×Ghost	4×Dark						Normal	Fighting	
337	**Lunatone**	Rock	Psychic	Levitate			Water	Grass	Ground	Bug	Ghost	Dark	Steel	Ground		
754	**Lurantis**	Grass		Leaf Guard		Contrary	Fire	Ice	Poison	Flying	Bug					
370	**Luvdisc**	Water		Swift Swim		Hydration	Grass	Electric								
404	**Luxio**	Electric		Rivalry	Intimidate	Guts	Ground									
405	**Luxray**	Electric		Rivalry	Intimidate	Guts	Ground									
745	**Lycanroc (Dusk Form)**	Rock		Tough Claws			Water	Grass	Fighting	Ground	Steel					
745	**Lycanroc (Midday Form)**	Rock		Keen Eye	Sand Rush	Steadfast	Water	Grass	Fighting	Ground	Steel					
745	**Lycanroc (Midnight Form)**	Rock		Keen Eye	Vital Spirit	No Guard	Water	Grass	Fighting	Ground	Steel					
068	**Machamp**	Fighting		Guts	No Guard	Steadfast	Flying	Psychic	Fairy							

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types					Immune to these move types		
067	**Machoke**	Fighting		Guts	No Guard	Steadfast	Flying	Psychic	Fairy					
066	**Machop**	Fighting		Guts	No Guard	Steadfast	Flying	Psychic	Fairy					
240	**Magby**	Fire		Flame Body		Vital Spirit	Water	Ground	Rock					
219	**Magcargo**	Fire	Rock	Magma Armor	Flame Body	Weak Armor	4× Water	4× Ground	Fighting	Rock				
801	**Magearna**	Steel	Fairy	Soul-Heart			Fire	Ground				Poison	Dragon	
129	**Magikarp**	Water		Swift Swim		Rattled	Grass	Electric						
126	**Magmar**	Fire		Flame Body		Vital Spirit	Water	Ground	Rock					
467	**Magmortar**	Fire		Flame Body		Vital Spirit	Water	Ground	Rock					
081	**Magnemite**	Electric	Steel	Magnet Pull	Sturdy	Analytic	4× Ground	Fire	Fighting			Poison		
082	**Magneton**	Electric	Steel	Magnet Pull	Sturdy	Analytic	4× Ground	Fire	Fighting			Poison		
462	**Magnezone**	Electric	Steel	Magnet Pull	Sturdy	Analytic	4× Ground	Fire	Fighting			Poison		
296	**Makuhita**	Fighting		Thick Fat*	Guts	Sheer Force	Flying	Psychic	Fairy					
687	**Malamar**	Dark	Psychic	Contrary	Suction Cups	Infiltrator	4× Bug	Fairy				Psychic		
473	**Mamoswine**	Ice	Ground	Oblivious	Snow Cloak	Thick Fat*	Fire*	Water	Grass	Fighting	Steel	Electric		
490	**Manaphy**	Water		Hydration			Grass	Electric						
630	**Mandibuzz**	Dark	Flying	Big Pecks	Overcoat	Weak Armor	Electric	Ice	Rock	Fairy		Ground	Psychic	
310	**Manectric**	Electric		Static	Lightning Rod	Minus	Ground					Electric		
310	**Manectric (Mega Manectric)**	Electric		Intimidate			Ground							
056	**Mankey**	Fighting		Vital Spirit	Anger Point	Defiant	Flying	Psychic	Fairy					
226	**Mantine**	Water	Flying	Swift Swim	Water Absorb	Water Veil	4× Electric	Rock				Water	Ground	
458	**Mantyke**	Water	Flying	Swift Swim	Water Absorb	Water Veil	4× Electric	Rock				Water	Ground	
556	**Maractus**	Grass		Water Absorb[1]	Chlorophyll	Storm Drain[2]	Fire	Ice	Poison	Flying	Bug	Water[1, 2]		
747	**Mareanie**	Poison	Water	Merciless	Limber	Regenerator	Electric	Ground	Psychic					
179	**Mareep**	Electric		Static		Plus	Ground							
183	**Marill**	Water	Fairy	Thick Fat*	Huge Power	Sap Sipper	Grass	Electric	Poison			Grass	Dragon	
105	**Marowak**	Ground		Rock Head	Lightning Rod	Battle Armor	Water	Grass	Ice			Electric	Electric	
105	**Marowak (Alola Form)**	Fire	Ghost	Cursed Body	Lightning Rod	Rock Head	Water	Ground	Rock	Ghost	Dark	Normal	Electric	Fighting
802	**Marshadow**	Fighting	Ghost	Technician			Flying	Psychic	Ghost	Fairy		Normal	Fighting	
259	**Marshtomp**	Water	Ground	Torrent		Damp	4× Grass					Electric		
284	**Masquerain**	Bug	Flying	Intimidate		Unnerve	4× Rock	Fire	Electric	Ice	Flying	Ground		
303	**Mawile**	Steel	Fairy	Hyper Cutter	Intimidate	Sheer Force	Fire	Ground				Poison	Dragon	
303	**Mawile (Mega Mawile)**	Steel	Fairy	Huge Power			Fire	Ground				Poison	Dragon	
308	**Medicham**	Fighting	Psychic	Pure Power		Telepathy	Flying	Ghost	Fairy					
308	**Medicham (Mega Medicham)**	Fighting	Psychic	Pure Power			Flying	Ghost	Fairy					
307	**Meditite**	Fighting	Psychic	Pure Power		Telepathy	Flying	Ghost	Fairy					
154	**Meganium**	Grass		Overgrow		Leaf Guard	Fire	Ice	Poison	Flying	Bug			
648	**Meloetta (Aria Forme)**	Normal	Psychic	Serene Grace			Bug	Dark				Ghost		
648	**Meloetta (Pirouette Forme)**	Normal	Fighting	Serene Grace			Fighting	Flying	Psychic	Fairy		Ghost		
678	**Meowstic**	Psychic		Keen Eye	Infiltrator	Prankster	Bug	Ghost	Dark					
052	**Meowth**	Normal		Pickup	Technician	Unnerve	Fighting					Ghost		
052	**Meowth (Alola Form)**	Dark		Pickup	Technician	Rattled	Fighting	Bug	Fairy			Psychic		
481	**Mesprit**	Psychic		Levitate			Bug	Ghost	Dark			Ground		
376	**Metagross**	Steel	Psychic	Clear Body		Light Metal	Fire	Ground	Ghost	Dark		Poison		
376	**Metagross (Mega Metagross)**	Steel	Psychic	Tough Claws			Fire	Ground	Ghost	Dark		Poison		
375	**Metang**	Steel	Psychic	Clear Body		Light Metal	Fire	Ground	Ghost	Dark		Poison		
011	**Metapod**	Bug		Shed Skin			Fire	Flying	Rock					
151	**Mew**	Psychic		Synchronize			Bug	Ghost	Dark					
150	**Mewtwo**	Psychic		Pressure		Unnerve	Bug	Ghost	Dark					
150	**Mewtwo (Mega Mewtwo X)**	Psychic	Fighting	Steadfast			Flying	Ghost	Fairy					
150	**Mewtwo (Mega Mewtwo Y)**	Psychic		Insomnia			Bug	Ghost	Dark					
619	**Mienfoo**	Fighting		Inner Focus	Regenerator	Reckless	Flying	Psychic	Fairy					
620	**Mienshao**	Fighting		Inner Focus	Regenerator	Reckless	Flying	Psychic	Fairy					
262	**Mightyena**	Dark		Intimidate	Quick Feet	Moxie	Fighting	Bug	Fairy			Psychic		
350	**Milotic**	Water		Marvel Scale	Competitive	Cute Charm	Grass	Electric						
241	**Miltank**	Normal		Thick Fat*	Scrappy	Sap Sipper	Fighting					Grass	Ghost	
439	**Mime Jr.**	Psychic	Fairy	Soundproof	Filter*	Technician	Poison*	Ghost*	Steel*			Dragon		
778	**Mimikyu**	Ghost	Fairy	Disguise			Ghost	Steel				Normal	Fighting	Dragon
572	**Minccino**	Normal		Cute Charm	Technician	Skill Link	Fighting					Ghost		
774	**Minior**	Rock	Flying	Shields Down			Water	Electric	Ice	Rock	Steel	Ground		
312	**Minun**	Electric		Minus		Volt Absorb	Ground					Electric		

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
200	**Misdreavus**	Ghost		Levitate			Ghost	Dark						Normal	Fighting	Ground
429	**Mismagius**	Ghost		Levitate			Ghost	Dark						Normal	Fighting	Ground
146	**Moltres**	Fire	Flying	Pressure		Flame Body	4×Rock	Water	Electric					Ground		
391	**Monferno**	Fire	Fighting	Blaze		Iron Fist	Water	Ground	Flying	Psychic						
755	**Morelull**	Grass	Fairy	Illuminate	Effect Spore	Rain Dish	4×Poison	Fire	Ice	Flying	Steel			Dragon		
414	**Mothim**	Bug	Flying	Swarm		Tinted Lens	4×Rock	Fire	Electric	Ice	Flying			Ground		
122	**Mr. Mime**	Psychic	Fairy	Soundproof	Filter*	Technician	Poison*	Ghost*	Steel*					Dragon		
749	**Mudbray**	Ground		Own Tempo	Stamina	Inner Focus	Water	Grass	Ice					Electric		
258	**Mudkip**	Water		Torrent		Damp	Grass	Electric								
750	**Mudsdale**	Ground		Own Tempo	Stamina	Inner Focus	Water	Grass	Ice					Electric		
089	**Muk**	Poison		Stench	Sticky Hold	Poison Touch	Ground	Psychic								
089	**Muk (Alola Form)**	Poison	Dark	Poison Touch	Gluttony	Power of Alchemy	Ground							Psychic		
446	**Munchlax**	Normal		Pickup	Thick Fat*	Gluttony	Fighting							Ghost		
517	**Munna**	Psychic		Forewarn	Synchronize	Telepathy	Bug	Ghost	Dark							
198	**Murkrow**	Dark	Flying	Insomnia	Super Luck	Prankster	Electric	Ice	Rock	Fairy				Ground	Psychic	
518	**Musharna**	Psychic		Forewarn	Synchronize	Telepathy	Bug	Ghost	Dark							
804	**Naganadel**	Poison	Dragon	Beast Boost			Ice	Ground	Psychic	Dragon						
177	**Natu**	Psychic	Flying	Synchronize	Early Bird	Magic Bounce	Electric	Ice	Rock	Ghost	Dark			Ground		
800	**Necrozma**	Psychic		Prism Armor*			Bug*	Ghost*	Dark*							
800	**Necrozma (Dawn Wings)**	Psychic	Ghost	Prism Armor*			4×Ghost*	4×Dark*						Normal	Fighting	
800	**Necrozma (Dusk Mane)**	Psychic	Steel	Prism Armor*			Fire*	Ground*	Ghost*	Dark*				Poison		
800	**Necrozma (Ultra Necrozma)**	Psychic	Dragon	Neuroforce			Ice	Bug	Ghost	Dragon	Dark	Fairy				
034	**Nidoking**	Poison	Ground	Poison Point	Rivalry	Sheer Force	Water	Ice	Ground	Psychic				Electric		
031	**Nidoqueen**	Poison	Ground	Poison Point	Rivalry	Sheer Force	Water	Ice	Ground	Psychic				Electric		
029	**Nidoran ♀**	Poison		Poison Point	Rivalry	Hustle	Ground	Psychic								
032	**Nidoran ♂**	Poison		Poison Point	Rivalry	Hustle	Ground	Psychic								
030	**Nidorina**	Poison		Poison Point	Rivalry	Hustle	Ground	Psychic								
033	**Nidorino**	Poison		Poison Point	Rivalry	Hustle	Ground	Psychic								
793	**Nihilego**	Rock	Poison	Beast Boost			4×Ground	Water	Psychic	Steel						
290	**Nincada**	Bug	Ground	Compound Eyes		Run Away	Fire	Water	Ice	Flying				Electric		
038	**Ninetales**	Fire		Flash Fire		Drought	Water	Ground	Rock					Fire		
038	**Ninetales (Alola Form)**	Ice	Fairy	Snow Cloak		Snow Warning	4×Steel	Fire	Poison	Rock				Dragon		
291	**Ninjask**	Bug	Flying	Speed Boost		Infiltrator	4×Rock	Fire	Electric	Ice	Flying			Ground		
164	**Noctowl**	Normal	Flying	Insomnia	Keen Eye	Tinted Lens	Electric	Ice	Rock					Ground	Ghost	
714	**Noibat**	Flying	Dragon	Frisk	Infiltrator	Telepathy	4×Ice	Rock	Dragon	Fairy				Ground		
715	**Noivern**	Flying	Dragon	Frisk	Infiltrator	Telepathy	4×Ice	Rock	Dragon	Fairy				Ground		
299	**Nosepass**	Rock		Sturdy	Magnet Pull	Sand Force	Water	Grass	Fighting	Ground	Steel					
322	**Numel**	Fire	Ground	Oblivious	Simple	Own Tempo	4×Water	Ground						Electric		
274	**Nuzleaf**	Grass	Dark	Chlorophyll	Early Bird	Pickpocket	4×Bug	Fire	Ice	Fighting	Poison	Flying	Fairy	Psychic		
224	**Octillery**	Water		Suction Cups	Sniper	Moody	Grass	Electric								
043	**Oddish**	Grass	Poison	Chlorophyll		Run Away	Fire	Ice	Flying	Psychic						
138	**Omanyte**	Rock	Water	Swift Swim	Shell Armor	Weak Armor	4×Grass	Electric	Fighting	Ground						
139	**Omastar**	Rock	Water	Swift Swim	Shell Armor	Weak Armor	4×Grass	Electric	Fighting	Ground						
095	**Onix**	Rock	Ground	Rock Head	Sturdy	Weak Armor	4×Water	4×Grass	Ice	Fighting	Ground	Steel		Electric		
765	**Oranguru**	Normal	Psychic	Inner Focus	Telepathy	Symbiosis	Bug	Dark						Ghost		
741	**Oricorio (Baile Style)**	Fire	Flying	Dancer			4×Rock	Water	Electric					Ground		
741	**Oricorio (Pa'u Style)**	Psychic	Flying	Dancer			Electric	Ice	Rock	Ghost	Dark			Ground		
741	**Oricorio (Pom-Pom Style)**	Electric	Flying	Dancer			Ice	Rock						Ground		
741	**Oricorio (Sensu Style)**	Ghost	Flying	Dancer			Electric	Ice	Rock	Ghost	Dark			Normal	Fighting	Ground
501	**Oshawott**	Water		Torrent		Shell Armor	Grass	Electric								
417	**Pachirisu**	Electric		Run Away	Pickup	Volt Absorb	Ground							Electric		
484	**Palkia**	Water	Dragon	Pressure		Telepathy	Dragon	Fairy								
770	**Palossand**	Ghost	Ground	Water Compaction		Sand Veil	Water	Grass	Ice	Ghost	Dark			Normal	Electric	Fighting
536	**Palpitoad**	Water	Ground	Swift Swim	Hydration	Water Absorb	4×Grass							Water	Electric	
674	**Pancham**	Fighting		Iron Fist	Mold Breaker	Scrappy	Flying	Psychic	Fairy							
675	**Pangoro**	Fighting	Dark	Iron Fist	Mold Breaker	Scrappy	4×Fairy	Fighting	Flying					Psychic		
515	**Panpour**	Water		Gluttony		Torrent	Grass	Electric								
511	**Pansage**	Grass		Gluttony		Overgrow	Fire	Ice	Poison	Flying	Bug					
513	**Pansear**	Fire		Gluttony		Blaze	Water	Ground	Rock							
046	**Paras**	Bug	Grass	Effect Spore	Dry Skin	Damp	4×Fire	4×Flying	Ice	Poison	Bug	Rock		Water		

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types						Immune to these move types	
047	**Parasect**	Bug	Grass	Effect Spore	Dry Skin	Damp	4×Fire	4×Flying	Ice	Poison	Bug	Rock	Water	
766	**Passimian**	Fighting		Receiver		Defiant	Flying	Psychic	Fairy					
504	**Patrat**	Normal		Run Away	Keen Eye	Analytic	Fighting						Ghost	
624	**Pawniard**	Dark	Steel	Defiant	Inner Focus	Pressure	4×Fighting	Fire	Ground				Poison	Psychic
279	**Pelipper**	Water	Flying	Keen Eye	Drizzle	Rain Dish	4×Electric	Rock					Ground	
053	**Persian**	Normal		Limber	Technician	Unnerve	Fighting						Ghost	
053	**Persian (Alola Form)**	Dark		Fur Coat	Technician	Rattled	Fighting	Bug	Fairy				Psychic	
548	**Petilil**	Grass		Chlorophyll	Own Tempo	Leaf Guard	Fire	Ice	Poison	Flying	Bug			
231	**Phanpy**	Ground		Pickup		Sand Veil	Water	Grass	Ice				Electric	
708	**Phantump**	Ghost	Grass	Natural Cure	Frisk	Harvest	Fire	Ice	Flying	Ghost	Dark		Normal	Fighting
795	**Pheromosa**	Bug	Fighting	Beast Boost			4×Flying	Fire	Psychic	Fairy				
489	**Phione**	Water		Hydration			Grass	Electric						
172	**Pichu**	Electric		Static		Lightning Rod	Ground						Electric	
018	**Pidgeot**	Normal	Flying	Keen Eye	Tangled Feet	Big Pecks	Electric	Ice	Rock				Ground	Ghost
018	**Pidgeot (Mega Pidgeot)**	Normal	Flying	No Guard			Electric	Ice	Rock				Ground	Ghost
017	**Pidgeotto**	Normal	Flying	Keen Eye	Tangled Feet	Big Pecks	Electric	Ice	Rock				Ground	Ghost
016	**Pidgey**	Normal	Flying	Keen Eye	Tangled Feet	Big Pecks	Electric	Ice	Rock				Ground	Ghost
519	**Pidove**	Normal	Flying	Big Pecks	Super Luck	Rivalry	Electric	Ice	Rock				Ground	Ghost
499	**Pignite**	Fire	Fighting	Blaze		Thick Fat*	Water	Ground	Flying	Psychic				
025	**Pikachu**	Electric		Static		Lightning Rod	Ground						Electric	
731	**Pikipek**	Normal	Flying	Keen Eye	Skill Link	Pickup	Electric	Ice	Rock				Ground	Ghost
221	**Piloswine**	Ice	Ground	Oblivious	Snow Cloak	Thick Fat*	Fire*	Water	Grass	Fighting	Steel		Electric	
204	**Pineco**	Bug		Sturdy		Overcoat	Fire	Flying	Rock					
127	**Pinsir**	Bug		Hyper Cutter	Mold Breaker	Moxie	Fire	Flying	Rock					
127	**Pinsir (Mega Pinsir)**	Bug	Flying	Aerilate			4×Rock	Fire	Electric	Ice	Flying		Ground	
393	**Piplup**	Water		Torrent		Defiant	Grass	Electric						
311	**Plusle**	Electric		Plus		Lightning Rod	Ground						Electric	
803	**Poipole**	Poison		Beast Boost			Ground	Psychic						
186	**Politoed**	Water		Water Absorb	Damp	Drizzle	Grass	Electric					Water	
060	**Poliwag**	Water		Water Absorb	Damp	Swift Swim	Grass	Electric					Water	
061	**Poliwhirl**	Water		Water Absorb	Damp	Swift Swim	Grass	Electric					Water	
062	**Poliwrath**	Water	Fighting	Water Absorb	Damp	Swift Swim	Grass	Electric	Flying	Psychic	Fairy		Water	
077	**Ponyta**	Fire		Run Away	Flash Fire	Flame Body	Water	Ground	Rock				Fire	
261	**Poochyena**	Dark		Run Away	Quick Feet	Rattled	Fighting	Bug	Fairy				Psychic	
728	**Popplio**	Water		Torrent		Liquid Voice	Grass	Electric						
137	**Porygon**	Normal		Trace	Download	Analytic	Fighting						Ghost	
233	**Porygon2**	Normal		Trace	Download	Analytic	Fighting						Ghost	
474	**Porygon-Z**	Normal		Adaptability	Download	Analytic	Fighting						Ghost	
730	**Primarina**	Water	Fairy	Torrent		Liquid Voice	Grass	Electric	Poison				Dragon	
057	**Primeape**	Fighting		Vital Spirit	Anger Point	Defiant	Flying	Psychic	Fairy					
394	**Prinplup**	Water		Torrent		Defiant	Grass	Electric						
476	**Probopass**	Rock	Steel	Sturdy	Magnet Pull	Sand Force	4×Fighting	4×Ground	Water				Poison	
054	**Psyduck**	Water		Damp	Cloud Nine	Swift Swim	Grass	Electric						
710	**Pumpkaboo**	Ghost	Grass	Pickup	Frisk	Insomnia	Fire	Ice	Flying	Ghost	Dark		Normal	Fighting
247	**Pupitar**	Rock	Ground	Shed Skin			4×Water	4×Grass	Ice	Fighting	Ground	Steel	Electric	
509	**Purrloin**	Dark		Limber	Unburden	Prankster	Fighting	Bug	Fairy				Psychic	
432	**Purugly**	Normal		Thick Fat*	Own Tempo	Defiant	Fighting						Ghost	
668	**Pyroar**	Fire	Normal	Rivalry	Unnerve	Moxie	Water	Fighting	Ground	Rock			Ghost	
771	**Pyukumuku**	Water		Innards Out		Unaware	Grass	Electric						
195	**Quagsire**	Water	Ground	Damp	Water Absorb	Unaware	4×Grass						Water	Electric
156	**Quilava**	Fire		Blaze		Flash Fire	Water	Ground	Rock				Fire	
651	**Quilladin**	Grass		Overgrow		Bulletproof	Fire	Ice	Poison	Flying	Bug			
211	**Qwilfish**	Water	Poison	Poison Point	Swift Swim	Intimidate	Electric	Ground	Psychic					
026	**Raichu**	Electric		Static		Lightning Rod	Ground						Electric	
026	**Raichu (Alola Form)**	Electric	Psychic	Surge Surfer			Ground	Bug	Ghost	Dark				
243	**Raikou**	Electric		Pressure		Inner Focus	Ground							
280	**Ralts**	Psychic	Fairy	Synchronize	Trace	Telepathy	Poison	Ghost	Steel				Dragon	
409	**Rampardos**	Rock		Mold Breaker		Sheer Force	Water	Grass	Fighting	Ground	Steel			
078	**Rapidash**	Fire		Run Away	Flash Fire	Flame Body	Water	Ground	Rock				Fire	
020	**Raticate**	Normal		Run Away	Guts	Hustle	Fighting						Ghost	

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types						Immune to these move types		
020	**Raticate (Alola Form)**	Dark	Normal	Gluttony	Hustle	Thick Fat*	4× Fighting	Bug	Fairy				Psychic	Ghost	
019	**Rattata**	Normal		Run Away	Guts	Hustle	Fighting						Ghost		
019	**Rattata (Alola Form)**	Dark	Normal	Gluttony	Hustle	Thick Fat*	4× Fighting	Bug	Fairy				Psychic	Ghost	
384	**Rayquaza**	Dragon	Flying	Air Lock			4× Ice	Rock	Dragon	Fairy			Ground		
384	**Rayquaza (Mega Rayquaza)**	Dragon	Flying	Delta Stream*			Rock*	Dragon*	Fairy*				Ground		
378	**Regice**	Ice		Clear Body		Ice Body	Fire	Fighting	Rock	Steel					
486	**Regigigas**	Normal		Slow Start			Fighting						Ghost		
377	**Regirock**	Rock		Clear Body		Sturdy	Water	Grass	Fighting	Ground	Steel				
379	**Registeel**	Steel		Clear Body		Light Metal	Fire	Fighting	Ground				Poison		
369	**Relicanth**	Water	Rock	Swift Swim	Rock Head	Sturdy	4× Grass	Electric	Fighting	Ground					
223	**Remoraid**	Water		Hustle	Sniper	Moody	Grass	Electric							
643	**Reshiram**	Dragon	Fire	Turboblaze			Ground	Rock	Dragon						
579	**Reuniclus**	Psychic		Overcoat	Magic Guard	Regenerator	Bug	Ghost	Dark						
112	**Rhydon**	Ground	Rock	Lightning Rod	Rock Head	Reckless	4× Water	4× Grass	Ice	Fighting	Ground	Steel	Electric	Electric	
111	**Rhyhorn**	Ground	Rock	Lightning Rod	Rock Head	Reckless	4× Water	4× Grass	Ice	Fighting	Ground	Steel	Electric	Electric	
464	**Rhyperior**	Ground	Rock	Lightning Rod	Solid Rock*	Reckless	4× Water	4× Grass*	Ice*	Fighting*	Ground*	Steel*	Electric	Electric	
743	**Ribombee**	Bug	Fairy	Honey Gather	Shield Dust	Sweet Veil	Fire	Poison	Flying	Rock	Steel		Dragon		
447	**Riolu**	Fighting		Steadfast	Inner Focus	Prankster	Flying	Psychic	Fairy						
744	**Rockruff**	Rock		Keen Eye	Vital Spirit	Steadfast	Water	Grass	Fighting	Ground	Steel				
524	**Roggenrola**	Rock		Sturdy	Weak Armor	Sand Force	Water	Grass	Fighting	Ground	Steel				
315	**Roselia**	Grass	Poison	Natural Cure	Poison Point	Leaf Guard	Fire	Ice	Flying	Psychic					
407	**Roserade**	Grass	Poison	Natural Cure	Poison Point	Technician	Fire	Ice	Flying	Psychic					
479	**Rotom**	Electric	Ghost	Levitate			Ground	Ghost	Dark				Normal	Fighting	Ground
479	**Rotom (Fan Rotom)**	Electric	Flying	Levitate			Ice	Rock					Ground	Ground	
479	**Rotom (Frost Rotom)**	Electric	Ice	Levitate			Fire	Fighting	Ground	Rock			Ground		
479	**Rotom (Heat Rotom)**	Electric	Fire	Levitate			Water	Ground	Rock				Ground		
479	**Rotom (Mow Rotom)**	Electric	Grass	Levitate			Fire	Ice	Poison	Bug			Ground		
479	**Rotom (Wash Rotom)**	Electric	Water	Levitate			Grass	Ground					Ground		
722	**Rowlet**	Grass	Flying	Overgrow		Long Reach	4× Ice	Fire	Poison	Flying	Rock		Ground		
627	**Rufflet**	Normal	Flying	Keen Eye	Sheer Force	Hustle	Electric	Ice	Rock				Ground	Ghost	
302	**Sableye**	Dark	Ghost	Keen Eye	Stall	Prankster	Fairy						Normal	Fighting	Psychic
302	**Sableye (Mega Sableye)**	Dark	Ghost	Magic Bounce			Fairy						Normal	Fighting	Psychic
373	**Salamence**	Dragon	Flying	Intimidate		Moxie	4× Ice	Rock	Dragon	Fairy			Ground		
373	**Salamence (Mega Salamence)**	Dragon	Flying	Aerilate			4× Ice	Rock	Dragon	Fairy			Ground		
757	**Salandit**	Poison	Fire	Corrosion		Oblivious	4× Ground	Water	Psychic	Rock					
758	**Salazzle**	Poison	Fire	Corrosion		Oblivious	4× Ground	Water	Psychic	Rock					
503	**Samurott**	Water		Torrent		Shell Armor	Grass	Electric							
551	**Sandile**	Ground	Dark	Intimidate	Moxie	Anger Point	Water	Grass	Ice	Fighting	Bug	Fairy	Electric	Psychic	
027	**Sandshrew**	Ground		Sand Veil		Sand Rush	Water	Grass	Ice				Electric		
027	**Sandshrew (Alola Form)**	Ice	Steel	Snow Cloak		Slush Rush	4× Fire	4× Fighting	Ground				Poison		
028	**Sandslash**	Ground		Sand Veil		Sand Rush	Water	Grass	Ice				Electric		
028	**Sandslash (Alola Form)**	Ice	Steel	Snow Cloak		Slush Rush	4× Fire	4× Fighting	Ground				Poison		
769	**Sandygast**	Ghost	Ground	Water Compaction		Sand Veil	Water	Grass	Ice	Ghost	Dark		Normal	Electric	Fighting
539	**Sawk**	Fighting		Sturdy	Inner Focus	Mold Breaker	Flying	Psychic	Fairy						
586	**Sawsbuck**	Normal	Grass	Chlorophyll	Sap Sipper	Serene Grace	Fire	Ice	Fighting	Poison	Flying	Bug	Grass	Ghost	
664	**Scatterbug**	Bug		Shield Dust	Compound Eyes	Friend Guard	Fire	Flying	Rock						
254	**Sceptile**	Grass		Overgrow		Unburden	Fire	Ice	Poison	Flying	Bug				
254	**Sceptile (Mega Sceptile)**	Grass	Dragon	Lightning Rod			4× Ice	Poison	Flying	Bug	Dragon	Fairy	Electric		
212	**Scizor**	Bug	Steel	Swarm	Technician	Light Metal	4× Fire						Poison		
212	**Scizor (Mega Scizor)**	Bug	Steel	Technician			4× Fire						Poison		
545	**Scolipede**	Bug	Poison	Poison Point	Swarm	Speed Boost	Fire	Flying	Psychic	Rock					
560	**Scrafty**	Dark	Fighting	Shed Skin	Moxie	Intimidate	4× Fairy	Fighting	Flying				Psychic		
559	**Scraggy**	Dark	Fighting	Shed Skin	Moxie	Intimidate	4× Fairy	Fighting	Flying				Psychic		
123	**Scyther**	Bug	Flying	Swarm	Technician	Steadfast	4× Rock	Fire	Electric	Ice	Flying		Ground		
117	**Seadra**	Water		Poison Point	Sniper	Damp	Grass	Electric							
119	**Seaking**	Water		Swift Swim	Water Veil	Lightning Rod	Grass	Electric					Electric		
364	**Sealeo**	Ice	Water	Thick Fat*	Ice Body	Oblivious	Grass	Electric	Fighting	Rock					
273	**Seedot**	Grass		Chlorophyll	Early Bird	Pickpocket	Fire	Ice	Poison	Flying	Bug				
086	**Seel**	Water		Thick Fat*	Hydration	Ice Body	Grass	Electric							
537	**Seismitoad**	Water	Ground	Swift Swim	Poison Touch	Water Absorb	4× Grass						Water	Electric	

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
161	**Sentret**	Normal		Run Away	Keen Eye	Frisk	Fighting							Ghost		
497	**Serperior**	Grass		Overgrow		Contrary	Fire	Ice	Poison	Flying	Bug					
496	**Servine**	Grass		Overgrow		Contrary	Fire	Ice	Poison	Flying	Bug					
336	**Seviper**	Poison		Shed Skin		Infiltrator	Ground	Psychic								
540	**Sewaddle**	Bug	Grass	Swarm	Chlorophyll	Overcoat	4×Fire	4×Flying	Ice	Poison	Bug	Rock				
319	**Sharpedo**	Water	Dark	Rough Skin		Speed Boost	Grass	Electric	Fighting	Bug	Fairy			Psychic		
319	**Sharpedo (Mega Sharpedo)**	Water	Dark	Strong Jaw			Grass	Electric	Fighting	Bug	Fairy			Psychic		
492	**Shaymin (Land Forme)**	Grass		Natural Cure			Fire	Ice	Poison	Flying	Bug					
492	**Shaymin (Sky Forme)**	Grass	Flying	Serene Grace			4×Ice	Fire	Poison	Flying	Rock			Ground		
292	**Shedinja**	Bug	Ghost	Wonder Guard			Fire	Flying	Rock	Ghost	Dark			See footnote*		
372	**Shelgon**	Dragon		Rock Head		Overcoat	Ice	Dragon	Fairy							
090	**Shellder**	Water		Shell Armor	Skill Link	Overcoat	Grass	Electric								
422	**Shellos**	Water		Sticky Hold	Storm Drain	Sand Force	Grass	Electric						Water		
616	**Shelmet**	Bug		Hydration	Shell Armor	Overcoat	Fire	Flying	Rock							
410	**Shieldon**	Rock	Steel	Sturdy		Soundproof	4×Fighting	4×Ground	Water					Poison		
275	**Shiftry**	Grass	Dark	Chlorophyll	Early Bird	Pickpocket	4×Bug	Fire	Ice	Fighting	Poison	Flying	Fairy	Psychic		
756	**Shiinotic**	Grass	Fairy	Illuminate	Effect Spore	Rain Dish	4×Poison	Fire	Ice	Flying	Steel			Dragon		
403	**Shinx**	Electric		Rivalry	Intimidate	Guts	Ground									
285	**Shroomish**	Grass		Effect Spore	Poison Heal	Quick Feet	Fire	Ice	Poison	Flying	Bug					
213	**Shuckle**	Bug	Rock	Sturdy	Gluttony	Contrary	Water	Rock	Steel							
353	**Shuppet**	Ghost		Insomnia	Frisk	Cursed Body	Ghost	Dark						Normal	Fighting	
561	**Sigilyph**	Psychic	Flying	Wonder Skin	Magic Guard	Tinted Lens	Electric	Ice	Rock	Ghost	Dark			Ground		
266	**Silcoon**	Bug		Shed Skin			Fire	Flying	Rock							
773	**Silvally**	Normal		RKS System			Fighting							Ghost		
773	**Silvally (Type: Bug)**	Bug		RKS System			Fire	Flying	Rock							
773	**Silvally (Type: Dark)**	Dark		RKS System			Fighting	Bug	Fairy					Psychic		
773	**Silvally (Type: Dragon)**	Dragon		RKS System			Ice	Dragon	Fairy							
773	**Silvally (Type: Electric)**	Electric		RKS System			Ground									
773	**Silvally (Type: Fairy)**	Fairy		RKS System			Poison	Steel						Dragon		
773	**Silvally (Type: Fighting)**	Fighting		RKS System			Flying	Psychic	Fairy							
773	**Silvally (Type: Flying)**	Flying		RKS System			Electric	Ice	Rock					Ground		
773	**Silvally (Type: Ghost)**	Ghost		RKS System			Ghost	Dark						Normal	Fighting	
773	**Silvally (Type: Grass)**	Grass		RKS System			Fire	Ice	Poison	Flying	Bug					
773	**Silvally (Type: Ground)**	Ground		RKS System			Water	Grass	Ice					Electric		
773	**Silvally (Type: Ice)**	Ice		RKS System			Fire	Fighting	Rock	Steel						
773	**Silvally (Type: Poison)**	Poison		RKS System			Ground	Psychic								
773	**Silvally (Type: Psychic)**	Psychic		RKS System			Bug	Ghost	Dark							
773	**Silvally (Type: Rock)**	Rock		RKS System			Water	Grass	Fighting	Ground	Steel					
773	**Silvally (Type: Steel)**	Steel		RKS System			Fire	Fighting	Ground					Poison		
773	**Silvally (Type: Water)**	Water		RKS System			Grass	Electric								
773	**Silvally (Type:Fire)**	Fire		RKS System			Water	Ground	Rock							
516	**Simipour**	Water		Gluttony		Torrent	Grass	Electric								
512	**Simisage**	Grass		Gluttony		Overgrow	Fire	Ice	Poison	Flying	Bug					
514	**Simisear**	Fire		Gluttony		Blaze	Water	Ground	Rock							
227	**Skarmory**	Steel	Flying	Keen Eye	Sturdy	Weak Armor	Fire	Electric						Poison	Ground	
672	**Skiddo**	Grass		Sap Sipper		Grass Pelt	Fire	Ice	Poison	Flying	Bug			Grass		
188	**Skiploom**	Grass	Flying	Chlorophyll	Leaf Guard	Infiltrator	4×Ice	Fire	Poison	Flying	Rock			Ground		
300	**Skitty**	Normal		Cute Charm	Normalize	Wonder Skin	Fighting							Ghost		
451	**Skorupi**	Poison	Bug	Battle Armor	Sniper	Keen Eye	Fire	Flying	Psychic	Rock						
690	**Skrelp**	Poison	Water	Poison Point	Poison Touch	Adaptability	Electric	Ground	Psychic							
435	**Skuntank**	Poison	Dark	Stench	Aftermath	Keen Eye	Ground							Psychic		
289	**Slaking**	Normal		Truant			Fighting							Ghost		
287	**Slakoth**	Normal		Truant			Fighting							Ghost		
705	**Sliggoo**	Dragon		Sap Sipper	Hydration	Gooey	Ice	Dragon	Fairy					Grass		
080	**Slowbro**	Water	Psychic	Oblivious	Own Tempo	Regenerator	Grass	Electric	Bug	Ghost	Dark					
080	**Slowbro (Mega Slowbro)**	Water	Psychic	Shell Armor			Grass	Electric	Bug	Ghost	Dark					
199	**Slowking**	Water	Psychic	Oblivious	Own Tempo	Regenerator	Grass	Electric	Bug	Ghost	Dark					
079	**Slowpoke**	Water	Psychic	Oblivious	Own Tempo	Regenerator	Grass	Electric	Bug	Ghost	Dark					
218	**Slugma**	Fire		Magma Armor	Flame Body	Weak Armor	Water	Ground	Rock							
685	**Slurpuff**	Fairy		Sweet Veil		Unburden	Poison	Steel						Dragon		

*Wonder Guard makes Shedinja immune to all types not super effective.

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
235	**Smeargle**	Normal		Own Tempo	Technician	Moody	Fighting							Ghost		
238	**Smoochum**	Ice	Psychic	Oblivious	Forewarn	Hydration	Fire	Bug	Rock	Ghost	Dark	Steel				
215	**Sneasel**	Dark	Ice	Inner Focus	Keen Eye	Pickpocket	4× Fighting	Fire	Bug	Rock	Steel	Fairy		Psychic		
495	**Snivy**	Grass		Overgrow		Contrary	Fire	Ice	Poison	Flying	Bug					
143	**Snorlax**	Normal		Immunity	Thick Fat*	Gluttony	Fighting							Ghost		
361	**Snorunt**	Ice		Inner Focus	Ice Body	Moody	Fire	Fighting	Rock	Steel						
459	**Snover**	Grass	Ice	Snow Warning		Soundproof	4× Fire	Fighting	Poison	Flying	Bug	Rock	Steel			
209	**Snubbull**	Fairy		Intimidate	Run Away	Rattled	Poison	Steel						Dragon		
791	**Solgaleo**	Psychic	Steel	Full Metal Body			Fire	Ground	Ghost	Dark				Poison		
577	**Solosis**	Psychic		Overcoat	Magic Guard	Regenerator	Bug	Ghost	Dark							
338	**Solrock**	Rock	Psychic	Levitate			Water	Grass	Ground	Bug	Ghost	Dark	Steel	Ground		
021	**Spearow**	Normal	Flying	Keen Eye		Sniper	Electric	Ice	Rock					Ground	Ghost	
665	**Spewpa**	Bug		Shed Skin		Friend Guard	Fire	Flying	Rock							
363	**Spheal**	Ice	Water	Thick Fat*	Ice Body	Oblivious	Grass	Electric	Fighting	Rock						
167	**Spinarak**	Bug	Poison	Swarm	Insomnia	Sniper	Fire	Flying	Psychic	Rock						
327	**Spinda**	Normal		Own Tempo	Tangled Feet	Contrary	Fighting							Ghost		
442	**Spiritomb**	Ghost	Dark	Pressure		Infiltrator	Fairy							Normal	Fighting	Psychic
325	**Spoink**	Psychic		Thick Fat*	Own Tempo	Gluttony	Bug	Ghost	Dark							
682	**Spritzee**	Fairy		Healer		Aroma Veil	Poison	Steel						Dragon		
007	**Squirtle**	Water		Torrent		Rain Dish	Grass	Electric								
805	**Stakataka**	Rock	Steel	Beast Boost			4× Fighting	4× Ground	Water					Poison		
234	**Stantler**	Normal		Intimidate	Frisk	Sap Sipper	Fighting							Grass	Ghost	
398	**Staraptor**	Normal	Flying	Intimidate		Reckless	Electric	Ice	Rock					Ground	Ghost	
397	**Staravia**	Normal	Flying	Intimidate		Reckless	Electric	Ice	Rock					Ground	Ghost	
396	**Starly**	Normal	Flying	Keen Eye		Reckless	Electric	Ice	Rock					Ground	Ghost	
121	**Starmie**	Water	Psychic	Illuminate	Natural Cure	Analytic	Grass	Electric	Bug	Ghost	Dark					
120	**Staryu**	Water		Illuminate	Natural Cure	Analytic	Grass	Electric								
208	**Steelix**	Steel	Ground	Rock Head	Sturdy	Sheer Force	Fire	Water	Fighting	Ground				Electric	Poison	
208	**Steelix (Mega Steelix)**	Steel	Ground	Sand Force			Fire	Water	Fighting	Ground				Electric	Poison	
762	**Steenee**	Grass		Leaf Guard	Oblivious	Sweet Veil	Fire	Ice	Poison	Flying	Bug					
508	**Stoutland**	Normal		Intimidate	Sand Rush	Scrappy	Fighting							Ghost		
759	**Stufful**	Normal	Fighting	Fluffy	Klutz	Cute Charm	Fire	Fighting	Flying	Psychic	Fairy			Ghost		
618	**Stunfisk**	Ground	Electric	Static	Limber	Sand Veil	Water	Grass	Ice	Ground				Electric		
434	**Stunky**	Poison	Dark	Stench	Aftermath	Keen Eye	Ground							Psychic		
185	**Sudowoodo**	Rock		Sturdy	Rock Head	Rattled	Water	Grass	Fighting	Ground	Steel					
245	**Suicune**	Water		Pressure		Inner Focus	Grass	Electric								
192	**Sunflora**	Grass		Chlorophyll	Solar Power	Early Bird	Fire	Ice	Poison	Flying	Bug					
191	**Sunkern**	Grass		Chlorophyll	Solar Power	Early Bird	Fire	Ice	Poison	Flying	Bug					
283	**Surskit**	Bug	Water	Swift Swim		Rain Dish	Electric	Flying	Rock							
333	**Swablu**	Normal	Flying	Natural Cure		Cloud Nine	Electric	Ice	Rock					Ground	Ghost	
541	**Swadloon**	Bug	Grass	Leaf Guard	Chlorophyll	Overcoat	4× Fire	4× Flying	Ice	Poison	Bug	Rock				
317	**Swalot**	Poison		Liquid Ooze	Sticky Hold	Gluttony	Ground	Psychic								
260	**Swampert**	Water	Ground	Torrent		Damp	4× Grass							Electric		
260	**Swampert (Mega Swampert)**	Water	Ground	Swift Swim			4× Grass							Electric		
581	**Swanna**	Water	Flying	Keen Eye	Big Pecks	Hydration	4× Electric	Rock						Ground		
277	**Swellow**	Normal	Flying	Guts		Scrappy	Electric	Ice	Rock					Ground	Ghost	
220	**Swinub**	Ice	Ground	Oblivious	Snow Cloak	Thick Fat*	Fire*	Water	Grass	Fighting	Steel			Electric		
684	**Swirlix**	Fairy		Sweet Veil		Unburden	Poison	Steel						Dragon		
528	**Swoobat**	Psychic	Flying	Unaware	Klutz	Simple	Electric	Ice	Rock	Ghost	Dark			Ground		
700	**Sylveon**	Fairy		Cute Charm		Pixilate	Poison	Steel						Dragon		
276	**Taillow**	Normal	Flying	Guts		Scrappy	Electric	Ice	Rock					Ground	Ghost	
663	**Talonflame**	Fire	Flying	Flame Body		Gale Wings	4× Rock	Water	Electric					Ground		
114	**Tangela**	Grass		Chlorophyll	Leaf Guard	Regenerator	Fire	Ice	Poison	Flying	Bug					
465	**Tangrowth**	Grass		Chlorophyll	Leaf Guard	Regenerator	Fire	Ice	Poison	Flying	Bug					
787	**Tapu Bulu**	Grass	Fairy	Grassy Surge		Telepathy	4× Poison	Fire	Ice	Flying	Steel			Dragon		
788	**Tapu Fini**	Water	Fairy	Misty Surge		Telepathy	Grass	Electric	Poison					Dragon		
785	**Tapu Koko**	Electric	Fairy	Electric Surge		Telepathy	Poison	Ground						Dragon		
786	**Tapu Lele**	Psychic	Fairy	Psychic Surge		Telepathy	Poison	Ghost	Steel					Dragon		
128	**Tauros**	Normal		Intimidate	Anger Point	Sheer Force	Fighting							Ghost		
216	**Teddiursa**	Normal		Pickup	Quick Feet	Honey Gather	Fighting							Ghost		

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types	
072	**Tentacool**	Water	Poison	Clear Body	Liquid Ooze	Rain Dish	Electric	Ground	Psychic						
073	**Tentacruel**	Water	Poison	Clear Body	Liquid Ooze	Rain Dish	Electric	Ground	Psychic						
498	**Tepig**	Fire		Blaze		Thick Fat*	Water	Ground	Rock						
639	**Terrakion**	Rock	Fighting	Justified			Water	Grass	Fighting	Ground	Psychic	Steel	Fairy		
538	**Throh**	Fighting		Guts	Inner Focus	Mold Breaker	Flying	Psychic	Fairy						
642	**Thundurus (Incarnate Form)**	Electric	Flying	Prankster		Defiant	Ice	Rock						Ground	
642	**Thundurus (Therian Form)**	Electric	Flying	Volt Absorb			Ice	Rock						Electric	Ground
532	**Timburr**	Fighting		Guts	Sheer Force	Iron Fist	Flying	Psychic	Fairy						
564	**Tirtouga**	Water	Rock	Solid Rock*	Sturdy	Swift Swim	4×Grass*	Electric*	Fighting*	Ground*					
777	**Togedemaru**	Electric	Steel	Iron Barbs	Lightning Rod	Sturdy	4×Ground	Fire	Fighting					Electric	Poison
468	**Togekiss**	Fairy	Flying	Hustle	Serene Grace	Super Luck	Electric	Ice	Poison	Rock	Steel			Ground	Dragon
175	**Togepi**	Fairy		Hustle	Serene Grace	Super Luck	Poison	Steel						Dragon	
176	**Togetic**	Fairy	Flying	Hustle	Serene Grace	Super Luck	Electric	Ice	Poison	Rock	Steel			Ground	Dragon
255	**Torchic**	Fire		Blaze		Speed Boost	Water	Ground	Rock						
324	**Torkoal**	Fire		White Smoke	Drought	Shell Armor	Water	Ground	Rock						
641	**Tornadus (Incarnate Form)**	Flying		Prankster		Defiant	Electric	Ice	Rock					Ground	
641	**Tornadus (Therian Form)**	Flying		Regenerator			Electric	Ice	Rock					Ground	
726	**Torracat**	Fire		Blaze		Intimidate	Water	Ground	Rock						
389	**Torterra**	Grass	Ground	Overgrow		Shell Armor	4×Ice	Fire	Flying	Bug				Electric	
158	**Totodile**	Water		Torrent		Sheer Force	Grass	Electric							
733	**Toucannon**	Normal	Flying	Keen Eye	Skill Link	Sheer Force	Electric	Ice	Rock					Ground	Ghost
748	**Toxapex**	Poison	Water	Merciless	Limber	Regenerator	Electric	Ground	Psychic						
454	**Toxicroak**	Poison	Fighting	Anticipation	Dry Skin	Poison Touch	4×Psychic	Fire	Ground	Flying				Water	
520	**Tranquill**	Normal	Flying	Big Pecks	Super Luck	Rivalry	Electric	Ice	Rock					Ground	Ghost
328	**Trapinch**	Ground		Hyper Cutter	Arena Trap	Sheer Force	Water	Grass	Ice					Electric	
252	**Treecko**	Grass		Overgrow		Unburden	Fire	Ice	Poison	Flying	Bug				
709	**Trevenant**	Ghost	Grass	Natural Cure	Frisk	Harvest	Fire	Ice	Flying	Ghost	Dark			Normal	Fighting
357	**Tropius**	Grass	Flying	Chlorophyll	Solar Power	Harvest	4×Ice	Fire	Poison	Flying	Rock			Ground	
568	**Trubbish**	Poison		Stench	Sticky Hold	Aftermath	Ground	Psychic							
732	**Trumbeak**	Normal	Flying	Keen Eye	Skill Link	Pickup	Electric	Ice	Rock					Ground	Ghost
763	**Tsareena**	Grass		Leaf Guard	Queenly Majesty	Sweet Veil	Fire	Ice	Poison	Flying	Bug				
776	**Turtonator**	Fire	Dragon	Shell Armor			Ground	Rock	Dragon						
387	**Turtwig**	Grass		Overgrow		Shell Armor	Fire	Ice	Poison	Flying	Bug				
535	**Tympole**	Water		Swift Swim	Hydration	Water Absorb	Grass	Electric						Water	
602	**Tynamo**	Electric		Levitate			Ground							Ground	
772	**Type: Null**	Normal		Battle Armor			Fighting							Ghost	
157	**Typhlosion**	Fire		Blaze		Flash Fire	Water	Ground	Rock					Fire	
248	**Tyranitar**	Rock	Dark	Sand Stream		Unnerve	4×Fighting	Water	Grass	Ground	Bug	Steel	Fairy	Psychic	
248	**Tyranitar (Mega Tyranitar)**	Rock	Dark	Sand Stream			4×Fighting	Water	Grass	Ground	Bug	Steel	Fairy	Psychic	
697	**Tyrantrum**	Rock	Dragon	Strong Jaw		Rock Head	Ice	Fighting	Ground	Dragon	Steel	Fairy			
236	**Tyrogue**	Fighting		Guts	Steadfast	Vital Spirit	Flying	Psychic	Fairy						
696	**Tyrunt**	Rock	Dragon	Strong Jaw		Sturdy	Ice	Fighting	Ground	Dragon	Steel	Fairy			
197	**Umbreon**	Dark		Synchronize		Inner Focus	Fighting	Bug	Fairy					Psychic	
521	**Unfezant**	Normal	Flying	Big Pecks	Super Luck	Rivalry	Electric	Ice	Rock					Ground	Ghost
201	**Unown**	Psychic		Levitate			Bug	Ghost	Dark					Ground	
217	**Ursaring**	Normal		Guts	Quick Feet	Unnerve	Fighting							Ghost	
480	**Uxie**	Psychic		Levitate			Bug	Ghost	Dark					Ground	
583	**Vanillish**	Ice		Ice Body	Snow Cloak	Weak Armor	Fire	Fighting	Rock	Steel					
582	**Vanillite**	Ice		Ice Body	Snow Cloak	Weak Armor	Fire	Fighting	Rock	Steel					
584	**Vanilluxe**	Ice		Ice Body	Snow Warning	Weak Armor	Fire	Fighting	Rock	Steel					
134	**Vaporeon**	Water		Water Absorb		Hydration	Grass	Electric						Water	
543	**Venipede**	Bug	Poison	Poison Point	Swarm	Speed Boost	Fire	Flying	Psychic	Rock					
049	**Venomoth**	Bug	Poison	Shield Dust	Tinted Lens	Wonder Skin	Fire	Flying	Psychic	Rock					
048	**Venonat**	Bug	Poison	Compound Eyes	Tinted Lens	Run Away	Fire	Flying	Psychic	Rock					
003	**Venusaur**	Grass	Poison	Overgrow		Chlorophyll	Fire	Ice	Flying	Psychic					
003	**Venusaur (Mega Venusaur)**	Grass	Poison	Thick Fat*			Fire*	Ice*	Flying	Psychic					
416	**Vespiquen**	Bug	Flying	Pressure		Unnerve	4×Rock	Fire	Electric	Ice	Flying			Ground	
329	**Vibrava**	Ground	Dragon	Levitate			4×Ice	Dragon	Fairy					Electric	Ground
494	**Victini**	Psychic	Fire	Victory Star			Water	Ground	Rock	Ghost	Dark				
071	**Victreebel**	Grass	Poison	Chlorophyll		Gluttony	Fire	Ice	Flying	Psychic					

Nat. Dex No.	Pokémon	Type		Ability		Hidden Ability	Weak to these move types							Immune to these move types		
288	**Vigoroth**	Normal		Vital Spirit			Fighting							Ghost		
738	**Vikavolt**	Bug	Electric	Levitate			Fire	Rock						Ground		
045	**Vileplume**	Grass	Poison	Chlorophyll		Effect Spore	Fire	Ice	Flying	Psychic						
640	**Virizion**	Grass	Fighting	Justified			4× Flying	Fire	Ice	Poison	Psychic	Fairy				
666	**Vivillon**	Bug	Flying	Shield Dust	Compound Eyes	Friend Guard	4× Rock	Fire	Electric	Ice	Flying			Ground		
313	**Volbeat**	Bug		Illuminate	Swarm	Prankster	Fire	Flying	Rock							
721	**Volcanion**	Fire	Water	Water Absorb			Electric	Ground	Rock					Water		
637	**Volcarona**	Bug	Fire	Flame Body		Swarm	4× Rock	Water	Flying							
100	**Voltorb**	Electric		Soundproof	Static	Aftermath	Ground									
629	**Vullaby**	Dark	Flying	Big Pecks	Overcoat	Weak Armor	Electric	Ice	Rock	Fairy				Ground	Psychic	
037	**Vulpix**	Fire		Flash Fire		Drought	Water	Ground	Rock					Fire		
037	**Vulpix (Alola Form)**	Ice		Snow Cloak		Snow Warning	Fire	Fighting	Rock	Steel						
320	**Wailmer**	Water		Water Veil	Oblivious	Pressure	Grass	Electric								
321	**Wailord**	Water		Water Veil	Oblivious	Pressure	Grass	Electric								
365	**Walrein**	Ice	Water	Thick Fat*	Ice Body	Oblivious	Grass	Electric	Fighting	Rock						
008	**Wartortle**	Water		Torrent		Rain Dish	Grass	Electric								
505	**Watchog**	Normal		Illuminate	Keen Eye	Analytic	Fighting							Ghost		
461	**Weavile**	Dark	Ice	Pressure		Pickpocket	4× Fighting	Fire	Bug	Rock	Steel	Fairy		Psychic		
013	**Weedle**	Bug	Poison	Shield Dust		Run Away	Fire	Flying	Psychic	Rock						
070	**Weepinbell**	Grass	Poison	Chlorophyll		Gluttony	Fire	Ice	Flying	Psychic						
110	**Weezing**	Poison		Levitate			Ground	Psychic						Ground		
547	**Whimsicott**	Grass	Fairy	Prankster	Infiltrator	Chlorophyll	4× Poison	Fire	Ice	Flying	Steel			Dragon		
544	**Whirlipede**	Bug	Poison	Poison Point	Swarm	Speed Boost	Fire	Flying	Psychic	Rock						
340	**Whiscash**	Water	Ground	Oblivious	Anticipation	Hydration	4× Grass							Electric		
293	**Whismur**	Normal		Soundproof		Rattled	Fighting							Ghost		
040	**Wigglytuff**	Normal	Fairy	Cute Charm	Competitive	Frisk	Poison	Steel						Ghost	Dragon	
767	**Wimpod**	Bug	Water	Wimp Out			Electric	Flying	Rock							
278	**Wingull**	Water	Flying	Keen Eye	Hydration	Rain Dish	4× Electric	Rock						Ground		
746	**Wishiwashi**	Water		Schooling			Grass	Electric								
202	**Wobbuffet**	Psychic		Shadow Tag		Telepathy	Bug	Ghost	Dark							
527	**Woobat**	Psychic	Flying	Unaware	Klutz	Simple	Electric	Ice	Rock	Ghost	Dark			Ground		
194	**Wooper**	Water	Ground	Damp	Water Absorb	Unaware	4× Grass							Water	Electric	
413	**Wormadam (Plant Cloak)**	Bug	Grass	Anticipation		Overcoat	4× Fire	4× Flying	Ice	Poison	Bug	Rock				
413	**Wormadam (Sandy Cloak)**	Bug	Ground	Anticipation		Overcoat	Fire	Water	Ice	Flying				Electric		
413	**Wormadam (Trash Cloak)**	Bug	Steel	Anticipation		Overcoat	4× Fire							Poison		
265	**Wurmple**	Bug		Shield Dust		Run Away	Fire	Flying	Rock							
360	**Wynaut**	Psychic		Shadow Tag		Telepathy	Bug	Ghost	Dark							
178	**Xatu**	Psychic	Flying	Synchronize	Early Bird	Magic Bounce	Electric	Ice	Rock	Ghost	Dark			Ground		
716	**Xerneas**	Fairy		Fairy Aura			Poison	Steel						Dragon		
796	**Xurkitree**	Electric		Beast Boost			Ground									
562	**Yamask**	Ghost		Mummy			Ghost	Dark						Normal	Fighting	
193	**Yanma**	Bug	Flying	Speed Boost	Compound Eyes	Frisk	4× Rock	Fire	Electric	Ice	Flying			Ground		
469	**Yanmega**	Bug	Flying	Speed Boost	Tinted Lens	Frisk	4× Rock	Fire	Electric	Ice	Flying			Ground		
734	**Yungoos**	Normal		Stakeout	Strong Jaw	Adaptability	Fighting							Ghost		
717	**Yveltal**	Dark	Flying	Dark Aura			Electric	Ice	Rock	Fairy				Ground	Psychic	
335	**Zangoose**	Normal		Immunity		Toxic Boost	Fighting							Ghost		
145	**Zapdos**	Electric	Flying	Pressure		Static	Ice	Rock						Ground		
523	**Zebstrika**	Electric		Lightning Rod[1]	Motor Drive[2]	Sap Sipper[3]	Ground							Grass[3]	Electric[1,2]	
644	**Zekrom**	Dragon	Electric	Teravolt			Ice	Ground	Dragon	Fairy						
263	**Zigzagoon**	Normal		Pickup	Gluttony	Quick Feet	Fighting							Ghost		
571	**Zoroark**	Dark		Illusion			Fighting	Bug	Fairy					Psychic		
570	**Zorua**	Dark		Illusion			Fighting	Bug	Fairy					Psychic		
041	**Zubat**	Poison	Flying	Inner Focus		Infiltrator	Electric	Ice	Psychic	Rock				Ground		
634	**Zweilous**	Dark	Dragon	Hustle			4× Fairy	Ice	Fighting	Bug	Dragon			Psychic		
718	**Zygarde (10% Forme)**	Dragon	Ground	Aura Break	Power Construct		4× Ice	Dragon	Fairy					Electric		
718	**Zygarde (50% Forme)**	Dragon	Ground	Aura Break	Power Construct		4× Ice	Dragon	Fairy					Electric		
718	**Zygarde (Complete Forme)**	Dragon	Ground	Power Construct			4× Ice	Dragon	Fairy					Electric		

Type Matchup Chart

It's vital to keep track of types during battles. All Pokémon have types, and all moves have types as well. Knowing the type matchups will let you build a balanced party, counter your opponent's strategies, and in general help you be more successful in battle. Each type has its own strengths and weaknesses—for example, a Fairy-type Pokémon will take only 50% damage from Fighting-type moves, but it will receive double damage if it's hit with a Steel-type move. These strengths and weaknesses are all shown in the essential chart below.

How do types work if your Pokémon has two types? For Pokémon with two types, the strengths and weaknesses of both types are counted. If a Pokémon has two types that share a weakness, moves it's doubly weak to cause four times the damage instead of the usual double damage. If the two types share a strength, then a move it's doubly strong against deals 25% of its base damage instead of 50%.

For example, an Alolan Geodude will take four times the damage from any Ground-type move. This is because it's an Electric- and Rock-type Pokémon, both of which are weak against Ground-type moves. On the other hand, if the Alolan Geodude is hit with a Flying-type move, it will only receive 25% of the damage of that move, because Electric- and Rock-type Pokémon are both strong against Flying-type moves.

So what happens if you hit the Alolan Geodude with a Steel-type move? Steel-type moves aren't very effective against Electric-type Pokémon, but they're super effective against Rock types. In that kind of situation, the weaknesses and resistances of the types cancel each other out—in other words, Alolan Geodude would take a normal amount of damage from a Steel-type move.

Type	Effect
FIRE	• Immune to the Burned condition
GRASS	• Immune to Leech Seed • Immune to powder and spore moves
ELECTRIC	• Immune to the Paralysis condition
ICE	• Immune to the Frozen condition • Take no damage from hail • Immune to Sheer Cold
POISON	• Immune to the Poisoned and Badly Poisoned conditions, even when switched in with Toxic Spikes in play* • Nullify Toxic Spikes so no other Pokémon will be Poisoned when switching in. (If the Poison-type Pokémon is also a Flying type, has the Levitate Ability, or holds an Air Balloon, this nullifying effect will not occur.)
GROUND	• Immune to being paralyzed from Electric-type moves (but can still be paralyzed by moves of other types) • Take no damage from sandstorms
FLYING	• Cannot be damaged or otherwise affected by Spikes, Sticky Web, or Toxic Spikes when switching in* • Not affected by any terrain moves
ROCK	• Take no damage from sandstorms • Sp. Def goes up in a sandstorm
GHOST	• Cannot be affected by moves and Abilities that prevent Pokémon from fleeing from battle
DARK	• Immune to the effect of status moves used by Pokémon with the Prankster Ability
STEEL	• Take no damage from sandstorms • Immune to the Poisoned and Badly Poisoned conditions, even when switched in with Toxic Spikes in play*

*Some immunities can be negated by other moves, Abilities, or items. The Corrosion Ability, for example, allows even Poison- or Steel-type Pokémon to be Poisoned. Likewise, Flying Pokémon can be grounded, such as by moves like Smack Down, taking away their immunity to Ground-type moves.

Defending Pokémon's Type

Attacking Pokémon's Move Type

	NORMAL	FIRE	WATER	GRASS	ELECTRIC	ICE	FIGHTING	POISON	GROUND	FLYING	PSYCHIC	BUG	ROCK	GHOST	DRAGON	DARK	STEEL	FAIRY
NORMAL													▲	✕			▲	
FIRE		▲	▲	◉		◉						◉	▲		▲		◉	
WATER		◉	▲	▲					◉				◉		▲			
GRASS		▲	◉	▲				▲	◉	▲		▲	◉		▲		▲	
ELECTRIC			◉	▲	▲				✕	◉					▲			
ICE		▲	▲	◉		▲			◉	◉					◉		▲	
FIGHTING	◉					◉		▲		▲	▲	▲	◉	✕		◉	◉	▲
POISON				◉				▲	▲				▲	▲			✕	◉
GROUND		◉		▲	◉			◉		✕		▲	◉				◉	
FLYING				◉	▲		◉					◉	▲				▲	
PSYCHIC							◉	◉			▲					✕	▲	
BUG		▲		◉			▲	▲		▲	◉			▲		◉	▲	▲
ROCK		◉				◉	▲		▲	◉		◉					▲	
GHOST	✕										◉			◉		▲		
DRAGON															◉		▲	✕
DARK							▲				◉			◉		▲		▲
STEEL		▲	▲		▲	◉							◉				▲	◉
FAIRY		▲					◉	▲							◉	◉	▲	

Key

Very effective "It's super effective!" ×2	Normal damage ×1	Not too effective "It's not very effective." ×½	No effect "It doesn't affect..." ×0
◉	No icon	▲	✕

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The Official National Pokédex: *Pokémon Ultra Sun & Pokémon Ultra Moon* Edition

©2017 The Pokémon Company International
ISBN: 978-0744019-36-0
Published in the United States by

The Pokémon Company International
10400 NE 4th Street, Suite 2800
Bellevue, WA 98004 USA

3rd Floor Building 10, Chiswick Park
566 Chiswick High Road
London, W4 5XS United Kingdom

Printed in the United States of America.

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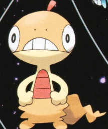

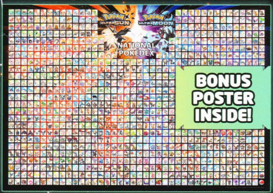

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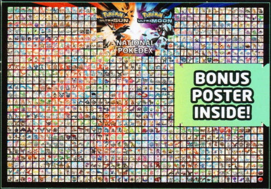

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